



# Maharashtra Education Society's MES Night College of Arts and Commerce Garware College Campus, Karve Road, Pune

Affiliated to Savitribai Phule Pune University, Pune  
Recognised by Government of Maharashtra  
Accredited by NAAC

## CERTIFICATE COURSE IN MEDITATION

Organized by: MES Night College of Arts and Commerce

Mode: Online

Date: 12th February 2025 to 18th February 2025

Time: 7:30 AM to 8:30 AM

Resource Person: Ms. Tahera Dahodwala

TO PROMOTE MENTAL WELL-BEING AND EMOTIONAL BALANCE AMONG STUDENTS AND STAFF, MES NIGHT COLLEGE OF ARTS AND COMMERCE ORGANIZED A CERTIFICATE COURSE IN MEDITATION FROM 12TH TO 18TH FEBRUARY 2025. THE COURSE WAS CONDUCTED ONLINE IN THE MORNING HOURS, MAKING IT ACCESSIBLE AND CONVENIENT FOR WORKING STUDENTS.

RENOWNED MEDITATION GUIDE AND WELLNESS TRAINER MS. TAHERA DAHODWALA WAS INVITED AS THE RESOURCE PERSON. THROUGH HER EXPERT GUIDANCE, PARTICIPANTS WERE INTRODUCED TO VARIOUS MEDITATION TECHNIQUES AIMED AT ACHIEVING CALMNESS, IMPROVED CONCENTRATION, AND EMOTIONAL CLARITY.

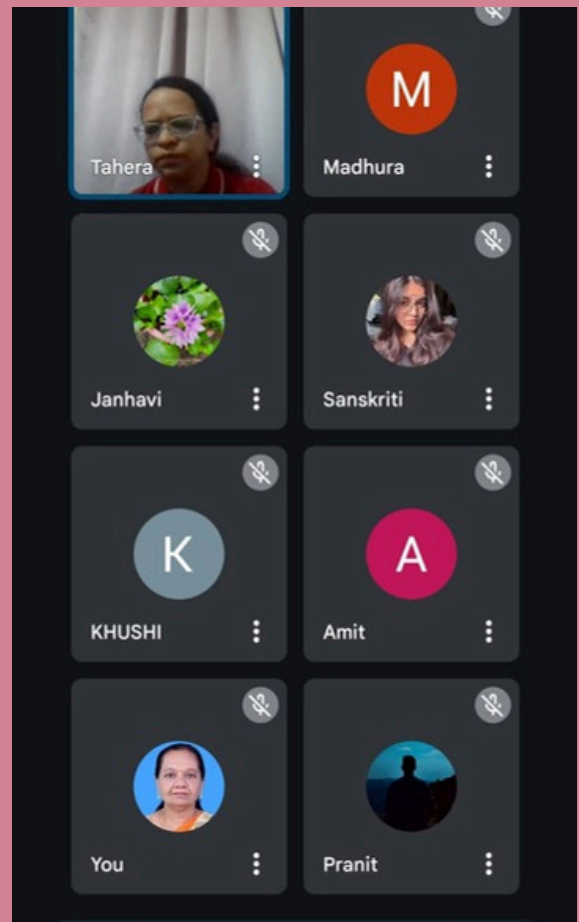
### Highlights of the program:

- Daily online guided sessions with practical meditation techniques.
- Topics covered included breath awareness, mindfulness, body scanning, and loving-kindness meditation.
- Emphasis was laid on building self-awareness, reducing stress, and cultivating a positive mindset.
- Active participation was observed from both students and faculty members.
- The sessions were interactive, with time allotted for Q&A and reflection.
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### Outcomes of the Program:

- Participants reported a noticeable improvement in focus, emotional stability, and reduced anxiety.
- Several students shared that they found the sessions to be relaxing and energizing, helping them start their day with a fresh mind.
- The course encouraged attendees to incorporate meditation as a daily habit for self-care and personal growth.



A digital certificate was awarded to all participants upon successful completion of the course.

This initiative successfully aligned with the college's vision of holistic student development and promoting mental wellness. The positive feedback received reflects the growing importance of such well-being practices in today's fast-paced lifestyle.