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Report on

5 AM Club

14 - 19 Nov, 2022

Organized by Spiritual Research Cell Jaipur Engineering College and Research Centre



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Speaker's Profile

1. 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, Zydas Research Laboratories,

Tata Power etc.

2. Ms. Chitra Khandelwal



Ms. Chitra Khandelwal is a Rajyoga Meditation Practitioner who has been studying spiritual knowledge and practicing Rajyoga since her teenage. After completing B.Sc. (Hons) from University Maharani's College, Jaipur she completed her Masters in Botany and Value Education & Spirituality. She has also held a PG Diploma in Values in Health Care. She is a faculty member for Value Education Courses run by Annamalai University. She had been to England and Thailand to present her research outcomes. Her research paper titled "A comparative

analysis of mindfulness between meditators and non-meditators'" is presented in the Third ICICT 2018 international conference held at London in February, 2018.

She is currently looking after Spiritual Research Cell- A Unique Thought Laboratory established in the premises of JECRC, Jaipur. She also acts as Spiritual Counselor for Engineering Students. With her creative and innovative ideas, she guides the students for developing techno-spiritual projects. Presently based at Jaipur, she organizes and conducts trainings on Thought Management, Rajyoga Meditation Basic Course, Self Esteem, Understanding MIS, Stress Free Lifestyle, Self-

Abstract

"Early to bed, Early to rise, makes a man healthy wealthy and wise"

The week-long online event on zoom meetings included multiple sessions by our SRC mentors and Other prominent speakers like Ritu Thakkar and Ms. Monica Gupta. There were lots of talks and many life-changing ideas were shared. The 7-day event was 30 minutes (5:30-6:00 am) long and followed the same pattern throughout. Warm-up exercises for 10 minutes followed by 10 minutes of meditative and spiritual talks and finally ending with 10 minutes of deep meditation.

The "5 AM Club" online event, where we'll explore the benefits of waking up early and starting our day with intention. Through interactive discussions and activities, we all learnt strategies to help us develop a morning routine that sets you up for success. From meditation to exercise, speakers covered a wide range of practices that helped us feel more energized, focused, and productive throughout the day. If you're a night owl looking to shift your schedule or an early bird looking to optimize your mornings, this event was for you.

Empowerment, Meditation for Emotional Stability, Stress and Anger Management, Thought Management etc..

3. Mr. Shashwat Jain



Mr. Shashwat Jain started practicing Rajyoga Meditation from his starting college days after joining a unique Rajyoga Thought Lab, named Spiritual Research Cell which is established in JECRC. After seeing the transformations in himself, his interest growed in spirituality.

Now he takes meditation courses, various sessions on topics like 5 AM Club, How to practice meditation, etc. He aspires to become a worthy instrument in transforming this world into a world full of peace and happiness.

4. Ms. Monia Gupta



Monica Gupta is "A Brand Story Teller" and "Strategy & Transformation Leader". She has worked with reputed brands as a professional and rose in rank from marketing executive to "Country Head". She is gifted with higher levels of Marketing Communication Skills and has a unique way to see life. She was Honored with the Eminent Achiever Award in Integrated Marketing Communication by Indian Conventions, a media consortium. She firmly believes, "The biggest gift that we have got

in our lives is thought power!"

Session Summary

Day - 1 (14 Nov, 2022)

The event began on 14th of November at 5:30 am with some light yoga followed by an energizing talk from Girish Sir where he shared his philosophy towards meditation. A better inception of the event couldn't have been possible.

Day - 2 (15 Nov, 2022)

The 2nd day of the event followed a familiar course where first a round of exercises was conducted and after that an interactive session about the importance of positive thinking was conducted.

Day - 3 (16 Nov, 2022)

On the third day Our very own Chitra Ma'am led the session where followed by some new exercises she explained to us regarding the soul and how a calm, peaceful soul is present in everyone.

Day - 4 (17 Nov, 2022)

Due to some emergency Our Original Guest couldn't come to the event. So it led to an impromptu session by Chitra ma'am where we revised all the lessons learnt from previous sessions.

Day - 5 (18 Nov, 2022)

The meeting on this day was a bit special as one of our own, an alumni of JECRC took the session where we talked about other world-renowned personalities who are a part of the 5 am club. Apple CEO Tim Cook was just one of the many names that came up.

Day - 6 (19 Nov, 2022)

This was the last day of the event where the session was taken

By Ms. Monica Gupta who talked about how a healthy mind stays in a healthy body and how to keep this mind and body fit and fine.

