



**THREE DAYS
STUDENT DEVELOPMENT PROGRAM**

ON

**CONCENTRATION
ENHANCEMENT
THROUGH
MEDITATION**

5th - 7th April 2021

REPORT

ORGANISED BY

**SPIRITUAL RESEARCH CELL
(RAJYOGA THOUGHT LAB)**

**JAIPUR ENGINEERING COLLEGE AND
RESEARCH CENTRE, JAIPUR**

*Chitiz Khudelwal
(Coordinator)*

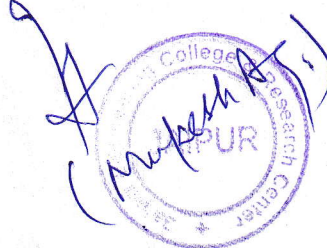


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Schedule of SDP

Chitra Khondekar





Concentration Enhancement through Meditation
(5-7 April 2021)



S. No.	09:30 - 11:00	11:00 - 11:30	11:30 - 01:00	01:00 - 01:30	01:30 - 03:00
05-04-2021 Monday	Inauguration Prof. Rajeev Jain (HVC RU) Prof. V.K. Chandna Enlightening Mind & Memory Dr. Aditi Singhal	B R E A K	Digital Detoxification Sh. Balakishore Concentration using Music Sh. Harish Moyal	B R E A K	Put on your Concentration Caps Sh. EV Gireesh
06-04-2021 Tuesday	Meditation as Medicine Sh. EV Gireesh		Crack the Success Code Dr. Aditi Singhal		Design your Destiny Dr. EV Swaminathan
07-04-2021 Wednesday	Practical tips on Meditation Sis. Chandrakala		Practical Tips on Concentration Sh. Mukesh Agarwal Sh. Ram Prakash Singhal		Valedictory Mr. Chand Mishra Dr. Anuradha Jain Action Plan Dr. EV Swaminathan

Chites Khosla



Brochure



SPIRITUAL RESEARCH CELL
JAIPUR ENGINEERING COLLEGE AND RESEARCH CENTRE



PRESENTS

THREE DAYS
Student Development Program
ON

CONCENTRATION ENHANCEMENT
THROUGH MEDITATION

5th - 7th April 2021



Dr. Aditi Singhal
 5 Apr - Enriching Mind & Memory
 6 Apr - Crack the Success Code



Balakishore
 3 Apr - Digital Detoxification



Harish Moyal
 6 Apr - Concentration using Music



BK EV Gireesh
 5 Apr - Put on your Concentration Caps
 6 Apr - Meditation as Medicine



Dr. EV Swaminathan
 6 Apr - Design your Destiny
 7 Apr - Action Plan



Sister Chandrakala
 7 Apr - Practical tips on Meditation



Mukesh Agarwal
 7 Apr - Practical on Concentration



Dr. Anuradha Jain
 7 Apr - Valedictory



Valedictory - Mr. Chand Mishra
Dadasaheb Phalke Award Winner

7 Apr - Valedictory



MEETING ID & PASSCODE

will be e-mailed to all the registered participants.

Certificate will be given to all the participants with 75% attendance



Scan QR Code

REGISTRATION FREE BUT MANDATORY

Faculty Coordinator:
 Ms. Chitra Khandelwal
 +91 92520 11765

Student Coordinator:
 Aastha Agarwal +91 63784 15779
 Shashwat Jain +91 85038 67233

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For more details please contact: src@jecrc.ac.in / rajyogathoughtlab@jecrc.ac.in

Chitra Khandelwal



Certificate



**CONCENTRATION ENHANCEMENT
THROUGH MEDITATION**



Certificate

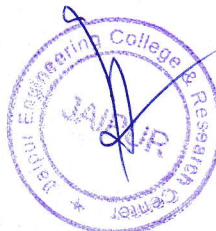
This is to certify that

has participated in the **Three Days** online **Student Development Program on Concentration Enhancement through Meditation** held during **5th - 7th April 2021** organized by Spiritual Research Cell, Jaipur Engineering College and Research Centre, Jaipur, Rajasthan


Mr. Mukesh Agarwal
Head, Spiritual Research Cell


Prof. Vinay Kumar Chandna
Principal, JECRC, Jaipur

Chitesh Khadke



Abstract

The 3 days long SDP program including 9 sessions (3 per day) explained and briefed the audience on "Concentration Enhancement Through Meditation", where prominent speakers like Mr. Harish Moyal, Dr. Aditi Singhal, EV Gireesh, EV Swaminathan, Balakishore sir, Mr. Chand Mishra and many more captured the inquisitive and excited audience with their words of immense knowledge and their respective experiences. The series of session was inaugurated on 5th April 2021 by our chief guest Prof. Rajeev Jain (Vice Chancellor, Rajasthan University) with the presence of Prof. V.K. Chandna (President, JECRC) and Dr. Aditi Singhal (Eminent speaker). The inaugural was followed by 2nd session where the audience was digitally detoxified by Balakishore sir and also experienced a mesmerizing talk with Mr. Harish Moyal about concentration using music.

The 3rd session by another prominent speaker EV Gireesh sir took everyone's attention and heart as he spoke about how to put on your concentration cap.

The next day again, EV Gireesh sir made the audience content and delighted as soon as he talked about how meditation is a medicine and even solved various queries of the audience.

The trick to crack the success code was presented by Dr. Aditi Singhal Ma'am in the following session. Later, EV Swaminathan sir encouraged and helped students in designing their destinies.

On 7th April 2021, the program initiated with practical tips on Meditation by Sis. Chandrakala.

After the powerful and encapsulating session of Sis. Chandrakala, the audience was pleased to imbibe Practical Tips on Concentration by Mr. Mukesh Agarwal sir, Mr. Ram Prakash sir and Ms. Chitra Khandelwal ma'am who beautifully taught and helped the students in grasping various tips altogether.

The last session taught the students about how to plan their actions by our eminent speaker EV Swaminathan which was continued by a valedictory session of Dr. Anuradha Jain Ma'am and Mr. Chand Mishra sir including words of wisdom by Prof. Victor Gambhir (Principal, JU).

The event was completed and ended by a vote of thanks, by Mr. Mukesh Agarwal sir.

Chitra Khandelwal



Speaker's Profile

1. Dr. Aditi Singhal



Dr. Aditi Singhal is an international maths and memory trainer, author, motivational speaker and counselor.

She has been awarded as “The Best Memory Trainer” by the India Book of Records.

She also holds a Guinness World Record for teaching Largest Maths Lesson and 3 records in The Limca Book of Records for memory and fastest calculation.

Dr. Aditi Singhal is also the co-founder of Dynamic Minds Group.

2. Shri Balakishore



Bala Kishore is an engineer and Professional Certified Coach. He has been associated with the IT industry since 1994. He has been a meditation practitioner for the last 23 years. He holds many awards and recognitions to his name including British Chevening Scholarship in 2001. Currently, Bala is the Vice President of Transformation, SEARCE Technologies. For the last fifteen years he has been sharing deep knowledge through

lectures on various topics related to mind, medicine, motivation, leadership and spirituality. He has taken sessions at Facebook Mumbai, Infosys, TCS, BOSCH, DST etc.

3. Harish Moyal



Harish Moyal is a singer and an actor. He won the IMA award in 2011. He is one of the top finalists of INDIAN IDOL – Season 1 and has performed in a number of TV shows. He is well known for stage performances. He is nothing less than a live wire and a Rockstar on stage with his outstanding performance. He has performed live in over 3000 shows all over the world and has always made his audiences groove and dance to his energetic voice. Today, Harish Moyal stands out as one of the most talented singers & performers in the Indian Live Music Industry.

4. BK EV GIREESH



BK EV Girish is a Dynamic Trainer and Counsellor with passion for excellence and creativity. With an experience of more than 14 years he is well-known for his unique style and ability to inspire people. He has taken training programs at various institutes including ISRO - Indian Space Research Organization, NPCIL - Nuclear Power Corporation of India Ltd, IITs, NID (National Institute of Design), Indian Army, L&T, ICAI, ICSI, Tata Motors, TCS, Accenture, Infosys, Cipla, Zydus Research Laboratories, Tata Power etc.

5. BK EV Swaminathan



Dr. EV Swaminathan is a trainer, counsellor and consultant with a clear focus on creating a value based society. He is an engineering and management faculty and gives training on emotional engineering, empathetic communication, concentration and memory enhancing and work efficiencies. He has also appeared on several television talk shows which are being aired on Awakening and Peace of Mind channels.

6. Sister Chandrakala



Brahma Kumari Chandrakala is a director of Rajyoga Retreat Center at Vaishali Nagar, Jaipur. She coordinates more than 40 Rajyoga Meditation Centers in and around jaipur.

She is gifted with higher levels of consciousness and has attained deeper stages of yoga. She was honoured with "PR Hall of Fame by the public relations council of India", in 2019. She had extensively travelled in India & abroad (Europe, Asia & South Africa) for conducting and facilitating various seminars on spirituality for people to practice in their daily lifestyle.

7. Mukesh Agarwal

Mukesh Agarwal is the head of Spiritual Research Cell, Rajyoga Thought Lab. He is also the CEO of Rural Technology Business Incubator (RTBI) at Jaipur Engineering College and Research Centre (JECRC), Jaipur.

He handles a lot of meditation awareness programs and has been practicing meditation for 25 years.

He is a great speaker and has taken a lot of sessions to motivate people for meditation and self empowerment techniques.

He is currently working on various researches and mentoring students about different kinds of techno-spiritual projects and is even responsible for initiating various social awareness programs including FFJ(Fruit Full Jaipur).

8. Ram Prakash Singhal



Ram Prakash Singhal is the initiator of the 7 Billion Acts of Goodness program. Currently he is in the US. He had become a votary of the Brahma Kumaris when he had been in college at the age of 21 and never strayed far from their centres in the US or from his deep spiritual beliefs. He also teaches meditation and stress management during his off hours as a type of volunteer work.

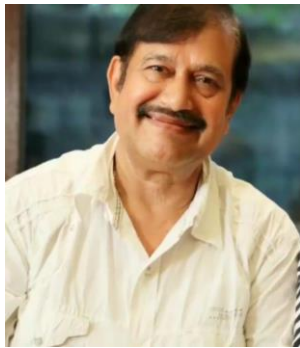
9. Ms.Chitra Khandelwal

Chitra Khandelwal is the counselor and meditation mentor of Spiritual Research Cell of Jaipur Engineering College and Research Centre(JECRC), jaipur.

