

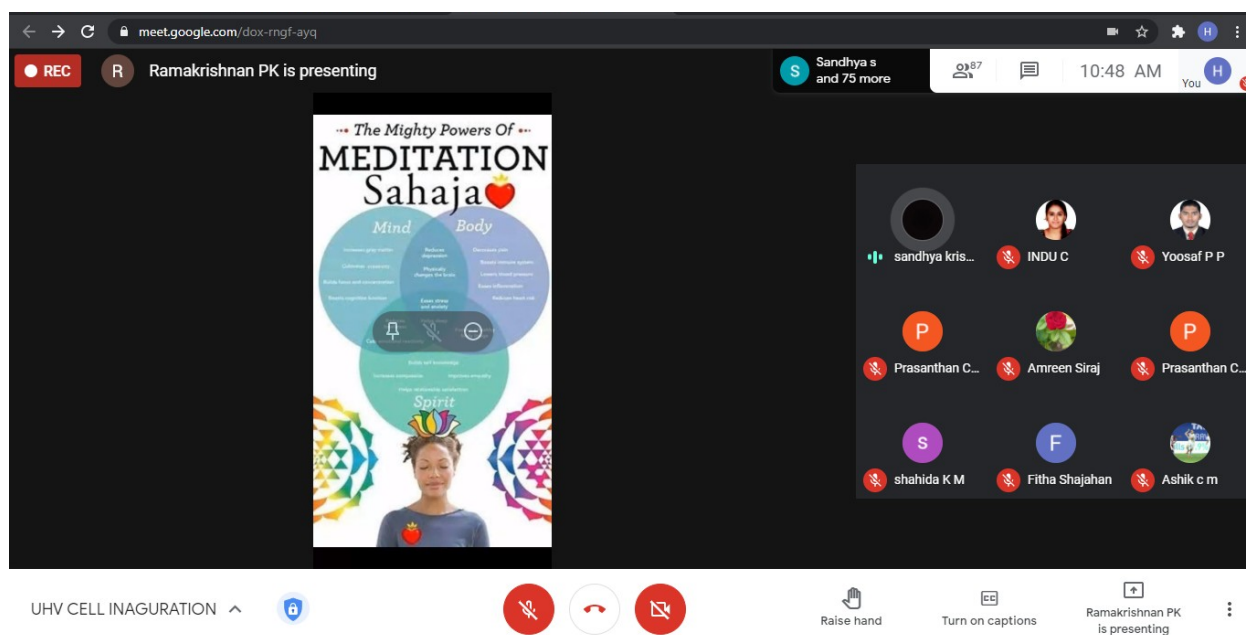


College of engineering and technology, Akkikavu

UHV CELL INAUGURATION

Universal Human Value Cell has been inaugurated on 30th January 2020 through Google Meet platform by the chief guest Dr. Sandhya K Ramakrishnan, Ex-state coordinator of Sahajayoga, Kerala and lecturer of Economics, Govt. Arts and Science College, Chelakkara. The ceremony aimed to inform the students about the UHV cell and its intention.

The ceremony began at 10.30 AM with the prayer song. Mr. Yoosaf P P, UHV Cell Coordinator, delivered the welcome address. The honourable principal of the institution Dr. Devi V presided over the function and complimented the initiative. UHV cell student coordinator Mrs. Asheera L described how the cell came into existence and its intention. It was inaugurated by Dr. Sandhya K Ramakrishnan, who gave insights to the importance and power of meditation.



The next prestigious part of the function was the keynote speech by Sri. Prasanth, Facilitator, Sahajayoga on the topic “Sahajayoga meditation for inner peace and fostering human values”. He spoke on the meditation method Sahajayoga and lectured how one can benefit from it. He said that the sense of inner calm that you experience during Sahaja’s state of meditation boosts your emotional resilience and composure, which ensures that you can effectively cope with stressful life events now and over the longer term. He described about the system of energy present within all human beings. He also lectured that human values like truth, honesty, loyalty, love, peace, care etc. are important for a meaningful life. The ceremony concluded with the words of gratitude from UHV cell member Ms. Indu C.