



National Level Webinar on "Meditation – Peace - Breathing - Happiness"

Jointly organized by
IQAC, Maniben M. P. Shah Mahila Arts College, Kadi
(Managed By M.P. Shah Education Society, Kadi)
& Heart & Healing Institute , Pune & Ahmedabad



Speaker



Dr. Hina M. Patel
(Principal)



Dr . Sangeeta C. Acharya
(IQAC- Co-ordinator)



Lt. Dr. Swati Nigam
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Arth Kamal (Arhat)

Heart & Healing Facilitator
Wellness coach –certified (international)
Meditation/Wellness/ Behavior Coach
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**No Registration Fees !!!
All Participants Get Certificate !!!**

Registration Link <https://forms.gle/uJM8Zxz2XJQrW75N8>

Date: 30.11.2021 Time: 4 PM to 5 PM

Contact: 9737175497



Google Meet



NAAC ACCREDITED
"B" GRADE (48 CGPA)

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Ref. No. P/2021-22

Date : 26/11/2021

NOTICE

This is to inform you all faculty members that the IQAC of the college is organize National webinar on "Meditation- Peace –Breathing-Happiness" is scheduled on 30th November, 2021 (Tuesday). National Webinar will be delivered in Google Meet by Arth Kamal (Arhat) faculty of the college are hereby directed to attend the same.


Principal

Maniben M. P. Shah Mahila Arts College
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To,

1. All Teaching Staff of the College
2. Notice Boards
3. Circulation in Classrooms
4. Guard File

Maniben M. P. Shah Mahila Arts College, Kadi
Organize
National Level Webinar

on

“Meditation – Peace - Breathing - Happiness”

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**Inviting to you to scheduled Google meet meeting on Tuesday 30 November
2021 at 4 PM sharp.**

☞ Topic: - Meditation -peace -Breathing -Happiness

☞ Resource person & Keynote Speaker:

Arth Kamal (Arhat)

Heart and healing facilitator

Wellness coach - (Certified International)

Meditation/wellness /Behaviour coach

National level webinar (Meditation-peace -Breathing -Happiness)

Tuesday, 30 Nov • 04:00–05:30

☞ Google meet link: -

Google Meet joining info

Video call link: <https://meet.google.com/evc-pbbk-onr>

☞ Registration Form: -

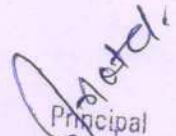
<https://forms.gle/khgtn5vUagq39Ghv9>

(To fill Registration form is mandatory)

Note: Pl join 10 min before the scheduled time to avoid last minute hassle.

*All participants will be benefitted with the certificate after the session.

*Those who will not fill the Registration Form and Feedback link are not authorized to get the Certificate.


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Ref. No. P/2021-22

Date : 30/11/2021

To,

Arth kamal(arhat)

Heart and healing facilitator Wellness Coach (Certified International)

Meditation/wellness/ Behaviour Coach

Invitation Letter

Dear Madam,

We are pleased to invite you to be the speaker at National Webinar on "Meditation- Peace Breathing- Happiness" to be held on 30th November 2021, Tuesday through Google meet from 4:00 p.m to 5:00 p.m. We hope you would be able to fit this event in your busy schedule. We look forward to a positive to a positive Response.

Thanking you,

Principal

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Ref. No. P/2021-22

Date : 30/11/2021

To,

Arth Kamal(arhat)

Heart and healing facilitator Wellness Coach (Certified International)

Meditation/wellness/ Behaviour Coach

Dear Madam,

I would like to take this opportunity to express my heartfelt thanks to you for your very active participation as a speaker in our National Webinar on "Meditation-Peace-Breathing-Happiness" which was happened on 30th November 2021, Tuesday through Google meet. The Trustees and our whole staff of Maniben M. P. Shah Mahila Arts College, Kadi Sincerely Appreciate for your efforts in supporting the Webinar in this important undertaking.

Your skill in talking about different angles of the subject "Meditation-Peace-Breathing-Happiness" was highly appreciated. Our all the participants benefited from this Webinar. Please accept our appreciation for such a commendable job, and hope to get a chance to hear such speeches from you in future also. Thankful to you for giving your valuable time.

Thanking you

Principal

Maniben M. P. Shah Mahila Arts College
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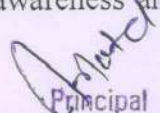
Report on Webinar on Meditation-Peace-Breathing-Happiness conducted on 30th November 2021

A Webinar on conducted on Meditation-Peace-Breathing-Happiness 30th November 2021. The Webinar was organized by Internal Quality Assurance Cell, Smt. M.M Shah Mahila Arts College Kadi. The Webinar was delivered Online through Google Meet where Over 225 Participants attended the Webinar through online mode. Dr. Sangeeta C. Acharya introduced about the speakers Lt. Dr. Swati Nigam handled the webinar, Principal Dr. Hina M. Patel Honour the Speakers with her speech.