She has been practising meditation for many years and has conducted numerous sessions on self empowerment and meditation techniques.

She has also researched on various meditation benefits and also published research papers on the same as well as on mindfulness.

10. Shri Chand Mishra



Chand Mishra is Bollywood's most respected Business Manager for celebrities. He has been honoured with Dadasaheb Phalke Award for best Business Manager of Cine Star. He has been in the film industry for 46 years and has worked with many actors. He is the Managing Director of Ivana Studioz also.

He has been connected with Brahma Kumaris since 1997. He has produced many spiritual songs albums one of them is Who am I? which has been given an educational certificate by the Censor Board of India. His contribution in Godly Service has been invaluable.

11. Dr. Anuradha Jain



Dr. Anuradha Jain is the current dean and principal of Vivekananda School of Economics and Statutory Compliance & Inspections.

Prof. Anuradha Jain is a fanatical economist and has numerous research papers to her credit in diverse areas.

She also holds significant membership positions as Advisory board Centre for Education growth and Research; ICA and

INAAR.

She also has the honor of being the Chairperson of Social Welfare Cell, Centre for Education Growth and Research.

She is an honorary Advisory Member of International Association of Research & Development Organization.

She has been important in uplifting the rights of women as general Secretary, Women Division, International Jurist Council and has also been awarded Shiksha Gaurav Puraskar 2016 and Innovative Leader award ,2017.

Inaugural session

Dr. Vinita Mathur started the session by giving a warm welcome to all dignitaries and the participants.

- **Prof. V.K. Chandana** delivered a welcome address to all the dignitaries and the participants and gave insight about the three days SDP programme. He also told the audience that JECRC is continuously making efforts for mental, emotional and spiritual development of students and teachers through Spiritual Research Cell which is a unique thought lab of its own kind. He requested everyone to utilize their valuable time by attending all the sessions of the SDP.

- **Professor Rajeev Jain expressed that:**

1. This programme is a different and much beneficial three days workshop on concentration.
2. Neural pathways are increased in people by practicing meditation.
3. The impact of positive thoughts on work and health is much appreciable.
4. He explained the benefits of meditation :-

(1) Increase the level of confidence.

(2) Increase the clarity and focus for better mental health.



SPIRITUAL RESEARCH CELL OF
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PRESENTS



THREE DAYS
STUDENT DEVELOPMENT PROGRAM

5-4-2021
9:30-11:00



Welcome

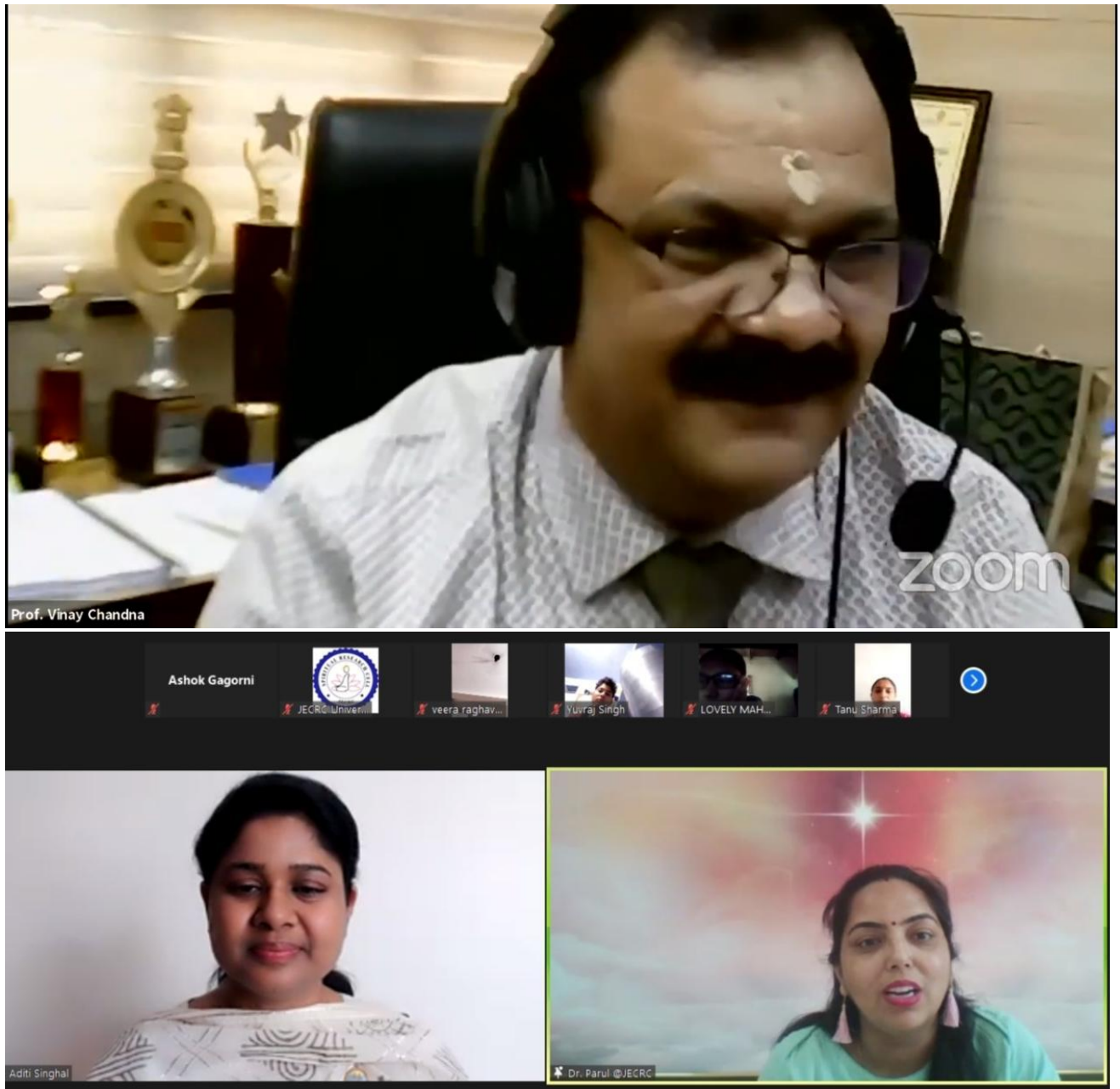
Dr. Aditi Singhal

Session Topic: Enlightening Mind & Memory

Dr. Aditi Singhal

1. She started the session by explaining about the concentration.
2. The key of concentration is interest
3. She then gave **the laws of memory :-**
 - A - Association
 - I - Imagination
 - R- Ridiculous thinking
4. Good memory to Powerful mind.
5. **Three things are required for good memory and Powerful mind:-**
 - (1)**Healthy Nourishment for mind** - whatever we are intaking i.e. watching, listening & reading.
 - (2)**Relaxation for mind** -Meditation.
 - (3)**Exercise for mind** :- Visualization.
6. She advised to intake the healthy food for mind i.e. Positive thoughts.
7. She gave the definition of Raja yoga meditation -
 - Raja means Mastery of the self
 - Yoga means Union with the Supreme
8. **She then explained Why should we do Rajyoga Meditation :**
 - It's easy.
 - Knowledge based.

- Strengthens mind
- Strengthens intellect
- Sanskar parivartan





2nd session



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**THREE DAYS
STUDENT DEVELOPMENT PROGRAM**

**5-4-2021
11:30-1:00**

Welcome

Balakishore

Session Topic: Digital Detoxification
VP transformations, Searce Technologies, Hyderabad

In this digital age, healthy use of technology is very much important.

The Second session of the SDP on 5 April ,2021 revolved around the above stated need of the current time. The session was presented by Mr. BalaKishore on the topic 'Digital Detoxification' in which he shared relevant and useful information about the preventive measures and the ways to achieve digital detoxification.

- He stated Brain is the excellent filter and attention is its gate.
- Attention is the key for creating neural circuits and this property of the brain to create neural circuits is called Neuroplasticity.
- He showed that the neural circuits formed due to internet addictions, social media addictions, etc cause concentration problems.
- Continuous sitting , improper food habits also affect our concentration .
- He provided some preventive measures for enhance the concentration like-
 1. Switching off unwanted notifications.
 2. Sitting less , moving more.
 3. Doing physical exercise.
 4. Eat right, Eat less and Live Long.

5. Sleep is not waste. Sleeping more is required in this Digital age.

He also shared the key to digital detoxification which helps us to enhance the concentration - **Meditation**.

After it some questions of participants regarding digital detoxification were answered and then he ended his part by a 5 minutes meditation session .

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THREE DAYS
STUDENT DEVELOPMENT PROGRAM

5-4-2021
11:30-1:00

Indian Idol

Welcome

Harish Moyal
Singer
Session Topic: Concentration using Music

Mr. Harish Moyal

Sir said that in our daily routine, we should spend some time on our hobbies. When we dedicate some time daily to the things we love to do, it is like investing for our future and our concentration level also increases a lot. He then gave his example that apart from doing his daily works, he used to take out 1 hour daily for learning and practicing singing that became his passion later in life and he did very well in this field . He told everyone that one hour that he spent daily on his interest played a major role in increasing his concentration and he was able to concentrate better while doing other things also .

He further explained to the audience that music has a direct impact on mind. On the one hand, we can increase our concentration by listening to soothing music . But on the other hand, listening to songs that use violent or bad words damage our mind and reduce our concentration. Moreover we start to become like a personality similar to

the vocabulary of songs . Thus as students, it is your responsibility that you choose songs and music wisely. Healso advised everyone from his practical experience that everyone should take out 5 minutes while doing daily activities and get connected with Supreme Soul . This helps us to get recharged and concentrate more on our work.



3rd Session



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THREE DAYS
STUDENT DEVELOPMENT PROGRAM

5-4-2021
01:30-3:00



Welcome

BK EV Gireesh

Session Topic: Put on your Concentration Caps

The second session of the third day of SDP on 'Concentration Enhancement through Meditation' was addressed by EV Gireesh on the topic 'Put on your Concentration Caps'.

