

Spiritual Research Cell

Spiritual Research cell, a unique initiative of JECRC in collaboration with Education Wing of Rajyoga Education and Research Foundation is established on 6th October, 2016 with prime objective to conduct research on Spiritual Dimension of life and to enrich students and staff with the ultimate benefits of meditation and spiritual practices.

Since its inception this cell has been working persistently for the inner development of individuals. Several events and workshops are organized from time to time to empower students emotionally and spiritually. This cell also works as a counselling centre where students get solutions of their real life problems. Full time spiritual mentor cum researcher is appointed to help out students in overcoming negative emotions.

Spiritual research cell built up in 1000 sq. feet consists of a meditation room where contemplation, concentration and realization of real self can be done. All events and workshops takes place in a beautiful sound proof “Wisdom Hall “which also acts as a digital class room. A spiritual library with a collection of beautiful titles add value to this cell. A research lab cum office is also developed to facilitate research on various aspects of science and spirituality.

This cell is situated in the heart of JECRC campus and is a major attraction for guests and visitors. Till now, delegates from thirty five countries have visited this cell and witnessed the power of spirituality in human life. Honorable AICTE Chairman, Dr. Anil D Sahasrabuddhe has specifically visited JECRC campus to mark the importance of such initiatives for youngsters. Dr. A.S.Kiran Kumar, the then ISRO Chairman also visited this cell and admired its need in present times.

This Cell regularly conducts events for the students as well as faculty members of JECRC and other institutions. Self-Empowerment through Meditation is a regular event organized for students in which learn to distinguish between physical and meta-physical being and thus could choose the better options in life. Events mainly focuses on knowing thyself, knowing the Energy Source and practical experiencing through meditation. This cell also promotes the development of Universal Human Values among the students and faculty members.

“Enlightenment” a spiritual workshop is organized during the annual college fest “Renaissance” in which students from various institutions participate and enlighten themselves with spiritual knowledge. Development of Techno-Spiritual exhibition is a recent achievement in which students showcased their technical knowledge and spiritual insights in the form of beautiful working models. These models are in the form of games and electronic gadgets and used to clarify spiritual concepts in very simple way.

Apart from all these, SRC celebrates International Day of Yoga every year and yoga sessions are also organized every day for faculty members. Expert talks, guest visits, health checkups using Bio-Well GDV, Karadascan, Glucometer, and Blood Pressure Monitor are also organized regularly.

Brief description of events:

- **International Day of Yoga**



Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. International Day of Yoga is celebrated every year in college campus to revitalize the energy within and create awareness of its importance.

- **Renaissance Enlightenment**

Enlightenment is Spiritual workshop organized during annual fest Renaissance. This workshop invites participants across India. This workshop gives an idea about the importance and need of adopting Spirituality in youth age. Interesting activities and guided meditation on self-discovery is one of the major attraction for joining this event.



- **Regular Yoga, Counselling and Visitors**

Yoga Sessions for a healthy mind and body are



organized on daily basis for the faculty members of college. Students with various emotional issues have a difficulty to concentrate and study, so spiritual cell offers counselling for such students so that they can overcome these issues and rejuvenate.

- **Self-Empowerment through Meditation**

This is a seven days event in which one hour session per day is conducted. It is a regular event organized to empower individuals at mental, emotional and spiritual level. Meditation practice allows mind to get calm and create positive, powerful and purposeful thoughts. Once the participants learn to meditate, they practice meditation regularly in meditation room.





