



A.T.S.S.'s
College of Business Studies and Computer Applications
Chinchwad, Pune 19

(Affiliated to Savitribai Phule Pune University, Recognized by Govt. of Maharashtra, Accredited by
NAAC) UGC Recognized under 2(F) & 12(B)

Report on Pyramid Meditation Center

Title of Conclave : Swadhaya Pyramid Meditation Centre
Date : Friday, 22nd April 2022
Time : 02:00 pm – 04:00 pm
Attended by : Faculties and Students
No. Of Participants : 80
Mode : Offline

On date 22/04/2022, pyramid mediation centre opening program was arranged. Session started with “Understanding Self Peace” by Mr Rambabu. In this session participants realized the inside peace by mediating for more than half hour. Rambabu pointed out the importance of yoga, meditation and power of concentration on breathing. Participants were given pyramid cap to wear on their heads and silent music was played by pyramid yoga team using copper vessels.

In presence all the faculties, students the discussion among Principal Dr. Aruna Deoskar mam, Dr. Abhay Kulkarni sir and Mr Rambabu named our mediation centre as “Swadhaya Meditation Centre”.

Participants as well as faculties enjoyed self peace by mediation.

The second session was held by guest Kiran Gurbani. She shared her personal experience with participants on how mediation saved her life and motivated participants to improve their personality by staying patient and working for society and career.