First of all he stated that Every human being on planet earth has tremendous power of concentration, only that we don't consciously use it where it has to be used then he explained :

- One of the easiest ways to concentrate on anything or everything is to create interest or in simple words it's to love it.
- The more you create Interest, the easier things become for you.

After that he said that for concentration one of the most essential tools is meditation ,he gave a brief introduction about it.

Meditation : The discipline of looking inwardly is meditation.

- It is a pilgrimage within.
- Meditation is internalising consciousness.
- Detachment and Visualization are the key to meditation.
- Every time we bring the mind back ,we are strengthening our ability to concentrate.
- We eventually grow,able to leave the thought and not hook into them in the first place through repeated practice with concentrative meditation.

Meditation are of three types:

- 1. Concentrative Meditation**
- 2. Contemplative Meditation**
- 3. Transcending Meditation**

At last he explained about mindfulness:

Mindfulness: Mindfulness is putting some space between ourselves and our reactions breaking down our conditioned responses.






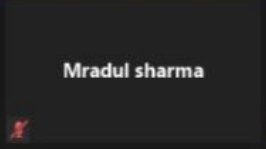

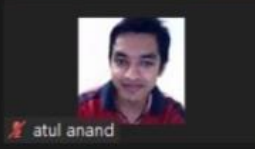


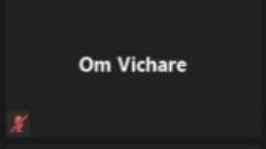


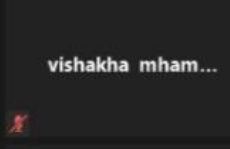
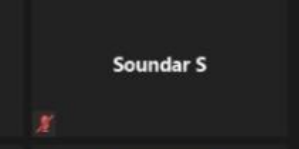

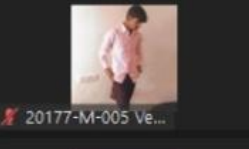
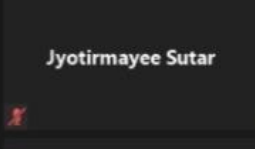
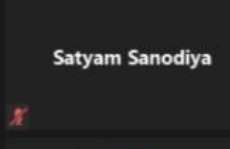

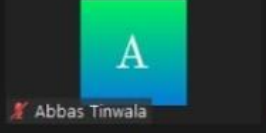

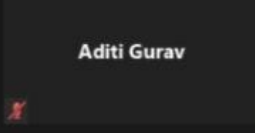
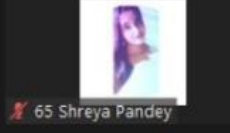

Basics of Mindfulness practice are

- Set aside some time
- Observe the present moment as it is.
- Let your judgement roll by.
- Return to observing the present moment as it is.
- Be kind to your wandering mind

At the end of the session ,he guided the participants to experience the true self through meditation and feel the peace and power within.

After the Q&A round Ms Richa Sharma gave a thanking note to the speaker.



 EKEV Girish	 Sakshi Naruka	 JECRC Morderator	 Sonia	 Mukesh JECRC
 Mradul sharma	 Nivedita Arya	 atul anand	 Anjani Shejwal	 JATIN MAHAUR
 Om Vichare	 Sankarampadi Ar...	 Nunvath Chanti	 vishakha mham...	 Soundar S
 Anmol Ranjan	 20177-M-005 Ve...	 Jyotirmayee Sutar	 Satyam Sanodiya	 Shivanshi Gautam
 Abbas Tinwala	 Saurabh Kumar	 Aditi Gurav	 65 Shreya Pandey	 ABHILASH

4th session



SPIRITUAL RESEARCH CELL OF
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THREE DAYS
STUDENT DEVELOPMENT PROGRAM 6 - 4 - 2021
09:30 - 11:00



Welcome

BK EV Gireesh

Session Topic : Meditation as Medicine

The first session of the second day of SDP on 'Concentration Enhancement through Meditation' was addressed by BK EV Gireesh on the topic 'Meditation as Medicine'.

Gireesh Sir started the session by explaining to the audience that the main principle of happiness is health and the main principle of health is Yoga. Therefore it is very important to practice Yoga and before that we have to understand what actually Yoga means ? Yoga is a Science - Science of well being. Yoga is bringing fitness in the body, calmness in the mind, kindness in the heart and awareness in life.

Yoga means union of the little self with the divine self. People often confuse Yoga with Hatha Yoga(Asanas) - the system of bodily postures. But Yoga is primarily a spiritual discipline. Hatha Yoga is the physical branch of Raja Yoga, the true science of Yoga . Raja Yoga is a system of meditation techniques that help to harmonize the human consciousness with the divine consciousness.

He further said that English word 'Meditation' is derived from a latin word 'Meditari' which means to - think, contemplate, devise, ponder. Meditation is a part of Yoga, which deals with mental relaxation and concentration. To make our physical health better we perform asanas, in the same way to improve the health of the soul we should do meditation.

After giving a very clear definition of Meditation, he told the audience that how does meditation heal the mind as well as body. While practicing meditation various kinds of hormones are released in our body. These include various happy hormones such as Dopamine - The Reward Hormone, Oxytocin - The Love Hormone, Endorphins - The Calm Hormone and Serotonin which is the Will - Power Hormone .

With the release of happy hormones, Meditation also reduces the release of stress hormones such as Cortisol. Meditation also boosts the release of a very important hormone which is Growth hormone. Growth hormone is responsible for the growth in Youth . The quality of sleep also gets improved when we practice Meditation as the Sleep molecule - Melatonin gets boosted.

He then presented some facts about Mind :

- Rule your mind or it will rule you .
- Mind can be an obedient servant or a dangerous master .
- If the brain is hardware then the mind is software .

Sir then added that we shouldn't allow ourselves to be controlled by - Past, Other people's opinion, Limited beliefs, Relationships, Money and Health.

A question answer round was organised at last. Many participants got the answers to their questions from Gireesh Sir .

Q -1) How to control our mind? It is becoming impossible to handle the negative thoughts.

Ans) When any body part becomes paralytic, it becomes impossible to control or move that part as per our wish. Similarly, when the mind becomes paralytic that

means it stops creating positive thoughts, it becomes difficult for us to control it. When we start practicing meditation, the mind becomes habitual of creating positive thoughts and we gain control over it.

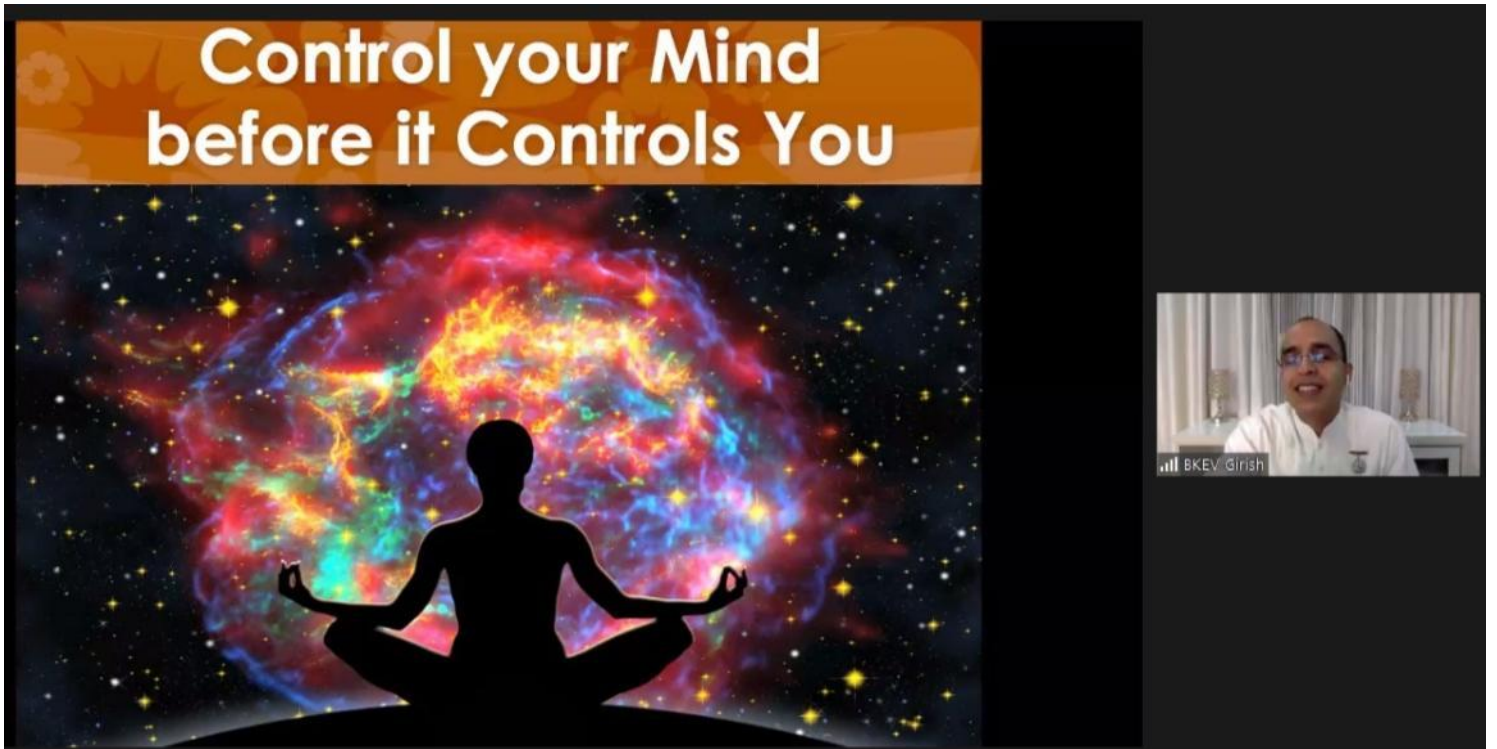
Q- 2) How do I create the habit of practicing meditation daily ? How to avoid negative thoughts which come to my mind when I practice meditation?

Ans) We should make meditation a priority, not an option. We never forget to eat food .. Why? Because it is the fuel for our body. Without food, the body does not get energy and feel tired. Similarly, meditation and positive thoughts are food for our mind . Skipping meditation even for a single day, makes our mind feel tired. When negative thoughts start approaching you, try to detach yourself from them by being stuck to a single positive thought. For example - Just stick to this thought that i am a peaceful soul.