This marked the ending of the event where we all bid adieu to each other with a heavy heart for the time being



Schedule

S. No.	Speaker	Date	Topics
1.	Mr. Girish	14 Nov, 2022	Sleep Cycles
2.	Ms. Chitra Khandelwal	15 Nov, 2022	Developing Positive Thinking
3.	Ms. Chitra Khandelwal	16 Nov, 2022	The Man within the Man (Soul
4.	Ms. Chitra Khandelwal	17 Nov, 2022	A Brief Revision
5.	Mr. Shashwat Jain	18 Nov, 2022	5 AM to PM
6.	Ms. Monica Gupta	19 Nov, 2022	A Healthy Mind



Brochure



SPIRITUAL RESEARCH CELL JECRC Invites you to join

5 AM Club

Exercises
 Meditation
 Energising Talk



5:30 - 6:30 AM 14 - 19 Nov 2022



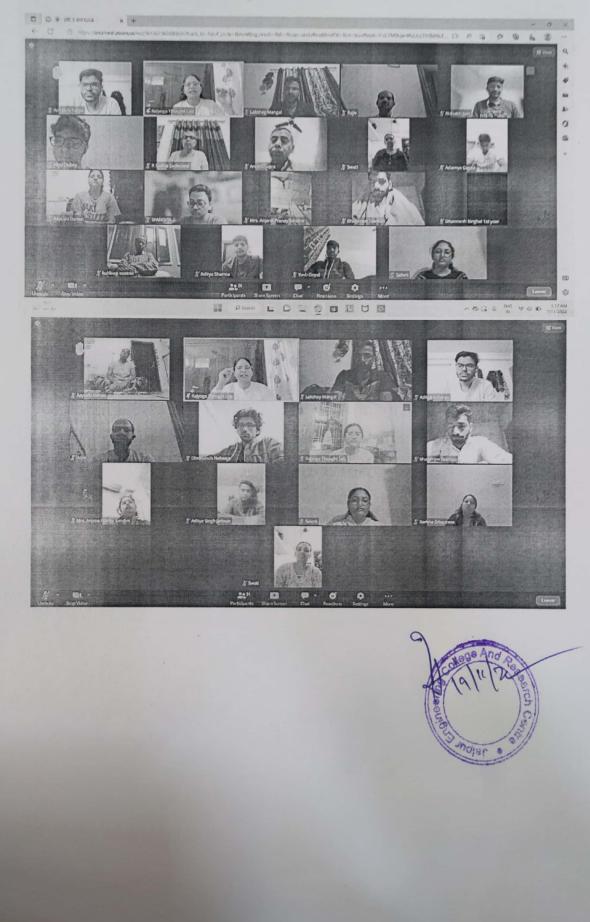
Kindly Register Here!

Join us live on 🕝 zoom

For more details, please contact : 9252011765,8875676710



Glimpses of the Event





Attendance Data

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Spiritual Research Cell Spiritual Research Cell Solution CERTIFICATE This is to certify that

Ref no:

has participated in the online event "5 AM Club" held during 14th - 19th November, 2022 Organized by Spiritual Research Cell, Jaipur Engineering College and Research Center, Jaipur

Prof. V.K. Chandna Principal, JECRC

Mr. Mukesh Agarwal Head, Spiritual Research Cell



Feedback Analysis

Based on feedback from participants, changes have been recommended for future sessions:

- 1. The duration of sessions will be increased to allow for more comprehensive discussions.
- 2. Network and internet connection checks will be done in advance to ensure that speakers do not face any technical difficulties.
- 3. The time for exercises and meditation should be increased as many are unable to warm up quickly.
- 4. Turning on video will be made mandatory to enhance engagement and accountability.

These changes aim to improve the quality of future sessions and ensure that all participants are able to fully participate without any technical limitations. By implementing these recommendations, organizers hope to create a more effective and interactive learning environment for all attendees.



Measures Taken

Based on the feedback received from various participants the following actions have been recommended for future events:

- 1. The event provided valuable insights, but the short duration prevented in-depth exploration of the topic. Consider extending the event to allow for more thorough discussions and presentations.
- 2. It is important to ensure that all speakers are available and prepared to participate in the event to avoid last-minute cancellations that disrupt the schedule and limit the quality of the event.
- 3. Encourage participants to turn on their video during the session to promote engagement and interaction among attendees.
- 4. Provide clear guidelines and expectations for attendees to promote active participation and engagement throughout the event.
- 5. Consider using a platform that allows for easy communication and collaboration among attendees, such as a chat or forum.

