



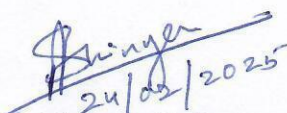
GOA UNIVERSITY
Manohar Parrikar School of Law, Governance and Public Policy
in collaboration with
Yoga and Wellness Committee

Report on
MEDITATION SESSION

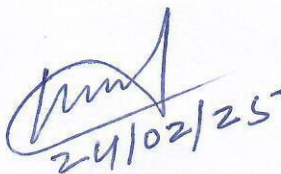
1. Title of the Event/Activity/program	Meditation Session
2. Date and Time	31st January 2025, 3:00 pm to 5:00 pm
3. Mode of conduct (Physical/Online)	Physical
4. School/ Directorate/ Section	Manohar Parrikar School of Law, Governance and Public Policy
5. Collaborating Agency/School/Directorate	Yoga and Wellness Committee
6. Detail of the Resource Person (Brief biodata)	<p>Ms. Varsha S. Naik</p> <p>Varsha S. Naik is an architect by profession, entrepreneur, and dedicated community leader. A graduate of Goa College of Architecture, she specializes in designing, interiors, and landscape. She also co-manages Core Fitness Gym in Vaddem Vasco and has recently ventured into the silk saree business.</p> <p>Beyond her professional achievements, Varsha serves as Secretary of the Inner Wheel Club of Vasco, actively contributing to social causes, including women and child welfare, blood donation camps, and support for old age homes.</p> <p>With over 20 years in holistic wellness and spirituality, she has explored AMP, Pranic</p>

	Healing, Inner Engineering, Reiki, and NLP, integrating these practices into daily life. Her approach, centered on Mind-Matter-Manifestation, focuses on balancing energy, consciousness, and personal growth.
7. Number of Faculty attended/participated	06
8. Number of Student attended / participated	08
9. No. of external students/faculty/other participants	-----
10. The objectives of the Program/activity/event	<p>Meditation is the practice of training one's mind to be aware of one's own self and the surroundings. It is known to enhance concentration and alleviate stress. In today's fast paced world it is very difficult to stay calm and remain focused. The mediation session led by Ms. Varsha S. Naik aimed at</p> <ol style="list-style-type: none"> 1. To introduce participants to the concepts of mind-matter manifestation, concepts of balancing energy, consciousness and personal growth, 2. To encourage participants to adopt meditation techniques for deeper relaxation, self-awareness, and goal manifestation. 3. To guide participants into meditating through the Alpha state of brain wave frequency. 4. To motivate participants to adopt positive energy techniques such as meditation on a regular basis.
11. Description of the Program/activity/event	<p>Manohar Parrikar School of Law, Governance and Public Policy in collaboration with Yoga and Wellness Committee of Goa University conducted a Meditation Session on 31st January 2025 from 3 pm to 5 pm. Meditation session witnessed the active participation of staff and students.</p>

12. Benefit/Key outcomes of the Program/activity/event	<p>1.The Meditation session was able to create and atmosphere of serenity and tranquility among participants</p> <p>2. It helped participants to learn and practice various meditation techniques under a trained resource person</p> <p>3. It enabled participants to learn to bless one's personal, academic and professional goals,</p> <p>4. Participants gained an overview of self-care techniques and breathing exercises which are extremely useful to combat stress and anxiety.</p>
13. Enclosures with report	<p>Photos, Attendance</p>


 24/02/2025
 Dr. Alaknanda Shringare
 Member, YWC




 24/02/25
 Professor Rajendra S. Gad
 Dean, MPSLGPP



GOA UNIVERSITY

**Manohar Parrikar School of Law, Governance
and Public Policy**

in collaboration with
Yoga and Wellness Committee
invites you all to join

MEDITATION SESSION

31st January 2025

Time: 3:00 pm to 5:00 pm

Venue: MPSLGPP Foyer (Block G)



Ms. Varsha Naik



Prof. Rajendra Gad
Dean, MPSLGPP

Ms. Vaibhavi Rane
Programme Director, Law

Prof. Jyoti Pawar
Chairperson, Yoga and Wellness
Committee

Dr. Steffi Quintal
Programme Director, Public
Administration

GOA UNIVERSITY
MANOHAR PARRIKAR SCHOOL OF LAW, GOVERNANCE AND PUBLIC POLICY

In Collaboration with Yoga and Wellness Committee

Organizes

Meditation Session

Resource Person: Ms. Varsha Naik

Venue : Block G, Manohar Parrikar School of Law, Governance and Public Policy, Goa University

Date: - 31/1/2025

Time: - 3.00 pm to 5.00pm

REGISTRATION SHEET

Sr. No	Name of the Participants	Designation	Gender	Contact No.	Email id	Name of the Affiliated Institution/ School/Organization	Signature
1.	DR. SARA MAHIMA GEORGE	ASST. PROF	F	8007418901	sara.george@unigoa.ac.in	MPSLGPP	Mxy
2.	DR. ALAKNANDA SHRINGARE	ASSOC. PROF VICE-DEAN RESEARCH	F	9923134346	ashringare@unigoa.ac.in	MPSLGPP	Shr
3.	MR. SIDDHESH KALEKAR	ASST. PROF	M	9370706480	siddhesh.kalekar@unigoa.ac.in	MPSLGPP	Shr
4.	Dr. Steffi Quintal	Asst. Prof.	F	7768984728	steffi@unigoa.ac.in	MPSLGPP	St
5.	Akash N. Naite	Student	M	7507808126	akashnaite750@gmail.com	MPSLGPP	AK.
6.	Erta De Souza	Project Staff	F	8668626209	ertadeSouza202@gmail.com	Vidyaapati Project	Erta
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9.	Sumeda Sheldekar	Project staff	F	9923245377	sumedanaik90@gmail.com	Vidyaapati project	Sumeda
10.	Ria Vaz	Student	F	9405468690	vazria03@gmail.com	MPSLGPP	Ria
11.	Pratiksha Parab	Project staff	F	2806202012	pratiksha.parab19@gmail.com	Vidyaapati project	Pratiksha
12.	Gauraangi Naik	Asst. prof.	F	8928884348	gauraangi@unigoa.ac.in	MPSLGPP	Gauraangi
13.	Akhil Sawant	Project staff	M	9404441674	akhil25senh@gmail.com	Vidyaapati	Akhil
14.	Shubham Pedelkar	Office staff	M	8788174546		MPSLGPP	Shubham



