

St. Xavier's College, Mahuadanr Latehar-822119, Jharkhand

1. **Title of the program:** Life skills program on meditation
2. **Organizing Department:** Commerce
3. **Date /Duration:** 25.07.2023
4. **Number of students:** 32
5. **Objective:** To encourage students to inculcate meditation and self awareness in daily life .
6. **Detailed description of the event:** On 25th July 2023 , the Department of Commerce organized a program on Meditation as part of the skill development activities. The resource person of this program was Asst Professor Maxentius Kujur (HOD) of Department of Economics . Its main objective was to encourage students to be physically and mentally self reflective .He highlighted that meditation requires self development and self control over the body and mind simultaneously. He further discussed the importance of yoga and meditation in reducing stress , regulating blood pressure and sleep and increasing concentration . It was a fruitful session making students aware of the growing importance of meditation in daily life. Towards the end , vote of thanks was given by Asst Prof Amrit Minj .
7. **Brochure :**



8. **Photos :**

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9. List of participants :

Name of Program: Life Skills Program on Meditation Department of Commerce (List of Participants)	
AnjilLakra	Anjil lakra
KartikMahli	Kartik Mahli
KashishKumari	Kashish Kumari
KashishNaj	Kashish Naj
PurnimaKumari	Purnima Kumari
RajniTete	Rajni Tete
Ritesh Kumar	Ritesh Kumar
SakshiKumari	Sakshi Kumari
VikashNagesia	Vikash Nagesia
Shams Kaushar	Shams Kaushar
AbhinavMinz	Abhinav Minz
AkanchaKerketta	Akancha Kerketta
AkashMaghi	Akash Maghi
AmantiTirkey	Amanti Tirkey
AshikKujur	Ashik Kujur
BrijitEkka	Brijit Ekka
ChandniKumari	Chandni Kumari
GulshanKhaton	Gulshan Khaton
GulshanNaj	Gulshan Naj
KhushiKumari Gupta	Khushi Kumari Gupta
LalanKorwa	Lalan Korwa
MahinPraween	Mahin Praween
PawanKandulna	Pawan Kandulna
Petrus Aind	Petrus Aind
PremaToppo	PremaToppo
PushpanToppo	Pushpan Toppo
SakilOraon	Sakil Oraon
Sana Praween	Sana Praween
Sanjay Oraon	Sanjay Oraon
RilamaniKumari	Rilamani Kumari
NiralToppo	Niral Toppo
MorisXaxa	Moris Xaxa