Organizing Team

Faculty Coordinators

S. No.	Name	Designation
1.	Mukesh Agarwal	Head, Spiritual Research Cell, JECRC
2.	Chitra Khandelwal	Spiritual Counselor, SRC, JECRC

Student Coordinators

S. No	Name	Year	Branch
I	Varun Kangotra	II	IT

Volunteers

S. No	Name	Year	Branch
1.	Adamya Gupta	Ι	CSE
2.	Aditya Aacharya	Ι	AI & DS
3.	Akansha Goyal	Ι	AI & DS
4.	Lakshay Mangal	Ι	CS & AI







A Report on An offline

Aura Scanning Awareness Workshop (on the occasion of Aura Scanning Awareness Day) 27th November, 2022

Organized by

Spiritual Research Cell

Jaipur Engineering College and Research Centre



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Abstract

On the occasion of Aura Scanning Awareness Day, a Aura Scanning Awareness Workshop, conducted by Mr. Mukesh Agarwal and Ms. Chitra Khandelwal, brought together participants from across the country. The event commenced with a traditional Indian welcome, symbolizing hospitality and reverence. Mr. Agarwal shared his expertise on aura scanning, enlightening attendees about its transformative potential. Ms. Khandelwal highlighted the initiatives at the Spiritual Research Cell, fostering awareness and personal development. Participants visited Techno-Spiritual Projects and explored Fal Mahal. The session ended with a calming meditation. Overall, the workshop provided a platform for learning, exploration, and spiritual growth, leaving a profound impact on the attendees' journeys.

Speaker's Profile

1. Ms. Chitra Khandelwal



Ms. Chitra Khandelwal is a Rajyoga Meditation Practitioner who has been studying spiritual knowledge and practicing Rajyoga since her teenage. After completing B.Sc. (Hons) from University Maharani's College, Jaipur she completed her Masters in Botany and Value Education & Spirituality. She has also held a PG Diploma in Values in Health Care. She is a faculty member for Value Education Courses run by Annamalai University. She had been to England and Thailand to present her research outcomes. Her research paper titled "A

comparative analysis of mindfulness

2. Mr. Mukesh Agarwal



Mr. Mukesh has been following the principles of Rajyoga since his student life. He is also a faculty of Value Education and Spirituality Courses offered by many Universities. He has completed his B. Tech. from MNIT, Jaipur and M. Tech. from BITS, Pilani. Other than this he has also completed M. Sc. in Value Education & Spirituality and MBA in Self-Management & Crises Management. He is currently working as associate

professor at the Computer Science department, JECRC, Jaipur. He is also heading the Training division of JECRC, Jaipur. He has been sponsored by AICTE & DST for many projects such as Entrepreneurship Development Cell, Industry Institute Partnership Cell, MODROB and a research project on meditation & cognitive science. He has delivered many lectures on Values, Healthy lifestyle, High Impact Teaching Skills, Stress Management etc... at various organizations across India. His keen interest areas are Entrepreneurship, Techno-Spiritual Projects, Value Education, Spirituality and Practicing Meditation.

Session Summary

The Aura Scanning Awareness Workshop, led by Mr. Mukesh Agarwal and Ms. Chitra Khandelwal on 27th Nov, 2022, was a remarkable event that brought together participants from all over the country. The workshop commenced with a warm and traditional Indian welcome, where the esteemed guests were greeted with deep respect, adorning their foreheads with a sacred tilak made from sandalwood paste (chandan).

Mr. Mukesh Agarwal, an esteemed instructor, shared his invaluable knowledge and expertise throughout the workshop. With great enthusiasm, he enlightened the participants on the profound significance of aura scanning, a practice known for its transformative effects. Through his engaging sessions, Mr. Agarwal fostered awareness among the attendees, emphasizing the potential of aura scanning to enhance personal growth and well-being.

During the event, Ms. Chitra Khandelwal took the opportunity to acquaint the visitors with the various activities organized at the Spiritual Research Cell (SRC) throughout the year. She shed light on the initiatives aimed at promoting awareness, personal development, and other aspects that benefit the students. Her insightful presentation showcased the dedication and efforts put forth by the SRC team to create a nurturing and enriching environment.