Q-3) How to achieve zero thought level in meditation?

Ans) It can never happen that mind does not create even a single thought. We can reach a state in meditation where the mind produces only one thought and get stable in that. And this is the best level of meditation when the mind is able to concentrate on only one thought without any chaos.

With such a beautiful explanation on ‘Meditation as Medicine’ and a worthy question - answers round, the session proceeded towards the end and Ms Richa Sharma gave a thanking note to Gireesh Sir and the audience.



5th session



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THREE DAYS
STUDENT DEVELOPMENT PROGRAM

6-4-2021
11:30-1:00



Welcome

Dr. Aditi Singhal
Session Topic: Crack the Success Code

The second session of the second day of SDP on 'Concentration Enhancement through Meditation' was addressed by Dr. Aditi Singhal on the topic ' Crack the Success Code '.

Aditi ma'am said that there is always a code to crack anything. Similarly, there exists a very simple and much effective code to achieve success in every field of life. And this Code For Success is P A U S E . She then decoded this Code :

1. P stands for ' Positive Intake ' :- It is a very common and at the same time very powerful saying - ' You are what you eat ' . This means how our mind works also depends upon the kind of information we intake. If we intake positive information i.e, we read, listen and watch the positive and useful things then the thoughts we create will also be positive. Thus as students, you should only read, listen and watch the content from social media and other sources that inspires and motivates you. And avoid the content that is harmful for mind and lowers our concentration power.

2. A stands for ' Attention ' :- Wherever my attention goes, energy flows and wherever my energy flows , life grows. We can understand the importance of attention by this line. Ma'am explained that if we want to grow into life, we should

pay attention to where we are. We should always pay attention towards opportunities that life offers to us. By doing so, the opportunities in our life also start to increase . She explained that some things in life are in our control. At the same time, there exist things which are not in our control. So always pay attention towards the things which are in your control and make the best out of it.

3. U stands for ' Use Self Control ' :- According to some surveys and studies, it is found that students who have a high level of patience in them achieve more success in life as compared to the ones who have low patience levels . This shows it is very much important to have control over the self to be successful in life. Power of Self Control saves ourselves from various distractions and negative things and we can easily stay focused towards our goals.

4. S stands for ' Science of Visualisation ' :- 'Brain cannot differentiate whether you are imagining something or actually doing it' . In an experiment on science of visualisation , it was found that the patient whose limb got paralyzed after a stroke started imagining that he is moving his limb . As a result the brain blood increased enough and the amount of tissue death was diminished. Soon he was able to move the limb. Similarly, mam gave the example of Roger Bannister who created the World Record of running a mile in 4 minutes. Before that it was considered to be impossible . When he was asked how he was able to do that, he revealed that it was not the first time that he created this World Record. He had made this World Record so many times in his brain by using imagination power. She then explained to students that we can also do impossible tasks with the help of our imagination power. Start visualising your goals along with hard work and smartwork.

5. E stands for ' Energise the Self ' :- It is very important to energise ourselves to perform our actions efficiently. Before that it is very much crucial to understand what actually SELF is ? It is a major misconception that I am this ' BODY ' . Actually I am not this body, I am an Energy who does every work using this body as an instrument . Human being is made up of two words - human + being. SELF means Spiritual Energy In Light Form. To energise the self , the best method is to do Meditation. Meditation actually means seeing our actual qualities and to do positive self talk. We all are special with unique qualities.

She guided everyone with a beautiful Meditation Commentary : Sit back Comfortably . Repeat these thoughts in your Mind along with realization - 'I radiate Love and Happiness..', 'My thoughts are under my control', ' I know, I can do it!', 'Success is my birthright', 'I am getting better day by day', 'I accept myself unconditionally'.


The image shows a Zoom meeting interface. On the left, a PowerPoint slide is displayed with the text: "Wherever my Attention goes, energy flows And wherever my energy flows life grows." Below the text is the website "www.brahmakumaris.com". On the right, a video feed shows a woman, Aditi Singhal, speaking. Below the main slide, another PowerPoint slide titled "CODE FOR SUCCESS" is visible, listing the following points: P – POSITIVE INTAKE, A – ATTENTION, U – USE SELF CONTROL, S – SEE YOURSELF AS SUCCESSFUL, and E – ENERGIZE SELF. The website "www.brahmakumaris.com" is also present at the bottom of this slide. To the right of the slides is a grid of participant video feeds. The participants shown are: Aditi Singhal, veera raghavared..., Divya Jindal, Sunita Vishwakar..., Yuvraj Singh, Mohit Kumawat, Dharmendra Shar..., Dr. Parul @JECRC, LOVELY MAHAUR..., Rudrani Rana, Tanu Sharma, and arati rajbhar.



6th session




SPIRITUAL RESEARCH CELL OF
JAIPUR ENGINEERING COLLEGE AND RESEARCH CENTRE
PRESENTS



THREE DAYS
STUDENT DEVELOPMENT PROGRAM

6-4-2021
01:30-03:00



Welcome

Dr. EV Swaminathan
Session Topic: Action Plan

Dr. EV Swaminathan

The third session of the Second day of SDP on 'Concentration Enhancement through meditation' was addressed by Dr. BK EV Swaminathan on the topic 'Design your Destiny'.

The event started at 1:30 o'clock on Zoom platform.

Event Curator Ms. Priyanka Mitra welcomed the speaker and all the participants and handed over the board to the spokesman BK Swaminathan.

He addressed the audience and shared his views upon the topic. He shared the importance of happiness that if we are happy we will definitely become successful. So, to live a healthy and happy life we must include good things in our lifestyle such as:

- Physical exercise
- Meditation
- Balance diet

Some other points that he shared for Enhancing the concentration are :

Whenever we feel sad or things are not going according to us, we should take a pause and take a break to introspect and analyse whether we are on the right track or not. We should connect ourselves with nature , happy people and feel blessed about what we have.

- We can not control what is happening around and with us i.e., Outer pressure but we can surely control what happens within us i.e., Inner Coping Abilities.
- To increase your concentration add good things like meditation, physical exercise, etc in your lifestyle to make it a healthy one and create big changes after some period of time through simple, small and sustainable changes.
- For Enhancing Concentration Mind your MIND because MIND over matters.
- We should increase our reaction time and emotional intelligence.
- Strong and powerful mind creates powerful thoughts, emotions and attitudes. For it, the quantity of thoughts must be low and quality of thoughts must be high.

After it he stated that he had never seen such a lab which works upon thoughts in any college as Rajayoga Thought Lab. He was really impressed with its idea.





7th session



SPIRITUAL RESEARCH CELL OF
JAIPUR ENGINEERING COLLEGE AND RESEARCH CENTRE
PRESENTS



THREE DAYS
STUDENT DEVELOPMENT PROGRAM

DAY-03
7-4-2021
09:30-11:00



Welcome

Sister Chandrakala
Session Topic: Practical tips on Meditation

The First session of the third day of SDP on 'Concentration Enhancement through Meditation' was addressed by Sister Chandrakala on the topic 'Practical tips on Meditation'

She started her session by saying that one of the best methods to increase concentration is Meditation. It is not only to better your concentration but to add good virtues in you then she started to talk about meditation.

What is Meditation?

Meditation is an art of creating a peaceful environment inside, so that no outer circumstances or people disturb you.

Benefits of meditation

- Clear decision making
- Enhancement of Concentration power
- Positive attitude
- Ability to relax
- Healthy mind & body
- Ability to work under pressure

Four stages of meditation :

- **Withdrawal** (From outer being and external influences)
- **Contemplate** (Your inner self as point of light and radiating positive energy waves)
- **Concentrate** (Your attention on highest power or Supreme Being)
- **Realize** (Stability - total stillness)

When you can't concentrate because of past and negative thoughts then use given below methods:

POSITIVE ATTITUDE:

Think - advantage of every situation

Learn - something from every situation

Live - in present not in the future or past

Focus - on challenges and solutions

To be - hopeful

To be - proactive

- **Consume good and positive food for mind**
- **Choose the people who can add value to your life**

Physical preparation for meditation :

- Open eyes
- Sit comfortably
- Value early morning hours - Amritvela
- Choose a place away from noise & visual distraction
- Create a defined meditation place in your home
- Learn to make God your companion
- Regular spiritual study provides the right quality of food for a mind and intellect .

At the end of the session ,she guided the participants to experience the true self through meditation and feel the peace and power within and Ms. Chitra khandelwal gave a thanking note to her.

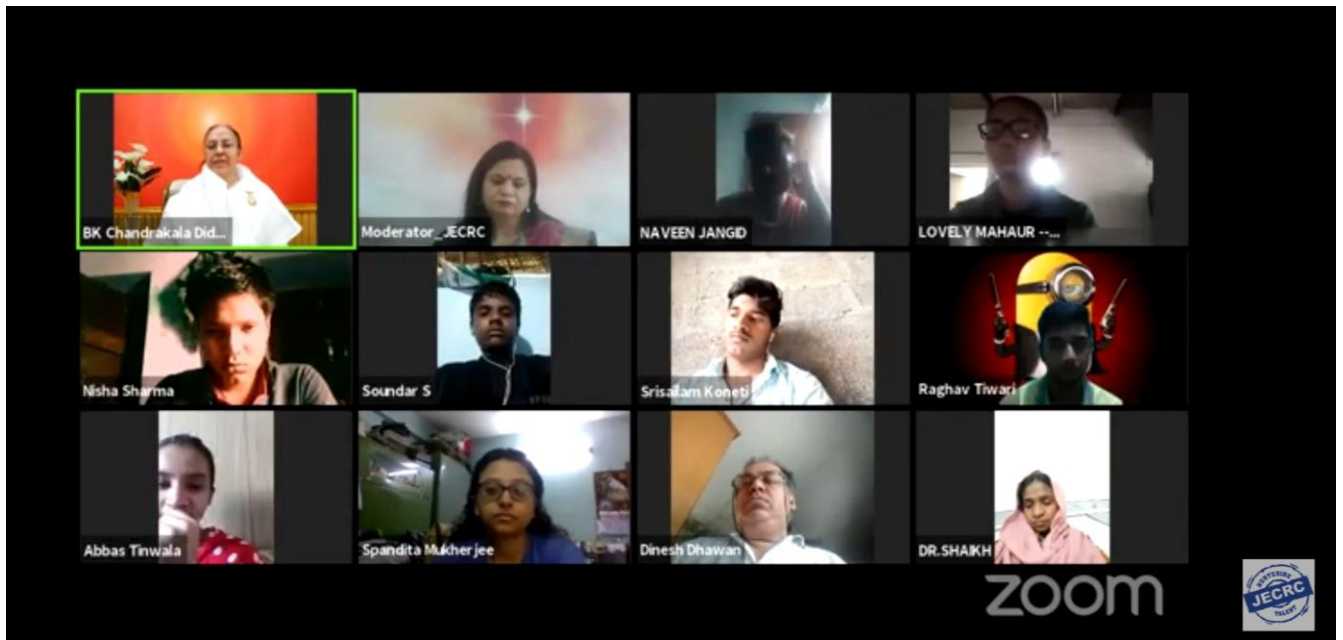


Benefits of Meditation

- Clear decision-making
- Concentration power
- Positive attitude
- Ability to relax
- Ability to work under pressure
- Ability to rejuvenate one's energy
- Healthy mind & body