Spiritual Research Cell Activities 2016 - 2020

S.No.	Date	Activity	Number of participants	Total
1	21-Jun-16	International Yoga Day 2016	190	1883
2	6-Oct-16	Inauguration of Spiritual Research Cell	250	
3	26-9 October-16	Faculty Orientation Program of ECE, CE, EE, AS, CSE, SRC	70	
4	9-10 March-17	Renaissance Enlightenment 2017	56	
5	25-Jan-17	Diabetes Check-up camp	106	
6	21-Jun-17	International Yoga Day 2017	28	
7	Throughout Year	Regular Yoga, Counselling and Visitors	1183	
8	2-10 Nov-17	Self Empowerment through Meditation I	50	2583
9	25-26 March-18	Renaissance Enlightenment 2018	42	
10	21-Jun-18	International Yoga Day 2018	54	
11	Throughout Year	Regular Yoga, Counselling and Visitors	2437	3036
12	16-18 March-19	Renaissance Enlightenment 2019	458	
13	22-30 October-18	Self Empowerment through Meditation II	33	
14	1-Jun-19	Techno-Spiritual Internship	8	
15	21-Jun-19	International Yoga Day 2019	20	1824
16	Throughout Year	Regular Yoga, Counselling and Visitors	2517	
17	11-Nov-19	Thought Management Workshop for Sri Bhawani Niketan College students	22	
18	28-Jan -6 Feb-2020	Self-Empowerment through Meditation	15	
19	2-Jan-20	New Year Celebration	150	
20	10-Feb-20	Thought Management Workshop for RCEW students	22	
21	17-Feb-20	Inauguration of Project Fruit Full JECRC	25	
22	10-Apr-20	Webinaar on NBA Accreditation: An Overview (Lockdown)	60	
23	8-May-20	Stop your-self from Overthinking (Lockdown)	30	
24	21-Jun-20	International Yoga Day 2020 (Online)	45	
25	Throughout Year	Regular Yoga, Counselling and Visitors	1455	
Total			9336	9336

Planning Events
1st July 2020 - 30 June 2025

Year	Proposed Events	Participants	Target Participants	Total
2020-21	Self Empowerment through Meditation 6	Students	180	2000
	International Yoga Day	Faculty and Students	100	
	New Year Celebration	Faculty	200	
	Expert Talks 2	Students	500	
	Daily Morning Exercise	Faculty	10	
	Faculty Development Program	Faculty	60	
	Techno-Spiritual Exhibition	Students and Faculty	800	
	Councillng	Students and Faculty	150	
2021-22	Self Empowerment through Meditation 7	Students	210	2430
	International Yoga Day	Faculty and Students	130	
	New Year Celebration	Faculty	200	
	Daily Morning Exercise	Faculty	15	
	Expert Talks 3	Students	750	
	Techno-Spiritual Exhibition	Students and Faculty	900	
	International Conference on Science and	Faculty	60	
	Techno-Spiritual Internship	Students	15	
Councillng	Students and Faculty	150		
2022-23	Self Empowerment through Meditation 8	Students	240	2870
	International Yoga Day	Faculty and Students	160	
	New Year Celebration	Faculty	225	
	Daily Morning Exercise	Faculty	15	
	Expert Talks 4	Students	1000	
	Techno-Spiritual Exhibition	Students and Faculty	1000	
	Faculty Development Program	Faculty	60	
	Techno-Spiritual Internship	Students	20	
Councillng	Students and Faculty	150		
2023-24	Self Empowerment through Meditation 9	Students	270	3030
	International Yoga Day	Faculty and Students	190	
	New Year Celebration	Faculty	250	
	Daily Morning Exercise	Faculty	20	
	Techno-Spiritual Exhibition	Students and Faculty	1050	
	International Conference on Science and	Faculty	75	
	Expert Talk 4	Students	1000	
	Techno-Spiritual Internship	Students	25	
Councillng	Students and Faculty	150		
2024-25	Self Empowerment through Meditation10	Students	300	3210
	International Yoga Day	Faculty and Students	220	
	New Year Celebration	Faculty	275	
	Daily Morning Exercise	Faculty	20	
	Techno-Spiritual Exhibition	Students and Faculty	1100	
	Faculty Development Program 2	Faculty	120	
	Expert Talk 4	Students	1000	
	Techno-Spiritual Internship	Students	25	
Councillng	Students and Faculty	150		
			13540	