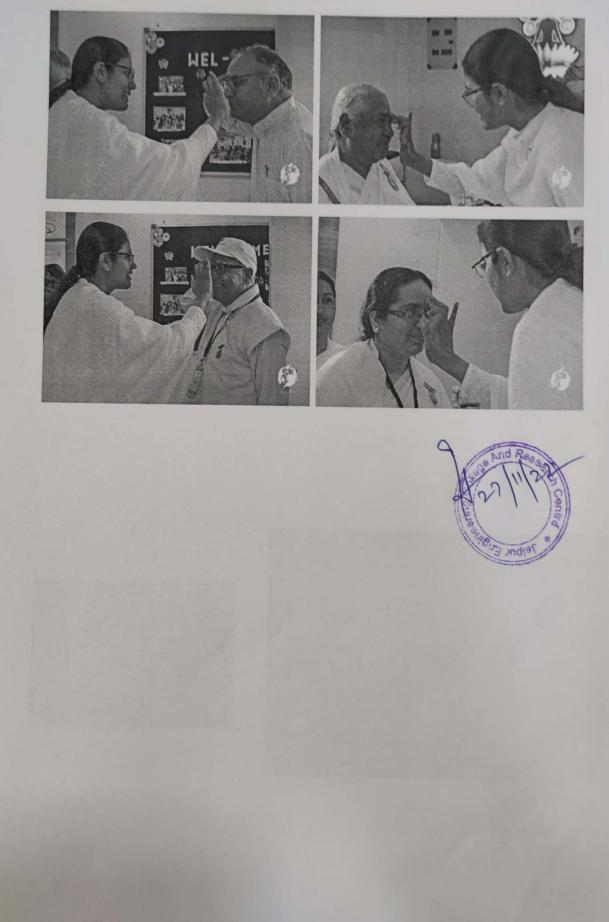
As part of the workshop, all the participants had the opportunity to visit the Techno-Spiritual Projects at the Spiritual Research Cell, located within the premises of JECRC. This visit allowed them to witness firsthand the innovative projects and research being conducted in the intersection of technology and spirituality. Additionally, the attendees had the chance to explore Fal Mahal, situated behind C-Block in JECRC, further enhancing their overall experience.

The workshop concluded on a serene note, with a collective meditation session lasting five minutes. This calming practice provided a moment of introspection and relaxation, allowing the participants to absorb the knowledge and experiences gained throughout the event. The session instilled a sense of tranquility and left the attendees feeling refreshed and rejuvenated.

Overall, the Aura Scanning Awareness Workshop led by Mr. Mukesh Agarwal and Ms. Chitra Khandelwal proved to be an enlightening and enriching experience for all the participants. It successfully created a platform for learning, exploration, and personal growth, leaving a lasting impact on the attendees' spiritual journeys.

Glimpses of the Event

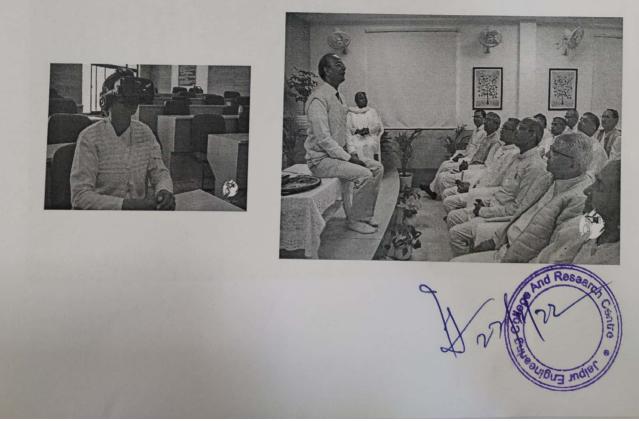
Welcoming the guests with Sandal tilak.

