

Amrutvahini College of Engineering, Sangamner

Department of Computer Engineering

Report of seminar on "Meditation for stress management"

As a part of ISTE student chapter, department organized a seminar on "Meditation for stress management" for all second year students. Total 140 students attended this session. Program started with introductory speech by Ms. S. B. Bhonde followed by felicitations of guests. Speakers for this session were Bk. Dr. Yogini, Bk. Padmaji, Bk. Bharatiji.



Dr. Yogini started with the session illustrating importance of physical & mental health. Following concepts were cleared to enhance understanding of Body, Mind and Spirit, and Meditation & also how the three work together in making us whole including:

- Increase your overall well-being of mind, body, and soul
- Reduce your stress, anxiety, depression, and trauma symptoms
- Improve your relationships with family, friends, and at workplace
- Create a balance between your rational and emotional mind

- Improve your self-care, self-esteem and self-confidence
- Lead a stable life and stay calm

Various remedies to keep stress away were discussed in detail. Following are the snaps captured during the session:



At the end, students also had live experience of "Rajyog meditation".

Co-ordinators

Ms. K. U. Rahane - *Kavita*

Ms. S. B. Bhonde - *SBB*

Mr. P. Patre - *PR*

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