



Late Shri. Vishnu Waman Thakur Charitable Trust's

**VIVA Institute of Technology**

Approved by AICTE, New Delhi, DTE, Government of Maharashtra, Affiliated to University of Mumbai  
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## National Service Scheme (SH-17)

**Event Name:** MEDITATION SESSION BY THE ART OF LIVING  
**Date:** 13<sup>th</sup> May 2021  
**Time:** 5:30 pm to 6:30 pm

### Programme Summary/Details:

NSS Volunteers of Viva Institute of Technology attended a session presented by the Art of living on, "Happiness wali Immunity for all students and faculty members for Meditation." Our 45 volunteers of Viva Tech joined the event which was conducted via online platform on Google Meet. It was a free live 30 minutes Immunity and Meditation session conducted on 13th May 2021 from Evening 5:30 pm to 6:30 pm. The speaker started with a very beautiful lines which he recalls, "Happiness of a person depends on his choice." Speaker explained us that No one needs to feel lonely or alone, Panic and fear is taking over people with so much negative news floating everywhere. Panic is a recipe of defeat. Ever before one can fight covid, one gets defeated mentally. The session covered a sequential topic on Breathworks to Boost Oxygen levels, Meditation for immunity, art, food and lifestyle tips for living a healthy life. We were taught the correct method on how to practice meditation and how we can stay calm in stressful situation and can take right decision when required too. At the end the vote of thanks was proposed by our NSS volunteers Ms. Shivani Shukla and the session was concluded by a small audio visual presented by Art of Living. It was indeed a very helpful session.

### Photos:

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