

# PSN ENGINEERING COLLEGE

Melathediyoor, Palayamkottai Taluk, Tirunelveli District, Pin - 627 152.

(Approved by AICTE and Affiliated to Anna University)

An ISO 9001 : 2015 Certified Institution

Website : [www.psnec.ac.in](http://www.psnec.ac.in) Email : [principal@psnec.ac.in](mailto:principal@psnec.ac.in)

☎ 04634-279078, 279079 Fax : 04634-279078



## REPORT ON BASIC MEDITATION TYPES

Name of the Program	<b>Report on Basic Meditation Types</b>
Conducted on	Dec 15 <sup>th</sup> 2021 to Dec 17 <sup>th</sup> 2021 (3days)
Duration	Three days
Venue	PSNEC Seminar Hall
Number of participates	158
Dept/Year/Semester	S&H Department /I/ I
Resource Person	Mr.R.Ganeshan,Trainer,Heartfulness,Institute,India
Objective of the Program	To Motivate the students about meditation types

The Program started on Dec 15<sup>th</sup> 2021 and conducted till Dec 17<sup>th</sup> 2021 (3days) 10.00 am with the welcome address by **Dr.G.Satish Pandian,Director (IQAC), PSN Engineering College**. On the first day our chief Guest **Mr.R.Ganeshan, Trainer, Heartfulness, Institute** spoke about the Benefits of meditation and the technique of rejuvenation through cleaning the heart and mind.

### Basic Meditation

Basic mindfulness meditation is **the practice of paying attention to the present moment with an accepting, nonjudgmental disposition**. The goal isn't to stop thinking, or to empty the mind.

Primarily there are two types of meditation: One is called **concentrative meditation, also referred to as fixed attentiveness, and the other one is called contemplative meditation, also known as analytical investigation**. A good meditator is skilled at both types of meditation.

How many basic types of meditation are there?

There are **nine** popular types of meditation practice: mindfulness meditation, spiritual meditation and Focused meditation.

### Three parts of meditation

There are three traditional aspects to meditation: **approach, practice and integration**.

Finally the vote of thanks was expressed by T.Bharathi, AP/Department of Science and Humanity.



# PSN ENGINEERING COLLEGE

Melathediyoor, Palayamkottai Taluk, Tirunelveli District, Pin - 627 152.

(Approved by AICTE and Affiliated to Anna University)

An ISO 9001 : 2015 Certified Institution

Website : [www.psnec.ac.in](http://www.psnec.ac.in) Email : [principal@psnec.ac.in](mailto:principal@psnec.ac.in)

☎ 04634-279078, 279079 Fax : 04634-279078

ISO 9001 : 2015



The photo copies of the program:

The Guest interacted with the students to practice the basic meditation on daily basis.

Students were very interested and enjoyed the practice session.



Mr.R.Ganeshan delivered to **Basic Meditation Types** of the students. Dec 15<sup>th</sup> 2021 to Dec 17<sup>th</sup> 2021 (3days)





## Summary:

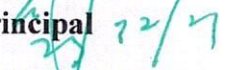
1. The life skill program for first year students conducted from **Dec 15<sup>th</sup> 2021 to Dec 17<sup>th</sup> 2021** (3days) in seminar hall of PSNEC.
2. Students get motivated with **Basic Meditation Types** which will improve their interpersonal skill.
3. Students are interested in this program.

  
Incharge 23/12/21

  
Coordinator 23/12/21

  
Director  
(IQAC) 23/12/2021

Dr G Satish Pandian  
Professor of Mech & Auto  
Director - IQAC  
PSN Engineering College,  
Tirunelveli 627152

  
Principal 22/12  
Dr M.S. RAVIKUMAR  
Principal  
PSN ENGINEERING COLLEGE  
Melathediyoor, Palayamkotte  
Tirunelveli - 627 152