



KARNATAKA SANGHA'S  
**MANJUNATHA COLLEGE OF COMMERCE &  
JUNIOR COLLEGE OF COMMERCE**



Kanchangaon, Khambalpada, Thakurli (E), Dist. Thane - 421 201.

Affiliated to University of Mumbai Recognized under Section 2(f) & 12(b) of the UGC act, 1956 LINGUISTIC MINORITY (KANNADA)	Tel. Nos. 0251-2439952 /2441826 Mobile : 9321115841 Website : www.ksmanjunathacollege.edu.in E-mail ID : mcac_college@rediffmail.com	
Est. 1999	College code - 520	Jr. College Index No. J16.17.052(2008)

MCC/1-20/

15 July 2023

Dr. Surekha Verma  
JVMs Mehta College  
Airoli

Sub: Invitation as Guest Speaker  
Madam

We are pleased to inform you that under the aegis of IQAC and Health & Counselling Cell of our College, we are organising a Workshop on Meditation or Dhyana, under the Azadi Ka Amrit Mahotsav a joint initiative of Ministry of Culture, Government of India and Art of living. The other details are as follows:

**Day & Date: - Tuesday, 18 July 2023**

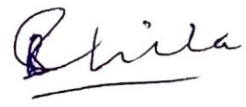
**Timing: 7.30 am to 9.30 am**

We would be honoured if you accept our invitation and grace the occasion.

Yours faithfully

Asso. Prof. Jayanthi V.  
IQAC Co-ordinator



  
Dr. Sushila Vijaykumar  
Principal



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Jr. College Index No. J16817052/2023  
18 July 2023

Dr. Surekha Verma

JVMs Mehta College

Airoli

**Sub : Thanks Letter**

Madam

We thank you for engaging a Workshop on Meditation or Dhyana, under the Azadi Ka Amrit Mahotsav a joint initiative of Ministry of Culture, Government of India and Art of living on Tuesday, 18 July 2023 from 7.30 am to 9.30 am.

We are emailing a few digital photographs for your virtual album.



Yours faithfully

*Sushila*

Dr. Sushila Vijaykumar  
Principal

Date: 18 July 2023

To  
The Principal  
Dr Sushila Vijaykumar  
Manjunatha College of Commerce, Thakurli

Report on "Workshop on Meditation / Dhyan"

Madam

On behalf of the Internal Quality Assurance Cell and Health & Counseling Cell we are enclosing a brief report of Workshop on Meditation/ Dhyan which was conducted on Tuesday, 18 July 2023 in the joint initiative of the Ministry of Culture, Government of India & Art of Living for Har Ghar Dhyan. The Workshop was inaugurated & dignitaries were welcome on dais with the Medicinal Plant.

The workshop was conducted by Dr Surekha Verma JVMs Mehta College Airoli. The main objective of this workshop was to make Staff and Students aware to improve brain function, how to lower stress levels, increases flexibility, Meditation is the most important component of Yoga practice. It helps the practitioner to eliminate negative emotions like fear, anger, depression, anxiety and to develop positive emotions.

Dr Surekha Verma mam has taken some of the meditation and pranayams which helps the students to relieves stress.

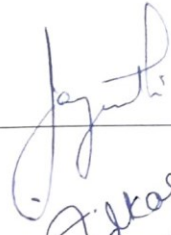

She also emphasized about exercising and advised on maintaining an active lifestyle.

Positive response was received and the Workshop ended with Vote of Thanks.

Thank you.


Yours faithfully

Mrs Jayanti Vaikunth (Co-ordinator IQAC):

  
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Mrs Swapnali Bidkar-Giri  
(I/C Health counseling Cell)



  
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Dr. Sushila Vijaykumar  
Principal  
Manjunatha College of Commerce  
Kanchangaon, Khambalpada,  
Thakurli (E) - 421 201.





GPS Map Camera

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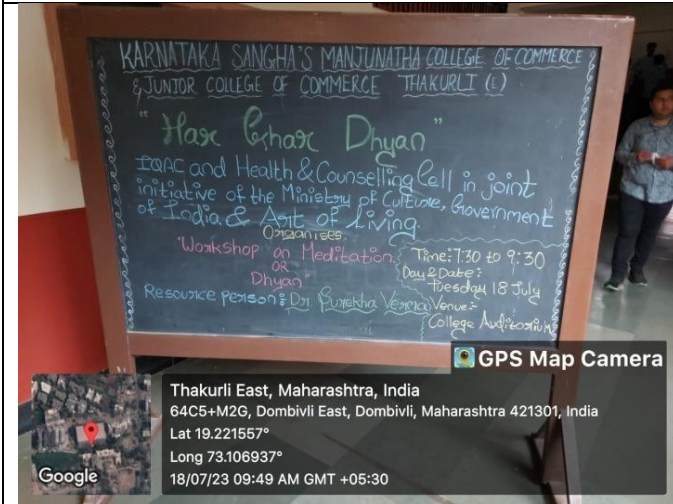
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