

GUEST LECTURE REPORT

Coordinators: Ms. Vijayalakshmi and Mr. Mohammad Saqib

Department: Travel & Tourism

A Guest Lecture was conducted in the month of March 2021 on the topic “Yoga and Meditation: Travel within Mind and Body”.

Details of the Guest Lecture:

Guest Speaker: Ms. Thenukha Sharma

Designation: Yoga Instructor (Srilanka)

Date and Day: 17th March 2021 (Wednesday)

Time: 08:00-08:45 AM

Audience: II BHT and III BMTT Students

No of Student: Approximately 80

Platform: MS Teams

Work Assigned for Guest Lecture:

Poster Designed by: Mr. Mohammad Saqib

Notice, Appreciation Letter by: Mr. Mohammad Saqib & Ms. Vijayalakshmi

Welcome Speech: Ms. Vijayalakshmi

Vote of Thanks: Ms. Vijayalakshmi



**MOUNT CARMEL COLLEGE,
AUTONOMOUS BENGALURU-560052**

DEPARTMENT OF TRAVEL AND TOURISM

INVITES you TO
GUEST LECTURE
on
YOGA AND MEDITATION:TRAVEL WITHIN MIND AND BODY

Date:17th March 2021

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By:
Guest Speaker



Ms.Thenukha Sharma
Yoga Instructor
Sri Lanka

