



**PADUA COLLEGE OF COMMERCE AND MANAGEMENT
NANTHUR; MANGALURU- 575004**

INTERNAL QUALITY ASSURANCE CELL (IQAC)

ORGANISES

Workshop on Meditation

DATE: 21- 23/02/2017

TIME: 04.00 – 5.00 P.M

VENUE: Padua Auditorium

RESOURCE PERSON

Sister Nalini

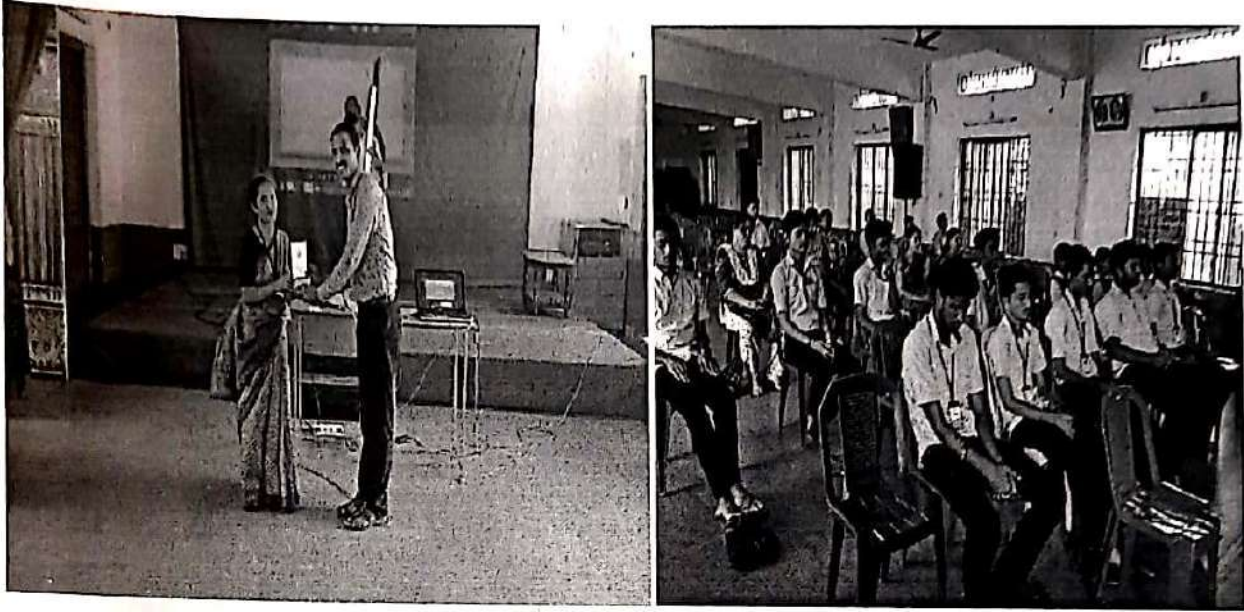
Heartfulness Foundation

All are cordially invited

Rev. Fr. Alwin Serrao
Principal

Mr. Roshan Santhumayor
Vice-Principal

MEDITATION CAMP



Our institution organized a meditation camp for three days from 21st February to 23rd February 2017 in our College auditorium. The meditation was for one hour every day at 4.00 pm to 5.00 pm. Sister Nalini from the 'Heartfulness Foundation' was the resource person. Many students and also faculty members joined this club and gained a lot of knowledge and also were trained to be mindfulness. This camp was very useful for all those who attended it.


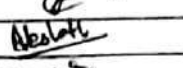


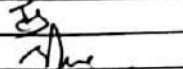

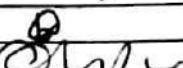
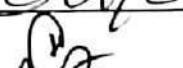
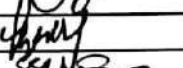
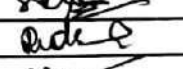
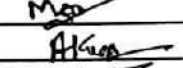
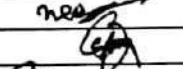
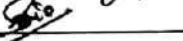

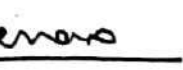


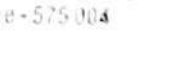




Principal
Padua College of Commerce and Management
Nanthur, Mangalore - 575 004

**PADUA COLLEGE OF COMMERCE AND MANAGEMENT
NANTHUR MANAGALORE -575004**


**WORKSHOP ON MEDITATION
Organized by Internal Quality Assurance Cell (IQAC)
Participants List**

Date: 21/02 - 23/02/2017

Total no. of Participants: 22

SL. NO.	NAME	DESIGNATION	SIGNATURE
1.	MR. ROSHAN SANTHUMAYOR	VICE PRINCIPAL	
2.	MS. ZEENA CORNELIO	LECTURER	
3.	MS. AKSHATHA	LECTURER	
4.	MS. MITCHELL DIAS	LECTURER	
5.	MS. FLAVITA LEWIES	LECTURER	
6.	MR. RAHUL SUVARNA	LECTURER	
7.	MR. PRASHANTH D'COSTA	LECTURER	
8.	MS. JESFRIDA MENEZES	LECTURER	
9.	MR. SHRIDHAR	LECTURER	
10.	MRS. PRAMILA MASCARENHAS	LECTURER	
11.	MR. RAMESH	LECTURER	
12.	MR. DEENATH D'SA	LECTURER	
13.	MR. CHRISTOPHER D'SOUZA	LECTURER	
14.	MR. HARIPRASAD	PHYSICAL DIRECTOR	
15.	PRASAD	STUDENT	
16.	SACHIN	STUDENT	
17.	RUDRESH	STUDENT	
18.	MANJU	STUDENT	
19.	AKASH	STUDENT	
20.	NANDISH	STUDENT	
21.	SANGEETHA	STUDENT	
22.	SONIA	STUDENT	


IQAC Co-ordinator


Principal
Principal
Padua College of Commerce and Management
Nanthur, Mangalore - 575004