

Meditation

The department of Psychology, Bharati College hosted a workshop on **3rd September, 2019** from **12:00 PM – 02:00 PM** on the topic **Meditation** to promote the idea of physical and mental well-being through . Meditation in an interactive practice-based session. The webinar was conducted by **Swami Om Prakash**. This interactive workshop was attended by 25 students who practiced yoga and meditation and made the session a success.



