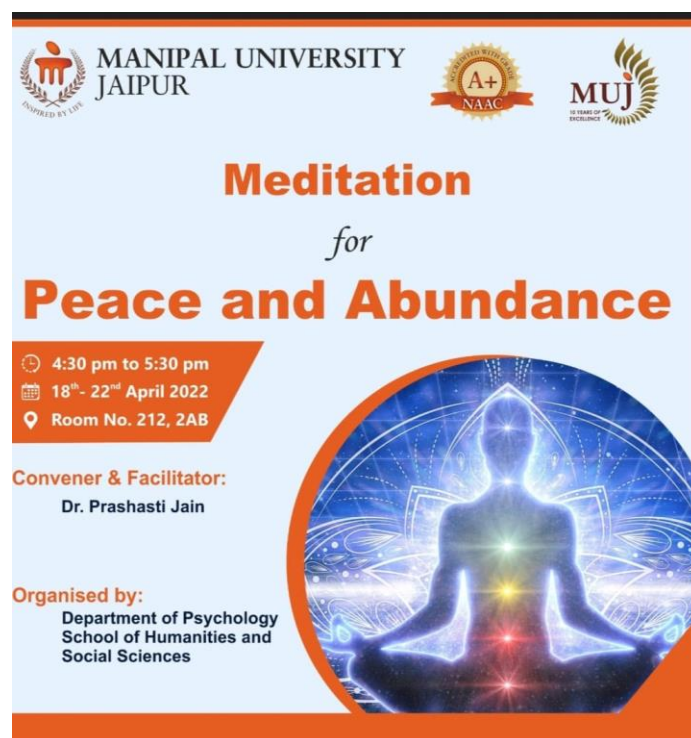


Report on Meditation for Peace and abundance

Department of Psychology, School of humanities and Social Sciences, organised a five day workshop on meditation for peace and abundance from 18th April 2022- 22nd April 2022. The workshop was inaugurated by Prof. Dr. Richa Arora, Director, SHSS. Dr. Prashasti Jain, Assistant Professor, Department of Psychology was the convener and facilitator for the workshop. The workshop covered meditations on five different aspects of life, such as, Self-love, Forgiveness, Financial blessings, constancy of effort or non-laziness. On the first day, participants were trained to meditate on developing self-love, it was followed by meditation on forgiveness on the second day, the meditation for financial blessings in life on the third day, constancy of effort and non-laziness on the fourth day and finally on the fifth day meditation on twin heart, a technique of meditation in pranic healing, which is a no touch therapy, devised by Master Choa Kok Sui. These meditations were based on the premise - “it is in giving, that we receive”. If we wish peace and abundance for others, peace and abundance comes back to us. Practicing mindfulness and meditation can prove to be an asset to the employees for enhancing their overall physical and mental health. The participants thoroughly enjoyed and shared their experiences of blissfulness at the end of the workshop.



The poster features the logos of Manipal University Jaipur, NAAC A+ accreditation, and MUJ. The title 'Meditation for Peace and Abundance' is prominently displayed in orange and blue. A central image shows a glowing blue silhouette of a person in a meditative pose with a chakra diagram. An orange banner on the left lists the time (4:30 pm to 5:30 pm), dates (18th- 22nd April 2022), and location (Room No. 212, 2AB). The convener and facilitator, Dr. Prashasti Jain, and the organizing department are also mentioned.

**MANIPAL UNIVERSITY
JAIPUR**

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Meditation *for* Peace and Abundance

🕒 4:30 pm to 5:30 pm
📅 18th- 22nd April 2022
📍 Room No. 212, 2AB

Convener & Facilitator:
Dr. Prashasti Jain

Organised by:
Department of Psychology
School of Humanities and
Social Sciences



