

REPORT ON MEDITATION PROGRAM

Date: 7th July

Time: 10:00 AM

Venue: **Basement Hall, Shree Siddheshwar College of
Physiotherapy, Solapur**

A meditation program was successfully conducted on **7th July at 10:00 AM** in the **Basement Hall of Shree Siddheshwar College of Physiotherapy, Solapur** for the benefit of the students. The session focused on **stress relief, improving concentration, and enhancing precision**—key areas that support academic excellence and personal well-being.

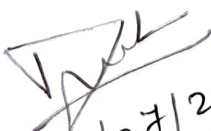
The program commenced with a **traditional lamp lighting ceremony** and the **felicitation of the chief speaker and guests**, conducted in the gracious presence of our **Trustee, Adv. R. S. Patil Sir**. This auspicious beginning set a positive and respectful tone for the event.

The session was led by the **Chief Speaker Mrs. Roma Dasa**, along with **five dedicated members from the EKAM Foundation**, who collectively conducted a highly interactive and impactful program. Through guided meditation, mindfulness exercises, and discussions on mental calmness, the speakers emphasized the importance of inner peace, focus, and clarity—qualities essential for physiotherapy students in both academic and clinical settings.


The participants, comprising students from various academic years, were deeply engaged throughout the session and reported feeling **relaxed, rejuvenated, and better equipped to manage stress and improve concentration** in their daily lives.

The entire program was **coordinated and conducted by Dr. T Suresh Kumar (Principal)** and **Dr. Chintamani Deshpande (Assistant Professor)**, whose meticulous planning and guidance ensured the smooth execution and success of the event.

The college expresses its sincere gratitude to **Adv. R. S. Patil Sir, Mrs. Roma Dasa, the EKAM Foundation team**, and the organizing faculty for their valuable contributions. The positive feedback from students highlights the need for more such wellness programs in the future.


08/07/25




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PRINCIPAL
Shree Siddheshwar College
of Physiotherapy, Solapur

