



# POORNIMA

## COLLEGE OF ENGINEERING

### A brief report on Meditation session by SENSEi conducted for 1st year students

Date : 13/01/2018

On 13<sup>th</sup> January, 2018, a session to empower students with practical skill so that they become dynamic members of the society who brings change through miraculous thoughts, words and actions was conducted by Mrs. Alekhya from **SENSEi (Initiative of Seekers & Enablers of Self Empowerment)**. The objective of the session was how to increase the attention power / concentration and to change the mind set. During the one-hour session, students did meditation and some hands-on live exercises to understand their own potential. At the end, a group of girls & boys felicitated the guest with a momento showing their love & affection towards the expert. Selected 75 students of 1<sup>st</sup> year participated in the session and got benefitted by knowing how to enhance their mind power.





