



# Report on National Workshop on Awareness Meditative Relaxation (AMR)

- **Organized by Psychology Department, Govt Hrangbana College**
- **Date: 21<sup>st</sup> November 2018**
- **Venue: Conference Hall, GHBC**
- **Resource Person: Rev Father Emmanuel Lalropuia Ralte**
- **No of Participants: 45**
- **A National Workshop on Awareness Meditative Relaxation was organized and conducted by the Department of Psychology, GHBC at the Conference Hall of the college. The resource person was Rev Father Emmanuel Lalropuia Ralte.**
- **The Workshop was organized with the aim of introducing participants to the practice of mindfulness and providing them with techniques to achieve deep relaxation and reduce stress. It was designed to promote well-being and enhance participants' ability to manage their mental and emotional states effectively.**



- The resource person shared valuable insights into the benefits of mindfulness and its impact on stress reduction, focus, and overall mental health. The session addressed the importance of cultivating awareness and being present in the moment.
- The workshop comprised interactive sessions that allowed participants to engage in practical exercises and learn various techniques for awareness meditative relaxation.

**The workshop on Awareness Meditative Relaxation was a great success in educating participants about the benefits of mindfulness and equipping them with practical techniques to promote relaxation and reduce stress in their lives. Participants left the workshop with a greater understanding of mindfulness and a toolbox of techniques that they could continue to practice independently. It is hoped that the attendees will apply the knowledge gained to lead healthier and more fulfilling lives.**