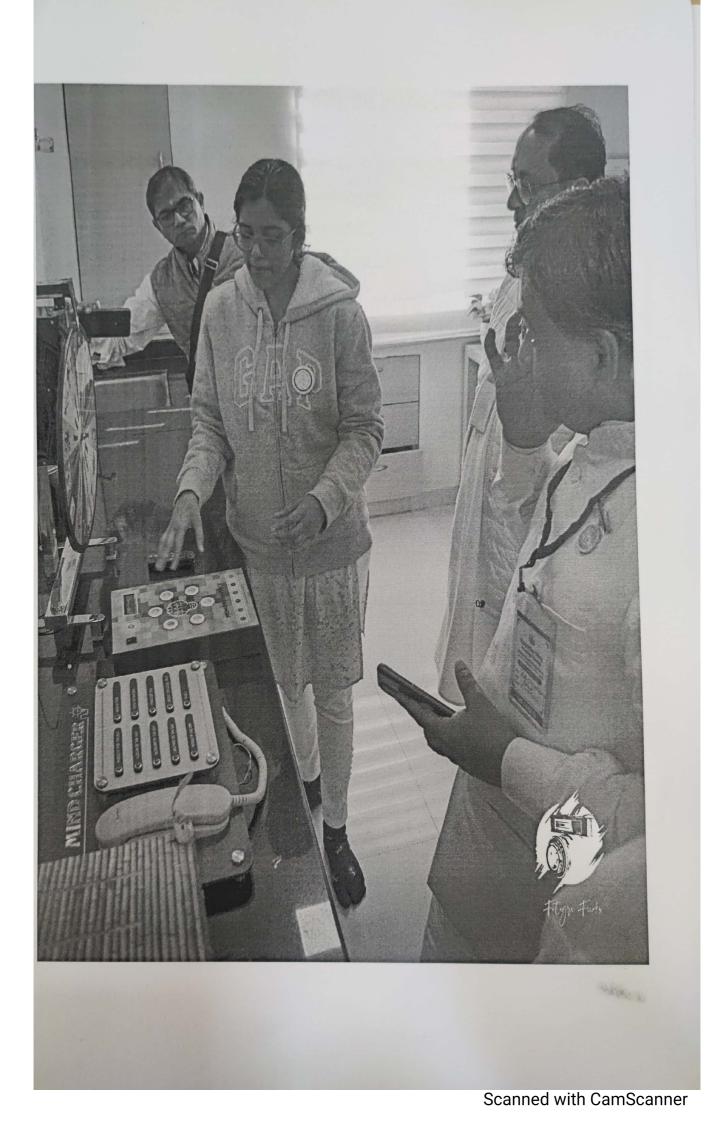


Mr. Mukesh Agarwal Sir taking the session on Aura Scanning Awareness and sharing his valuable thoughts





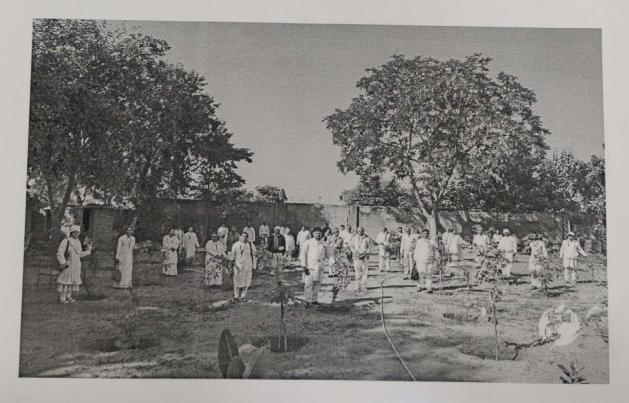


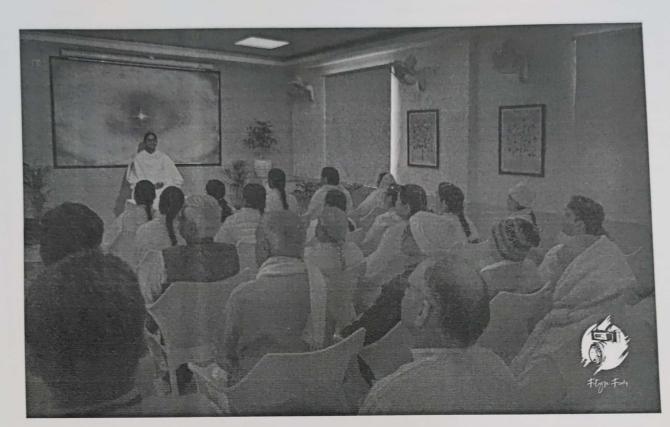


Ms. Chitra Khandelwal Ma'am telling the visitors about the activities organized at SRC.



Visit to Fal Mahal behind C-Block in JECRC premises.





The session ended with a Meditation of 5 minutes



Organizing Team

Faculty Coordinators

S.No.	Name	Designation
1.	Mr. Mukesh Agarwal	Head Spiritual Research Cell, JECRC
2.	Ms. Chitra Khandelwal	Spiritual counselor

Student Coordinators

S.No.	Name	Year	Branch
1.	Saumya Sharma	IV	CSE
2.	Jatin Pareek	IV	ECE
3.	Yukti Agarwal	III	CSE
4.	Sakshi Naruka	III	CSE
5.	Radhika Dhoot	III	CSE
6.	Aayush Bansal	III	IT
7.	Rahul kumar	III	CE
8.	Rimjhim Sharma	III	CSE

Volunteers

S.No.	Name	Year	Branch
1.	Deepanshu Sarawangi	I	ECE
2.	Latiksha	Ι	AI
3.	Alifya	Ι	AI

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Aura Scanning Awareness Workshop 2022

27 Nov. 2022

Participants Attendence List

S.No.	Name	Contact	Place	Signature
1	JYOTI DEVI	9996177520	Raithal (HR)	Jysti Dell
2	Pinki Rani	7206101070	Uklana Mandi (HR)	
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10	Muket Deni	9996177520	Haryang (Kai	ithe Mokesh Devi
11	Azeem Dana	8285984476	meen alcshi Academ of Higher Education K	terench ApenDane
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13	Sustima	9628216635	2 ALLAMABA	P Sustice
14	Kiran Lathi	9479800558		Kinni
15	Ku. Udita Singh	7697472559	Bhopal, M.P	6 Mur
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18	ANJAY KUMAR GUPTA	6206966871	PATNA (BIH	IAR) Bijory.
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20	Devibhai Jethia	9879120200		UJ.) Joety.