Benefits

BK Chandrakala Didi



8th session



SPIRITUAL RESEARCH CELL OF
JAIPUR ENGINEERING COLLEGE AND RESEARCH CENTRE
PRESENTS



THREE DAYS STUDENT DEVELOPMENT PROGRAM

DAY-03

7-4-2021

11:30-01:00

Welcome



Sh. Mukesh Agarwal



Dr. Ram Prakash Singhal



Ms. Chitra Khandelwal

The second session of the third day of SDP on 'Concentration Enhancement through Meditation' was addressed by Sh. Mukesh Agarwal, Dr. Ram Prakash Singhal and Ms. Chitra Khandelwal on the topic 'Practical tips on Concentration'.

Mr. Mukesh agrawal started his session by motivating the students to focus on the root cause of distraction and then finding remedy to it.

Body conscious -In body conscious we consider ourselves as a body and see others as a body. Due to body consciousness we create thoughts of lust,anger and ego which increase the number of thoughts. Because of this we can't concentrate.

Soul conscious - Here we consider ourselves as a soul which creates peace, purity in our mind and the number of thoughts reduces then it increases concentration.

TIPS FOR CONCENTRATION:-

- **Mind waves** - Whatever thoughts we create in our mind for any person those thoughts reach to that person so we should neither radiate any negative thought nor receive it. It is only possible by practicing meditation.
- **Goal Oriented** - We must create a realistic goal before study.
- **Time Oriented** - We must be set a realistic time table before study.

- **Helps Others** - We should help others with whatever we know to share with friends which make our concept stronger and increase our knowledge.
- **Positive break** - we should take a short break in our mind in between studies. Break should not be for more than 10 to 15 minutes.
- **Forget , Forgive and Meditate** help to increase our concentration and keep the mind calm.

After the Mr.Mukesh Agarwal session, next speaker Mr. Ramprakash joined the session. He shared his practical experiences with the participants.

- First of all he stated that as I got spiritual knowledge in my life so I understand how to apply love, peace and purity in life .
- Always try to apply knowledge practically in life .

He categorized the concentration into two types :

1. **Static concentration**
2. **Dynamic concentration**

- For concentration firstly we should set a big goal in our life.
- We should have Time Management skills in our life.
- Go beyond your capacities.
- We should start the work rather than thinking about the problem and Never stop until you get success.
- Always helps others this gives internal happiness.

Then he gave a brief introduction about his **7 billion acts of goodness** campaign. After that Ms. Chitra Khandelwal took some questions from participants which were answered by speakers. The session ended after Mrs. Barkha Srivastava gave a thank you note to the speakers.





9th session



**SPIRITUAL RESEARCH CELL OF
JAIPUR ENGINEERING COLLEGE AND RESEARCH CENTRE**
PRESENTS THREE DAYS
STUDENT DEVELOPMENT PROGRAM ON



CONCENTRATION ENHANCEMENT THROUGH MEDITATION

VALEDICTORY

7th April, 2021 01:30 - 3:00 pm



The Third session of the third day of SDP on 'Concentration Enhancement through Meditation' was a valedictory session and was addressed by Dr. BK EV Swaminathan, Dr. Anuradha Jain, Prof. Victor Gambhir and Shri Chand Mishra.

Ms. Bhoomika Kapoor welcomed everyone to continue the whole journey and handed over the board to Dr. BK EV Swaminathan.

- He started the session by explaining the importance of EQ (Emotional Intelligence).
- Mind + intellect = Concentration
- He then added further that we must 'Forget Learning, Learn Forgetting' to manage our thoughts. This helps us to concentrate on one thing.
- Sleep is the best gift of nature. When we sleep our brain's state reaches a delta level in which the quantity reduces and the quality can be improved by doing meditation. So, proper sleep along with meditation also helps us to enhance concentration.

- The language of our mind = Drawing/Images
- Then he told the secret of making one's mind his best friend. So, we should add some alternative positive words everytime in our thoughts to make them elevated which heals us by infusing positivity.

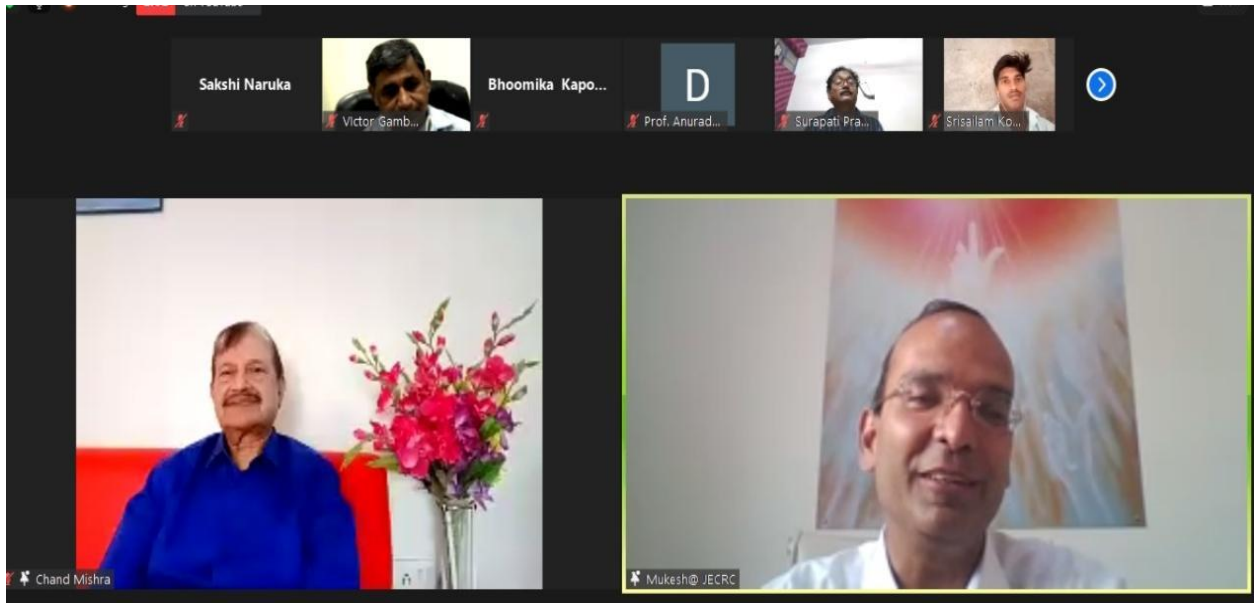
Then everyone meditated for a few minutes under his guidance and experienced the power of high quality thoughts.

After planning their actions, the audience experienced the enthusiastic and motivational thoughts and words of Dr. Anuradha Jain who not only highlighted the benefits of meditation but also talked about the requirement and necessity of hard work and determination.

She established a state of self-motivation and determination into young minds.

The audience was then introduced to Shri Chand Mishra ji by Prof. Victor Gambhir. Shri Chand Mishra ji enlightened the audience about meditation and its benefits. He made the event successful by his esteemed presence.



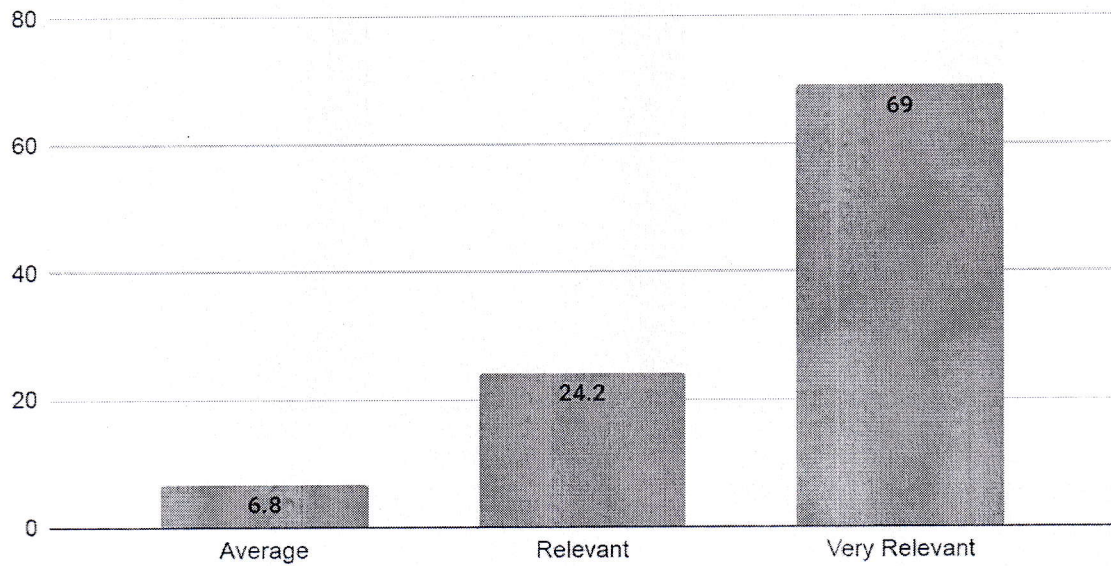




Feedback

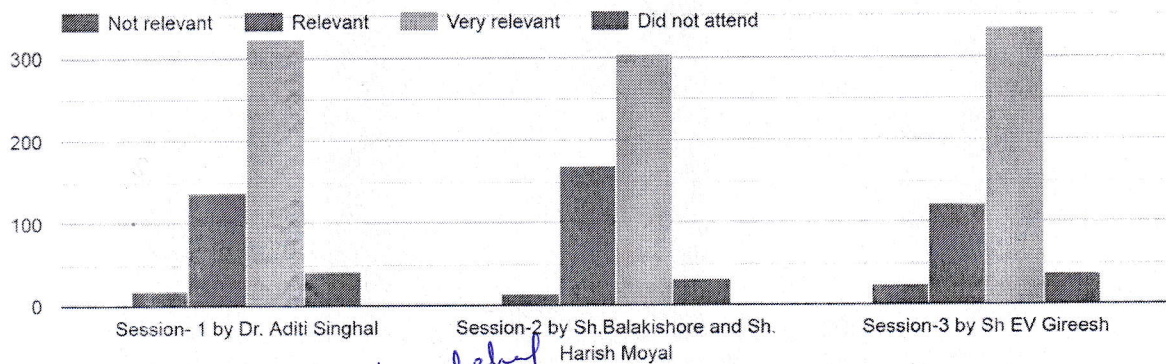
3-days SDP program got great response in all terms as shown by the data collected through feedback forms:

