



**GSSS** | GEETHA SHISHU  
SHIKSHANA SANGHA(R)

**INSTITUTE OF ENGINEERING  
AND TECHNOLOGY FOR WOMEN**

(Affiliated to Visvesvaraya Technological University, Belagavi, Approved by AICTE New Delhi & Govt of Karnataka)

**KRS Road, Metagalli, Mysuru - 570016**



### Indian Knowledge System Club

**Event:** Hearfulness Relaxation & Meditation

Session on 'Hearfulness Relaxation & Meditation' by Dr. Shyamala S Krishna, conducted on December 23, 2022. The objective of this session was to introduce Yoga to the students for achieving wellness by learning to manage physical and mental stress.



The President of the Indian Knowledge Systems, Chandu S, introducing Dr. Shyamala Krishna and Mr. Subramanyam, a Hearfulness Trainer to the participants



Students being trained in heartfulness relaxation and meditation