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Participants Attendence List

S.No.	Name	Contente List				
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26	MITTHAN SINGH	9602447255	BHARAT PUR (RAD)	Agilt .		
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37	Ramesh Gharma	9214349257	Jaibur	Anzin		
38		942872281	6 Bharneh C	rui, 522		
39	Sita Ram ishatti	9729562614.	Ambola Cant	t stutt		
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Aura Scanning Awareness Workshop 2022

27 Nov. 2022

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	Nikita Sharma	9413200084	Jaipwe	Dilita
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Aura Scanning Awareness Workshop 2022

27 Nov. 2022

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75	Aguch Bansal	7597579906	Jaiper	(Afryhib
76	Chioning Nageur	8875676710	Jaipert	chiolog
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Report on

Declutter the Mind

12th September, 2022

Organized by Spiritual Research Cell

Jaipur Engineering College and Research Centre



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Brochure





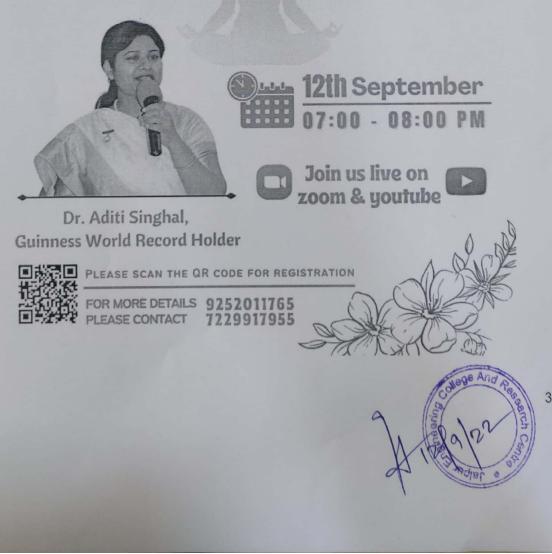
ON THE OCCASION OF

MINDFULNESS DAY

SPIRITUAL RESEARCH CELL, JECRC

PRESENTS SPECIAL WEBINAR ON

DECLUTTER THE MIND



Abstract

Spiritual Research Cell, JECRC organized a webinar on the topic - "Declutter the Mind" on 12th September 2022. A total of 1089 people registered for this event and 163 people attended that webinar. Dr. Aditi Singhal was the speaker in this session. She explained all the reasons that form the clutter in the mind. And she also shared some methods that help us to declutter the mind and benefit human life. All the information and methods shared in the session came out to be very useful for us which leads to a happy and prosperous life. In this way, this event ended successfully.

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Speaker's Profile



Aditi Singhal is an international memory trainer, author, motivational, and Vedic Math expert par excellence. She, along with co-author Sudhir Singhal, has to her credit the Guinness World Record for conducting the largest math class.

She has been awarded three national awards by Limca Book of Records and given The Best Memory Trainer award by the India Book of Records. Along with Sudhir Singhal, she has authored four best-selling books - How to Memorize Anything, How To Become A Human Calculator, How To Be A Math Magician (a flip book), and The Ultimate Memory Handbook For Students.

Session Summary

Freeing up your mental space and cleaning waste thoughts from your mind is the basic meaning of decluttering your mind. It also means understanding micro-stressors. Basically from the session, we learned how to remove unnecessary items from an untidy or overcrowded space. As the speaker talked about the effects of clutter such as fogs our thinking, affects concentration, reduces efficiency, and last but not least impacts decision-making ability. She told us that thinking, breathing, and aging is closely related with the help of examples like a tortoise, snake, elephant, and other animals.

If we talk about the points for "Keeping too many things in your mind".

It causes distraction, leads to feelings of anxiety, forgetting something important, etc.

Now, some of the points we learned from the session are all as follows;

The key is deciding what you want, what is important to you, and then sticking to it. My perception is my reality.

My perspective governs my perception.

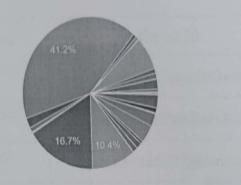
My perception is res[ponsible for my experiences.

At last, I would like to write the line that the speaker focused on, "Life is what 10% actually happens to us, but 90% happens by what we react to.

