

## **CME and Workshop on Benefits of Meditation on Health.**

CME and Workshop on 'Benefits of Meditation on Health' was conducted on 24<sup>th</sup> May 2024 between 09.00am to 05.00 pm by DEPARTMENT OF PHYSIOLOGY, JGMM MEDICAL COLLEGE, HUBBALLI.

**Objective of the program: To know and inculcate Meditation in our life and know its health benefits and Physiological effects on body.**

CME and Workshop was conducted on occasion of 'World Meditation Day' on 24<sup>th</sup> May 2024.

The CME started with Overview of Meditation by Dr. Savitri Siddanagoudra, Professor and HOD of Physiology Department followed by Guided Meditation by Ms. Raadni Palekar.

Inaugural function was held after this session where, the Dignitaries graced the occasion with their presence and inaugurated the CME. Dr. Savitri Siddanagoudra, Professor and HOD of Physiology Department welcomed the gathering. Dr. Amrut Dambal sir, Professor and HOD of Biochemistry Department and Dr. Ganga Pilli mam, Professor and HOD of Pathology Department spoke on the occasion. The Dignitaries congratulated Physiology department for observing World Meditation day and making everyone aware of its benefits, emphasizing the need of the Hour. Vote of Thanks was proposed by Dr. Sanjivani S. Jadhav, Associate Professor, Department of Physiology.

The Inauguration function was followed by a session on Heartfulness Meditation by Dr. B. R. Barkol sir, Professor and HOD of OBG Department, followed by Guided Meditation.

Students exhibited their knowledge and talent by making Models and presenting to delegates.

In the afternoon session, Dr. Ramesh Gangoor spoke about Third Eye opening and Spiritual Healing. He also demonstrated the activity.

The CME concluded with Valedictory and feedback. Phase I MBBS students, Teaching Faculty and Non- Teaching Faculty participated in the event.

The CME cum workshop was a great eye opener and successful event on meditation and its importance in our daily life. The Speakers encouraged everyone to make meditation a daily habit.

The Workshop continued for the next 2 days for 45 min duration.





