

**Post Graduate Teaching Department of Law,
Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur.
Organizes One Day Workshop
For
Meditation**

REPORT

Post Graduate Teaching Department of Law organized a One Day Workshop for “Meditation” on 26th April, 2022. The illustrious noteworthy Mr. Sudhir Shah, in-charge of DHAMMANAG Vipassana Meditation Centre, Mahurzari was invited. Total 28 participants were present.

Under the aegis of Dr. Payal Thaorey, Head and Assistant Professor of PGTD of Law, RTMNU, Nagpur convened this One Day Workshop on the strength of Ms. Dipali Mankar, Assistant Professor PGTD of Law, RTMNU, Nagpur. Dr. Payal Thaorey welcomed our guest with a enthusiastic speech which encouraged us a lot which is followed by a prefatory speech by Ms. Dipali Mankar who rightly introduced the theme of the webinar on the key points as to why in this busy day to day life we need to take out time to meditate for ones peace of mind and greater productivity. Later, Ms. Rudrakshi Mendhe, a student of PGTD of Law, RTMNU, Nagpur, delivered a brief introduction and accomplishments of the honourable guest Mr. Sudhir Shah.

Mr. Sudhir Shah with his team showed a video which gave the participants a inside view of the importance of Meditation. He succefully made the participants understand that meditation boosts certain aspects of how the brain processes and handles information. It’s a great way to find out more about how you can get started with mindfulness meditation, whether you’re a student looking to get started yourself, or a teacher looking to bring mindfulness training to your department.

Ultimately, as this webinar is held with the active and interactive learning a question-answer session occurred and the participants were really satisfied by Mr. Sudhir Shah Sir.

At the end, time rang for the vote of thanks which was presented by Mr. Rudrakshi Mendhe, Student, PGTD of Law, RTMNU, Nagpur led to the cessation of this knowledgeable Workshop.

Glimpses of Workshop







List of Participants

Sr.No.	Name of the Participants	Sr.No.	Name of the Participants
1.	Rudrakshi Mendhe	15	Gokul Gulhane
2.	Shivani Khandate	16	Subodh Awale
3.	Poonam ingolay	17	Akash Bambode
4.	Sujay Kalbandhe	18	Chinmay Singewar
5.	Pradeep Dhara	19	Manish Uike
6.	Suresh Katiyar	20	Gunjan Nirman
7.	Shoaib Khan	21	Mrs. Padma Chobe
8.	Santosh Jambulkar	22	Aqsa Ahmed
9.	Suresh Gedam	23	Sagar Ganvir
10.	Arun Ganvir	24	Vidyasagar Tripathi
11.	Ram Aurangabadkar	25	Saurabh Singh
12.	Sumedh Ambade	26	Pranita Chavhan
13.	Kulin Bajpai	27	Anandkumar Raut
14.	Narendra Khandate	28	<u>Vishnu Pantawne</u>