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Registration Data Analysis

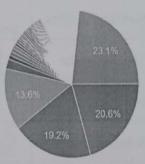
State 1,087 responses

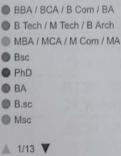




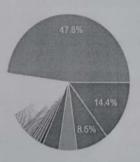
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Course 1,087 responses





Institution 1,087 responses



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JECRC University
Telegram
JECRC Foundation
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Teligram
Rajasthan University
RVSKVV

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Attendance data

After analyzing 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:

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Spiritual Research Cell

OF PARTICIPATION

This is to certify that

Semple

has participated in online webinar on 'Declutter the Mind' held on 12 September, 2022 on the occasion of World Mindfulness Day organized by Spiritual Research Cell, JECRC

> MUKESH AGARWAL Head, Spiritual Research Cell, JECRC



Scanned with CamScanner

Feedback

Declutter the Mind got a great response in all terms as shown by the data collected through feedback forms:

Sneha Sharma	KAPIL
1. There are not only three things that I like the	1. The first is the speaker's way of talking with
most but there are a lot of the things that I love	the participants, the second is the art of
the most this was an amazing session I have	molding it into life, and the third is the easy
ever attended the way of communicating with	explanation of meditation.
us was literally outstanding	2. I will try my best to make meditation an
2. I will let go of all the negativity in my life	integral part of my life.
and I will more focus on my life to achieve my	3. Amazing session organized, love it.
goals	A Mary and a stranger
Aditya Sharma	HUKAMA RAM SARAN
1. I really appreciate the effort you put in to	1. One should not react in haste or before
show me something different and new and I	knowing a task well liked the most.
really like the confidence of the speaker and	2. Will not react in a hurry or before knowing
her way to express things	a task well important in my life from today.
2. From this day forward I will more practical	3. Meditation has proved to be very beneficial
in my life and try to be a better being of myself	in my life and I will continue to do it in the
	future also.
Devanshi Vijay	Pandya Setu Kiranbhai
1. Lack of clarity	1. Breathing technique, change your
2. Be non-judgemental	perception, and clean your mobile
3. Change your perception, change your life	2. From today I will declutter my mind and live
Think before reacting to something	a happy and peaceful life.

 Vishal Singh Makwana 1. MA'AM was Explaining Everything in Detail which was very Helpful. She gives many practicals in real life Example. Overall Session was very Nice. 2. I will practice Meditation Daily and after every 1 hour, I will breathe Deeply to get Peace. 3. Please Talk About Inlightment and आत्मबोध and साक्षी भाव। Ashapurna Swain 1. Preparation for the peaceful journey of life, very attentive to today's speaker, knowing the benefits of yoga 2. I will practice my self not to take overload my mind for my daily effective work life. 3. This kind of regular session must be organized. Please. Thank you. 	and I will try to talk to myself to know my own thoughts more clearly.2. Its was a very soothing, relaxing session. 3.All was very nice, Thank you for the
 Muskan Mathur 1. To gain something new 2. Learn about relaxing yoga-like breathing 3. Learn about perceptions " Don't judge anything without seeing everyone's situation at any angle. More sessions should behold. 	 Kriti Jain 1. I like the way of talking of the speaker and the way she clears all the problems. 2. I want to change my behavior and my nature and I want to change myself. 3. The positive vibes and from the knowledgeable one-hour session I had to learn a lot.



Actions Taken

- Promotions for the further events will start at least before a fortnight so that more and more participants can get benefitted.
- Proper meetings of team members will take place from time to time

Organizing Team

Faculty Coordinators

S.No.	Name	Designation
t.	Mukesh Agarwal	Head, Spiritual Research Cell, JECRC
2.	Chitra Khandelwal	Event Coordinator

Student Volunteers

S.No.	Name	Designation	Contributed as
1.	Sakshi Naruka	Computer Science and Engineering - 3rd Year	Report Writing
<u>?</u> .	Radhika Dhoot	Computer Science and Engineering - 3rd Year	Content Writing
3.	Yukti Agarwal	Computer Science and Engineering - 3rd Year	Technical Handling
4.	Aayush Bansal	Computer Science and Engineering - 3rd Year	Promotions
5.	Kanika Sharma	Information Technology - 2nd Year	Report Writing
6.	Devanshi Vijay	Information Technology - 2nd Year	Content Writing
7.	Varun	Information Technology - 2nd Year	Graphic Designer

8.	Priyanshu Gupta	Information Technology - 2nd Year	Volunteer
9.	Kriti Jain	Information Technology - 2nd Year	Volunteer
10.	Aayush Gupta	Electronics and Communication Engineering - 2nd Year	Volunteer
U.	Ayush Roy	Information Technology - 2nd Year	Volunteer







A

report on event

Enlightenment 6.0

26 - 30 Dec,2022

Organized by Spiritual Research Cell JECRC, Jaipur



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Schedule of ENLIGHTENMENT 6.0

S. No.	Speaker	Date	Topics
1.	BK EV Gireesh	26 Dec, 2022	Redefining IMPossible
2.	Dr. Mohit Gupta	27 Dec, 2022	Power of Subconscious
3.	Ms. Monica Gupta	28 Dec, 2022	Time for Digital Detox
4.	Dr. Aditi Singhal	29 Dec, 2022	Let's Enhance Attention

Brochure



Spiritual Research Cell



Invites you in One Week Online Event

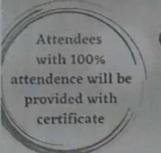
ENLIGHTENMENT 6.0 Bringing good habits this new year!