How relevant and helpful do you think it was for enhancing concentration?(in %)

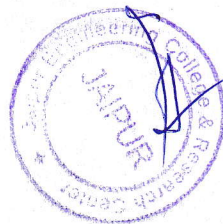


Day -1

Which session did you find most relevant?

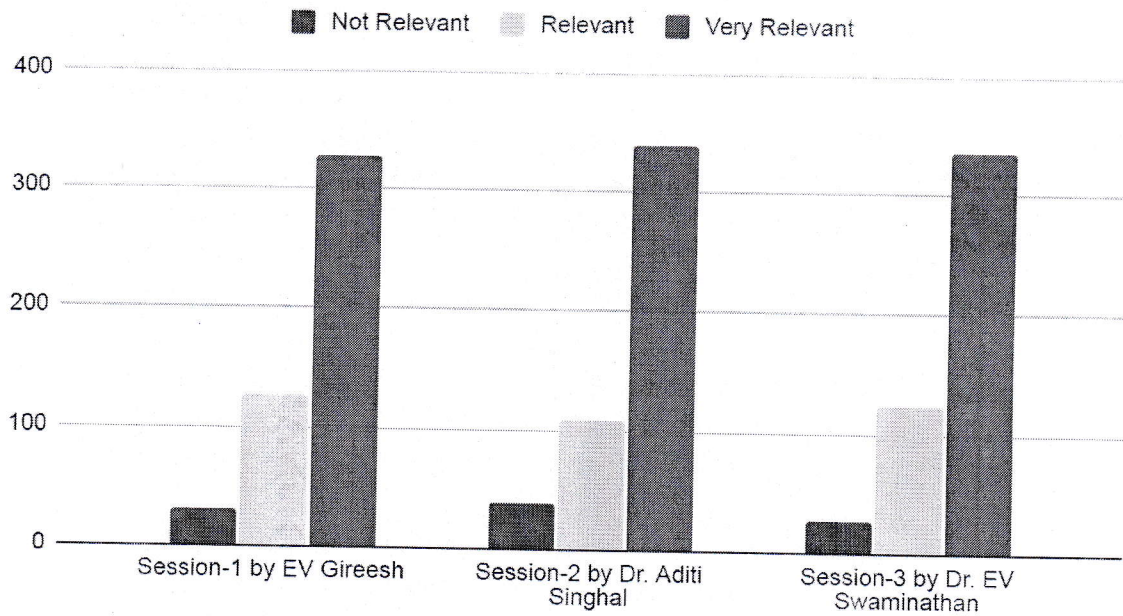


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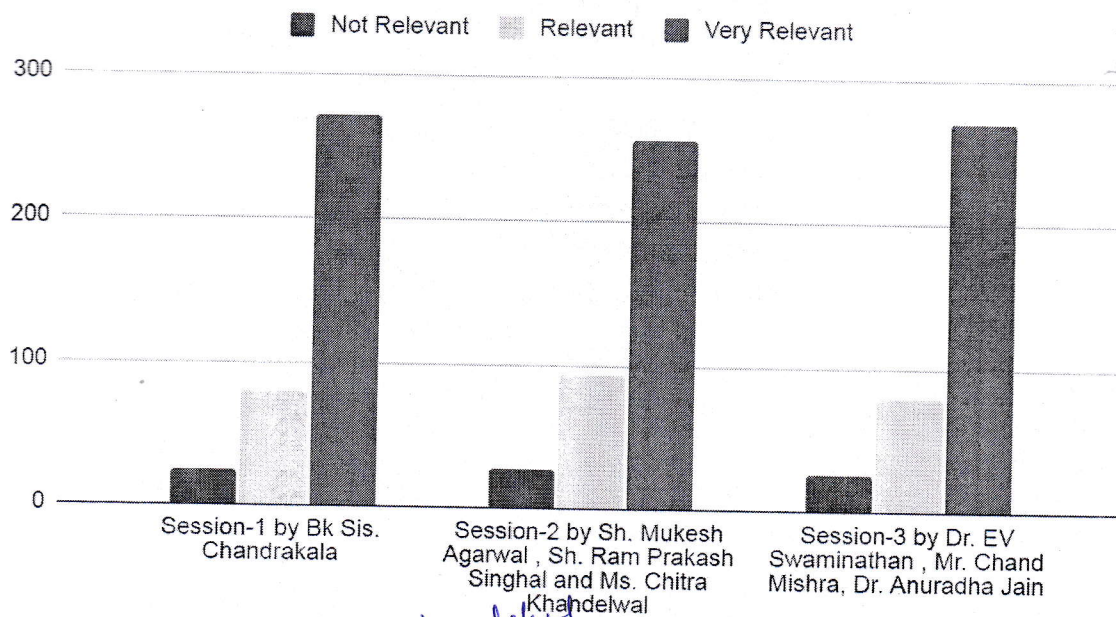
Day-2

Which session did you find most relevant?



Day-3

Which session did you find most relevant?



Chitra Khandelwal



Noble gestures for you!
Arvind Upadhyay
Swami Vivekanand Subharti
University, Meerut, U.P.

I just don't have a word for it but it
was really great. I'm grateful that sir
and madam gave their precious
time to us thank u ☐
Khushboo Yadav
SNDT university

Best event so far attended.
Vanshika goswami
Amity Institute of Education Noida

Event was awesome. Made me
understand so many things with
which I can really do very well in my
life. Thank you.
Mini Gupta
R. D. Girls College, Bharatpur

I think I meditated today just by
listening to Girish Sir. Wow, such a
calm and peaceful personality.
JECRC Foundation
Jahid Khan

The event was very well conducted.
It was an honour to be able to listen
to the experiences of such eminent
speakers.
Akanksha Yadav
Amity University Uttar Pradesh,
Noida

Glad that I have participated in such
a great event

You guys are doing brilliant work.
Please keep it up for future
generations too.
Shreyans
IIT Kharagpur

I am extremely grateful for these
sessions. Looking forward to many
more such events
Priyanka Chattopadhyay
Amazon

I am really thankful☐☐ to the
entered team of JECRC, Jaipur for
organize such type of student
developing program & given an
opportunity to participation.
Pritipurna Prusty
Sarada Devi institute of Medical
science Mahanadi Viher ,Cuttack

Brilliant event.
Yashi Bishnoi
JECRC Foundation

It was really good and I gained so
much knowledge to live life with a
stress free environment.
Sneha Agarwal
JECRC Foundation

It was amazing to be a part of such
an amazing event where one can
get answers to many questions and
inner peace.
Khushi Sehgal
IIS University, Mansarovar, Jaipur
It was a very well executed
session. Kudos to the presenters

Chitra Khadke



Shreyans
IIT Kharagpur

and speakers. Learned a lot today
about myself.
Sonam Rana
Amity institute of education

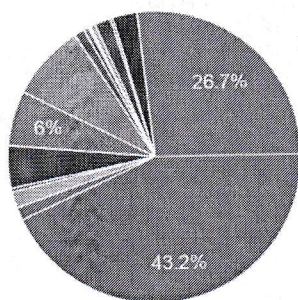
Registration data analysis

The 3-days Student Development Program on 'Concentration Enhancement through Meditation' fascinated lots of students and brought 2430 registrations from all over the country.

There were participants from more than 1000 different institutions and organizations from 500+ cities. The event came out to be very beneficial for all.

Course

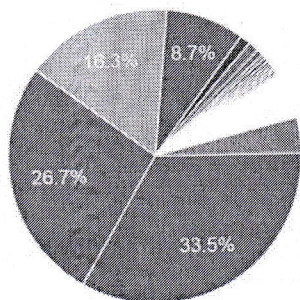
2,430 responses



- B.Tech
 - B.Arch
 - B.E
 - BCA
 - BBA
 - B.Des
 - B.Com
 - B.Sc
- ▲ 1/3 ▼

Year

2,430 responses



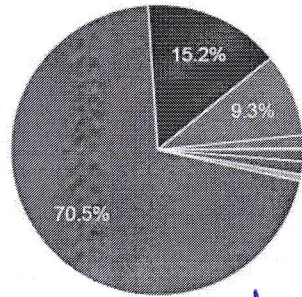
- I Year
 - II Year
 - III Year
 - IV Year
 - V Year
 - n
 - Completed
 - Faculty
- ▲ 1/13 ▼

Chitay Khadke



How did you get to know about this event?

2,430 responses



- Facebook
- Instagram
- LinkedIn
- WhatsApp
- Friends/Colleagues/Relatives
- Email
- Telegram
- WhatsaApp

Chites Khadela



Attendance data

After analysing the registration as well as participation data, the data was then correlated with the defined eligibility criterion for certification.

