



# **NARAYANA ENGINEERING COLLEGE:: NELLORE**

(Approved by AICTE, New Delhi & permanently Affiliated to JNTUA, Ananthapuramu)  
(An ISO 9001: 2008 certified Institution Recognised by UGC U:S 2(f) & 12(B) and "A" grade by GOVT of A.P.)

**Muthukur Road, Nellore-524004**

**Department of Computer Science and Engineering**

**Women's Forum Activities in 2018-19**

<b>S.No</b>	<b>Name of the Program</b>	<b>Date</b>	<b>Name of the Resource Person</b>
1	Pyramid Meditation	29-03-19	S.Venkatesh Meditation Trainer

## **PYRAMID MEDITATION**

A seminar on “Pyramid Mediation” by Mediation trainer was organized by women’s forum of the cse department on 29-03-19 at Srinivasa Ramanujan SEMINAR HALL,A-BLOCK. In this session the resource person S. VENKATESH WAS discussed with the students “Benefits of Pyramid Meditation” and covered the following topics

1. Improves Eyesight
2. Improves Hearing:
3. High Blood Pressure:
4. Treats Insomnia:
5. Offers Relief From Arthritis:
6. Heals Sores And Broken Bones:
7. Removes Acne And Zits:
8. Pyramids For Students:
9. Offers Energy:
10. Provides Relief From Headaches:
11. Offers Relief From Irregular Periods:
12. Improves Cognitive Abilities:
13. Balances Hormone Levels:

Pyramid meditation is an interesting, beautiful and simple way of bidding farewell to all your health problems. Once you make this a part of your life, you will start seeing a difference sooner than you imagined.

