

5th CME Report

Date: 11th April 2020

Time: 10:30 am – 11:30 am

Speaker: Br. Vignesh, Sevak, Chinmaya Mission, Cbe

Topic: Practical Session on Mindful Meditation

Participants: Principal, all teaching staff and students

Session Type: Virtual Session (Facebook live)

Amidst in the pandemic of COVID-19 and the following lock down period, a session on the practical meditation was initiated to bring out a reduced level of anxiety and stress among students. The guided meditation was orated by the speaker with soft background music.

The session concluded with a motivated message on positivity which resulted in gearing up the motivation among the participants.



Report prepared by

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Lecturer cum MO.