The speaker Arth Kamal(Arhat)Spoke on the topic of Meditation-Peace-Breathing-Happiness Her Lecture started with Understanding of Meditation: Participants would learn various meditation techniques, their benefits, and how to incorporate them into their daily lives. This could include mindfulness meditation, loving-kindness meditation, or breathing exercises. Achieving Inner Peace: The webinar would guide attendees on how to find inner peace amidst the chaos of everyday life. This might involve understanding the nature of stress and anxiety and learning tools to manage and alleviate them. Breathing Techniques: Breathing exercises can have a profound impact on both physical and mental well-being. Attendees would learn different breathing techniques such as diaphragmatic breathing, alternate nostril breathing, or box breathing, and how to use them to reduce stress and increase relaxation. Cultivating Happiness: Happiness is not just a fleeting emotion but a skill that can be cultivated. The webinar would explore the science of happiness and positive psychology, providing practical strategies for increasing joy and contentment in life. Stress Reduction: Through meditation, breathing techniques, and other practices, participants would learn how to reduce stress and cultivate a greater sense of calm and resilience in the face of challenges.

Improved Mental Health: By promoting mindfulness and self-awareness, the webinar could contribute to improved mental health outcomes for attendees, potentially reducing symptoms of depression, anxiety, and other mental health issues. Enhanced Well-being: Ultimately, the goal of the webinar would be to enhance overall well-being, helping participants lead happier, more fulfilling lives with greater peace of mind and emotional balance.

The Webinar was concluded with vote of thanks by Dr. Sangeeta C. Acharya. The Webinar was highly informative to Students, Teachers and Research Scholars. Teacher and Student from other departments, Colleges, universities and Research institutes from different parts of India participated in the Webinar. This Webinar Provided valuable awareness and insights on the various aspect of Meditation-Peace-Breathing-Happiness.


Principal
Maniben M. P. Shah Mahila Arts College
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National Level Webinar on "Meditation – Peace - Breathing - Happiness"



IQAC, Maniben M. P. Shah Mahila
Arts College, Kadi

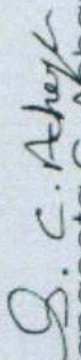


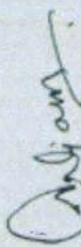
Heart & Healing Institute,
Pune and Ahmedabad

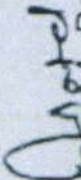
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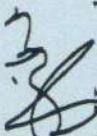
This is to certify that Mr./Ms/Dr/Prof _____

participated in National Level Webinar entitled "Meditation – Peace - Breathing - Happiness"
Organised on 30.11.2021 We appreciate your sincere involvement and active Participation throughout
the webinar.


Dr. Sangeeta C. Acharya
IQAC, Co- Ordinator
Convener


Dr. Lt. Swati Nigam
Organized Secretary

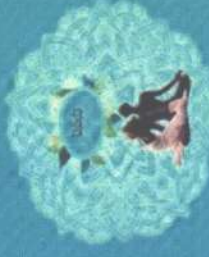

Dr. Hina M. Patel
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(Smt. M.M.Shah Mahila
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Arth Kamal (Arhat)
Meditation/Wellness/
Behaviour Coach

National Level Webinar on "Meditation - Peace - Breathing - Happiness"



IQAC, Maniben M. P. Shah Mahila
Arts College, Kadi



Heart & Healing Institute,
Pune and Ahmedabad

Jointly organized by

This is to certify that Mr./Ms/Dr/Prof Man Sukh P. Rutaliya

participated in National Level Webinar entitled "Meditation - Peace - Breathing - Happiness"
Organised on 30.11.2021 We appreciate your sincere involvement and active Participation throughout
the webinar.

S. C. Acharya
Dr. Sangeeta C. Acharya
IQAC, Co-Ordinator
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Dr. Lt. Swati Nigam
Organized Secretary

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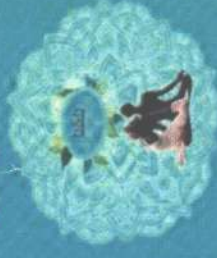
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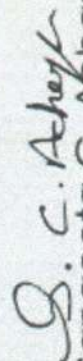


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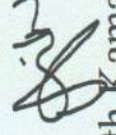
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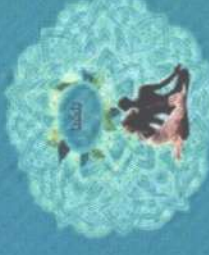

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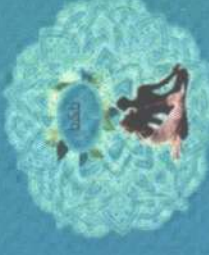
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