The list of eligible participants who received the certificates was generated and is as follows:

S. NO.	Name	Ref. NO.	Email
1	Shrungeri Sundar Kulkarni	JECRC/SRC/20-21/CEM/302	shrungeriskulkarni@gmail.com
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Chitra Khosla



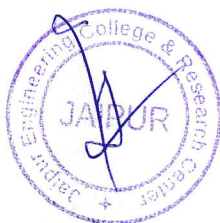
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Chitra Khosla



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57	Zoya Quraishi	JECRC/SRC/20-21/CEM/358	zoyaquraishi99@gmai.com
58	Aakash Mall	JECRC/SRC/20-21/CEM/039	aakashmall.cse23@jecrc.ac.in
59	Aanchal Gupta	JECRC/SRC/20-21/CEM/040	aanchal.20gsoe1010024@galgotias university.edu.in
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61	Aashi Sirandhna	JECRC/SRC/20-21/CEM/042	aashisirandhna@gmail.com
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63	Aayush Sharma	JECRC/SRC/20-21/CEM/044	aayushsharma.cse24@jecrc.ac.in
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65	Abhay Agrawal	JECRC/SRC/20-21/CEM/046	abhayagrawal.it24@jecrc.ac.in
66	Aditi Belwal	JECRC/SRC/20-21/CEM/047	aditibelwal1@gmail.com
67	Aditi Sharma	JECRC/SRC/20-21/CEM/048	aditisharma.cse24@jecrc.ac.in
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69	Aditya Sikhwal	JECRC/SRC/20-21/CEM/050	adityasikhwal.cse24@jecrc.ac.in
70	Akanksha Yadav	JECRC/SRC/20-21/CEM/051	yadavakanksha344@gmail.com
71	Akshita Rao	JECRC/SRC/20-21/CEM/052	akshitarao180@gmail.com
72	Aman Khan	JECRC/SRC/20-21/CEM/053	amankhan.mech22@jecrc.ac.in
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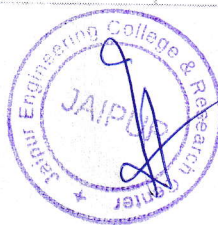


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319	Shraddha Rathi	JECRC/SRC/20-21/CEM/300	shraddharathi1199@gmail.com
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Thanks letter

Dear Harish Moyal ji,

On behalf of JECRC Foundation, please allow me to take this opportunity to thank you for delivering sessions as a part of our Student Development Program on CONCENTRATION ENHANCEMENT THROUGH MEDITATION where the exceptionally ethical, intellectual and spiritual leaders help students in equipping them with proven strategies of attaining whole person education. With such criterion, your session helped students develop a care of culture conducive to spiritual, ethical and moral development.

Everyone in the session and I were in complete awe of your exceptional grasp and clarity of thoughts on various topics that you discussed. Your ability to simplify complex terms for our better understanding was widely appreciated by everyone in the audience. I am grateful for your time and am certain that everyone in attendance in your session had a lot to take away from it, I certainly did.

Sir, you captured the whole audience with your extraordinary knowledge and with the way of delivering it to us. Sir, we appreciate you for making time for us from your busy schedule to make us realize how important it is to maintain concentration in our lives.

Sir, your way of mentioning the requirement of energy for every kind of machine including the self was awe-astounding. You have perfectly established the importance of concentration in the young minds of the students.

Sir, I would also like to thank you for your unfeigned appreciation of the program conducted by JECRC Foundation. Over the last two decades, we are trying to contribute in our limited capacity towards creating better citizens. We have also incorporated spiritual knowledge and mediation practice into the mainstream academic growth of our students through the establishment of Rajyoga Thought Laboratory in the college premises. This lab offers a unique opportunity to empower the mental & emotional quotient of an individual. The association of experience Raj yogi like you gives us the strength to move forward in this direction.

Once the world returns to normalcy and this era of COVID is behind us, I would be eager to invite you personally at our campus in Jaipur to visit Rajyoga Thought Laboratory and share your invaluable submissions. Kindly accept the token of fondness enclosed with this epistle as a vestige of your contribution in making CONCENTRATION ENHANCEMENT THROUGH MEDITATION event a catalyst for transformation of educators.

With Profound Regards,

एकाग्रता से ही मिलेगी सफलता



-जेईसीआरसी कॉलेज की स्प्रिचुअल रिसर्च सेल ने आयोजित कराया तीन दिवसीय स्टूडेंट डेवलपमेंट प्रोग्राम -विशेषज्ञ वक्ताओं ने विद्यार्थियों को एकाग्रता बढ़ाने और उस पर काबू पाने के सिखाए गुर

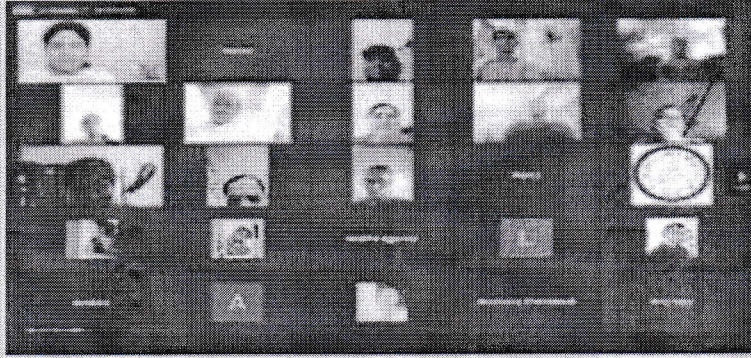
जयपुर। डिजिटल गैजेट्स आजकल सभी के जीवन की एकाग्रता को भंग कर रहे हैं। इनमें विशेष रूप से स्टूडेंट शामिल हैं। इसलिए जीवन की परीक्षा में भी सफलता का प्रतिशत कम होता जा रहा है। अगर जीवन में सफल होना है तो एकाग्रता पर काम करना होगा। एकाग्रता बढ़ाने से ही सफलता मिलेगी। यह बात कही विषय विशेषज्ञ वक्ताओं ने। मौका था जयपुर इंजीनियरिंग

कॉलेज एंड रिसर्च सेंटर (जेईसीआरसी) कॉलेज की स्प्रिचुअल रिसर्च सेल की ओर से आयोजित तीन दिवसीय स्टूडेंट डेवलप प्रोग्राम का।

इस प्रोग्राम के तहत कन्सनट्रेशन एनहांसमेंट थ्रो मेडिटेशन विषय पर विभिन्न सत्र आयोजित किए गए। यह कार्यक्रम पांच से सात अप्रैल को एकाग्रता बढ़ाने और उस पर काबू पाने के गुर सिखाने के उद्देश्य से आयोजित किया गया। इस कार्यक्रम के दौरान विभिन्न सत्रों में वक्ताओं ने विद्यार्थियों को ध्यान केंद्रित करने, पढ़ाई करते समय एकाग्रता बढ़ाने और जीवन में आगे की ओर बढ़ने और सकारात्मक रहने के लिए प्रेरित किया। इस का

उद्घाटन कार्यक्रम के मुख्य अतिथि व राजस्थान विश्वविद्यालय के कुलपति प्रोफेसर राजीव जैन ने किया। इस कार्यक्रम में विषय विशेषज्ञ वक्ताओं को आमंत्रित किया गया था। इनमें विश्व रिकॉर्ड धारक और मेमोरी ट्रेनर डॉक्टर अदिति सिंघल, टीवी पर आने वाले रियलिटी शो इंडियन आइडल के प्रतिभागी और प्रसिद्ध सूफी गायक हरीश मोयल, कॉरपोरेट ट्रेनर गिरीश, डॉ अनुराधा जैन, सिस्टर चंद्रकला, मुकेश अग्रवाल और डॉ स्वामीनाथन आदि शामिल रहे। प्रत्येक दिन आयोजित तीन सत्रों में वक्ता विद्यार्थियों से रूबरू हुए और उन्हें एकाग्रता और ध्यान के बारे में जागरूक किया और उसके फायदे बताए। सिस्टर चंद्रकला ने बताया कि आत्मिक शांति का विकास करने के लिए मेडिटेशन एक कला है। इसके बाद बाहरी तत्व परेशान नहीं कर सकेंगे। उन्होंने बताया कि मेडिटेशन करने से सिर्फ शरीर को ही फायदा नहीं होता है बल्कि मन को भी आंतरिक शांति मिलती है। इस दौरान जेईसीआरसी कॉलेज के प्राचार्य प्रोफेसर वीके चांदना, डा. राम प्रकाश गुप्ता सिंह समेत अन्य फैकल्टी व विद्यार्थी मौजूद रहे।

सार-समाचार



जेईसीआरसी कॉलेज की स्प्रिचुअल रिसर्च सेल ने आयोजित कराया तीन दिवसीय स्टूडेंट डेवलपमेंट प्रोग्राम

जयपुर, 7 अप्रैल (का.सं.)। डिजिटल गैजेट्स आजकल सभी के जीवन की एकाग्रता को भंग कर रहे हैं। इनमें विशेष रूप से स्टूडेंट शामिल हैं। इसलिए जीवन की परीक्षा में भी सफलता का प्रतिशत कम होता जा रहा है। अगर जीवन में सफल होना है तो एकाग्रता पर काम करना होगा। एकाग्रता बढ़ाने से ही सफलता मिलेगी। यह बात कहीं विषय विशेषज्ञ वक्ताओं ने। मौका था जयपुर इंजीनियरिंग कॉलेज एंड रिसर्च सेंटर (जेईसीआरसी) कॉलेज की स्प्रिचुअल रिसर्च सेल की ओर से आयोजित तीन दिवसीय स्टूडेंट डेवलप प्रोग्राम का। इस प्रोग्राम के तहत कन्सनट्रेशन एनहांसमेंट थ्रो मेडिटेशन विषय पर विभिन्न सत्र आयोजित किए गए। यह कार्यक्रम पांच से सात अप्रैल को एकाग्रता बढ़ाने और उस पर काबू पाने के गुरु सिखाने के उद्देश्य से आयोजित किया गया। इस कार्यक्रम के दौरान विभिन्न सत्रों में वक्ताओं ने विद्यार्थियों को ध्यान केंद्रित करने, पढ़ाई करते समय एकाग्रता बढ़ाने और जीवन में आगे की ओर बढ़ने और सकारात्मक रहने के लिए प्रेरित किया। इस का उद्घाटन कार्यक्रम के मुख्य अतिथि व राजस्थान विश्वविद्यालय के कुलपति प्रोफेसर राजीव जैन ने किया। इस कार्यक्रम में विषय विशेषज्ञ वक्ताओं को आमंत्रित किया गया था। इनमें विश्व रिकॉर्ड धारक और मेमोरी ट्रेनर डॉक्टर अदिति सिंघल, टीवी पर आने वाले रियलिटी शो इंडियन आइडल के प्रतिभागी और प्रसिद्ध सूफी गायक हरीश मोयल, कॉरपोरेट ट्रेनर गिरीश, डॉ अनुराधा जैन, सिस्टर चंद्रकला, मुकेश अग्रवाल और डॉ स्वामीनाथन आदि शामिल रहे। प्रत्येक दिन आयोजित तीन सत्रों में वक्ता विद्यार्थियों से रूबरू हुए और उन्हें एकाग्रता और ध्यान के बारे में जागरूक किया और उसके फायदे बताए। सिस्टर चंद्रकला ने बताया कि आत्मिक शांति का विकास करने के लिए मेडिटेशन एक कला है।

नी

डॉ. राजेन्द्र बने अध्यक्ष

द्वारो/नवज्योति, जयपुर। दिगम्बर जैन सोशल ग्रुप जयपुर में वर्ष 2021 के लिए राष्ट्रीय परामर्शदाता एवं जयपुर में ग्रुप के संस्थानक संरक्षक महेंद्र कुमार जैन पाटनी ने डॉ. राजेन्द्र कुमार जैन को अध्यक्ष, महेंद्र कुमार छाबड़ा को सचिव एवं डॉ. यमोकार जैन को कोषाध्यक्ष मनोनीत किया है।



सच्चा सुख आत्मानुभूति में ही: स्वामी

द्वारो/नवज्योति, जयपुर। यमोदती कुंदावन से फाहरे स्वामी अमृतानंद गिरी ने अपने प्रवचन में कहा कि सच्चा व स्वाई सुख आत्मानुभूति में ही है। अत्या को जानने के लिए ब्रह्म, मनन और निष्ठासन की आवश्यकता है। स्वामी गिरी योग साधना आश्रम जापुरनगर में डॉ. पुष्पलता गर्ग के संयोजक में चल रहे दिव्य सत्संग में बोल रहे थे। इस अवसर पर स्वामी अमृतानंद



गिरी ने वहां आए भक्तों के प्रश्नों के उत्तर भी दिए। वह दिव्य सत्संग

9 अक्टूबर सत्संग में दो शिष्या: शिष्य। प्रत्येकदि मीठा व इ प्रसंगों को सहज वा समर्थ रस साधिवियों वाणी में भजन गाय को रस-विभोर किए

किन्तु अभी तम-जब धान, जैसे प्रचार प्रबल जयपुर साथ साथ शक

डिजिटल गैजेट्स से हो रही एकाग्रता भंग

स्टूडेंट डेवलपमेंट प्रोग्राम में बोलें एक्सपर्ट

द्वारो/नवज्योति, जयपुर। डिजिटल गैजेट्स अज्ञात सभी के जीवन की एकाग्रता को भंग कर रहे हैं। इनमें विशेष रूप से स्टूडेंट शामिल हैं। इसीलिए जीवन की परीक्षा में भी सफलता का प्रतिशत

कम होता जा रहा है। यदि जीवन में सफल होना है तो एकाग्रता पर ध्यान करना होगा। एकाग्रता बढ़ाने से ही सफलता मिलेगी। कुछ ऐसी ही बात जेईसीआरसी कॉलेज की मित्रचुआल रिसर्च सेल की ओर से आयोजित तीन दिवसीय स्टूडेंट डेवलपमेंट प्रोग्राम में सामने आई। इस प्रोग्राम के तहत कंसमटेशन एनहांसमेंट प्रो मैडिटेशन विषय पर विभिन्न सत्र हुए। कार्यक्रम में राजस्थान विश्वविद्यालय के

कुलपति प्रोफेसर राजीव जैन ने मैडिटेशन के बारे में बताया। इस मौके पर विशेष रिपोर्ट धारक डॉक्टर अदिति सिंघल, सुफी गायक हरीश मोयल, कॉरपोरेट ट्रेनर गिरीश, डॉ. अनुराधा जैन, सिस्टर चंद्रकला, मुकेश अग्रवाल, डॉ. स्वामीनाथन, कॉलेज के प्राचार्य प्रोफेसर चिके चोदना, डॉ. राम प्रकाश गुप्ता सिंह समेत अन्य फैकल्टी व विद्यार्थी मौजूद रहे।

नीर



Swot analysis

Strengths:

- The program was conducted with the knowledge and words of very renowned and eminent speakers.
- The program experienced a huge number of registrations, i.e. 2430.
- The topic of the program "Concentration Enhancement through Meditation" attracted various kinds of audience and proved to be an important point.
- The platform of the program was wide and had a capacity to group even a higher number. The session was also aired on YouTube.
- Communication between participants and organizers was smooth and easy involving all the social media platforms.
- People throughout India participated in the event.
- The sessions were easy and accessible to all the age groups.

Weakness:

- Due to increased security and restrictions, some participants were unable to join leading to a lesser conversion ratio.
- The program was not much highlighted in newspapers and websites.

Opportunities:

- We are now capable of conducting bigger and broader programs.
- We have attained tremendous growth on social media

Threats:

- The inaccessibility to our zoom login for long hours after the sessions of 1st day.
- Recommended actions:
- We will try to start promoting our event at least before a fortnight.
- We will try to handle an easy process of securities for the audience.
- We will try to look for a major PR such that we easily cover newspapers and websites.
-

Chites Khendel



Organising Team

Faculty Coordinators

S. No.	NAME	DESIGNATION
1.	Mr. Mukesh Agarwal	Head, Spiritual Research Cell, JECRC
2.	Ms. Chitra Khandelwal	Event Coordinator
3.	Ms. Neha Bharti	Event Coordinator
4.	Ms. Manju Vyas	Event Coordinator
5.	Dr. Vinita Mathur	Event Coordinator
6.	Ms. Anima Sharma	Event Coordinator
7.	Ms. Priyanka Mitra	Event Coordinator
8.	Dr. Parul Tyagi	Event Coordinator
9.	Ms. Bhoomika Kapoor	Event Coordinator
10.	Dr. Barkha Shrivastav	Event Coordinator
11.	Ms. Richa Sharma	Event Coordinator
12.	Ms. Sonia Khubchandani	Event Coordinator
13.	Mr. Arvind Sharma	Chief Designer

Chitra Khandelwal



Student Coordinators

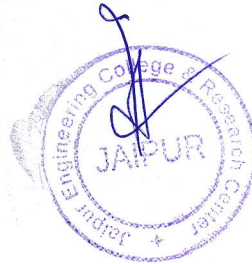
S.No.	NAME	DESIGNATION
1.	Aastha Agarwal	Computer Science Engineering - 3rd Year
2.	Dewang Agarwal	Information Technology - 3rd Year
3.	Akshat Mangal	Mechanical Engineering - 3rd Year
4.	Shashwat Jain	Computer Science Engineering - 3rd Year
5.	Chirag Nagar	Computer Science Engineering - 3rd Year
6 .	Rohan Mathur	Computer Science Engineering - 2nd Year
7.	Divya Jindal	Computer Science Engineering - 2nd Year
8.	Ashutosh Mishra	Electronics and Communication Engineering - 2nd Year
9.	Ashutosh Lawania	Electronics and Communication Engineering - 2nd Year
10.	Saumya Sharma	Computer Science Engineering - 2nd Year
11.	Diya Porwal	Electrical Engineering - 2nd Year
12.	Ishu Parihar	Electronics and Communication Engineering - 2nd Year
13.	Yukti Agarwal	Computer Science Engineering - 1st Year
14.	Sakshi Naruka	Computer Science Engineering - 1st Year
13.	Rimjhim Sharma	Computer Science Engineering - 1st Year
14.	Ayushi George	Artificial Intelligence and Data Science - 1st year



Student Volunteers

S.No.	NAME	DESIGNATION
1.	Jyoti Panchal	Civil Engineering - 2nd Year
2.	Rashmi Gaur	Computer Science Engineering - 2nd Year
3.	Aditi Malhotra	Electronics and Communication Engineering - 2nd Year
4.	Aishwarya Lodha	Electronics and Communication Engineering - 2nd Year
5.	Jatin Pareek	Electronics and Communication Engineering - 2nd Year
6.	Yashi Bishnoi	Civil Engineering - 2nd Year
7.	Sagar Jain	Computer Science Engineering - 1st Year
8.	Saloni Vijayvargiya	Computer Science Engineering - 1st Year
9.	Saurav Kumar	Computer Science Engineering - 1st Year
10.	Surbhi Mathur	Computer Science Engineering - 1st Year
11.	Ritam Sharam	Computer Science Engineering - 1st Year
12.	Roopam Agarwal	Computer Science Engineering - 1st Year
13.	Riya Sharma	Information Technology - 1st Year

Chitry Kh...



Follow up event

SPIRITUAL RESEARCH CELL
(RAJYOGA THOUGHT LAB)
JECRC, Jaipur
is organizing an
ONLINE
MEDITATION COURSE
(SESSIONS ARE BILINGUAL)

TOPICS COVERED

- KNOWING THE SELF • KNOWING THE SUPREME
- MEDITATION TECHNIQUES • INNER POWERS

09th - 18th APRIL, 2021

Batch 1 - 9:30am to 10:30am | Batch 2 - 01:00pm to 2:00pm

Meeting link for the online sessions will be provided to registered candidates

Please scan QR CODE for registration
Registrations will be open till tomorrow 6:30 pm.

For any queries, please contact:
+91 85038 67233
+91 63784 15779

SPIRITUAL RESEARCH CELL, JECRC CAMPUS, SHRI RAM KI NANGAL VIA RIICO, TONK ROAD, SITAPURA, JAIPUR, RAJASTHAN - 302 022

For more details please contact: src@jecrc.ac.in / rajyogathoughtlab@jecrc.ac.in

Immediately after this SDP, a 10 days long meditation program was conducted for the overall enhancement and empowerment of the young minds of students.

The course was planned immediately after the SDP so that it becomes easier and definite for the students to grasp the knowledge which was planned to impart into them.

It is hoped that the following course will provide them with a complete package of self enhancement techniques and tips for mediation which can certainly enhance their concentration levels too.

Chitra Khadke