JOIN US LIVE ON

C ZOOM

26-30th DECEMBER, 2022

Timings: 6:00 to 7:15 pm



ican this QR Code for Registration



For any queries: Lakshya : 6367669959 Radhika : 8619463442

spiritual_research_cell

Spiritual Research Cell JECRC Spiritual Research Cell JECRC



Open for all!

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Abstract

"Meditation is a process of lightening up, of trusting the basic goodness of what we have and who we are and of realizing that any wisdom that exists, exists in what we already have".

Spiritual Research Cell organized the 6th edition of its annual Event "ENLIGHTENMENT" from 26th of december to 30th of december. The event was conducted online through the medium of zoom. A total of 1666 people registered for the event and attendance varied day-to-day, usually from 300-400. The daily session was an hour and 15 minutes long and was graced by a new guest speaker every day. Each session was amazing in its own right and every speaker taught us something new. The event lasted 5 days with 4 amazing sessions by some of the most wonderful speakers and ending with Q/A sessions where participants shared their doubts which were then cleared by speakers.

Speaker's Profile

1. 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, Zydas Research Laboratories, Tata Power etc.

2. DR. MOHIT GUPTA



Dr. Mohit Gupta currently works as a Professor of Cardiology at GB Pant Hospital. Dr. Gupta has distinct achievements, getting more than 18 gold medals and 5 silver medals in his medical career. He is awarded young scientist of the year by the association of physicians of India and has recently been awarded with the Prestigious "Agra-Ratna " award for distinguished medical and social services to society. Dr. Gupta has been associated with Brahma Kumaris World Spiritual University since his childhood and practices Rajayoga meditation daily. He has given more

than 500 lectures and conducted symposiums around the world.

3. MS. MONICA GUPTA



Monica Gupta is "A Brand Story Teller" and "Strategy & Transformation Leader". She has worked with reputed brands as a professional and rose in rank from marketing executive to "Country Head". She is gifted with higher levels of Marketing Communication Skills and has a unique way to see life. She was Honored with the Eminent Achiever Award in Integrated Marketing Communication by Indian Conventions, a media consortium. She firmly believes, "The biggest gift that we have got in our lives is thought power!"

4. DR. ADITI SINGHAL

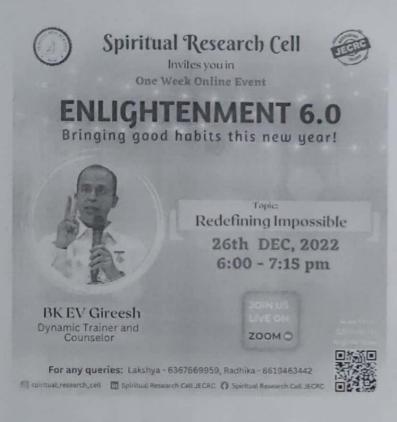


Dr. Aditi Singhal is an international memory trainer, author, motivational, and Vedic Math expert par excellence. She, along with co-author Sudhir Singhal, has to her credit the Guinness World Record for conducting the largest math class. She has been awarded three national awards by the Limca Book of Records and given The Best Memory Trainer award by the India Book of Records. Along with Sudhir Singhal, she has authored four best-selling books - How To Memorize Anything, How To Become A Human Calculator, How To

Be A Math Magician (a flip book), and The Ultimate Memory Handbook For Students.

Session Summary

1st session



"REDEFINING IMPOSSIBLE"

The first session of the event was conducted on 26th of December. It was a magnificent session full of wisdom and cognizance which was passed on to our attendees. The topic of the session was 'I M POSSIBLE'. In the session, Girish sir tackled one of the spooky ideas in a person's life - Impossibility.

Here are some of the key take-aways from the session:

The most destructive and dangerous idea in our life-cycle is impossibility. It is a force capable of destroying our creative thinking and positive energies. Our subconscious mind lacks critical thinking and intellectual abilities. It believes

whatever is fed into it. This 'Impossible' word is as dangerous as a nuclear bomb for our emotions and mind.

Start looking at the word 'IMPOSSIBLE' differently. If tasks are not completed, it can be due to fatigue or laziness or any other reason but never impossibility. Things will just seem doable if you use some other word. There is no space for impossibility or doubts in a balanced mind. One needs to check himself first and work on one's mistakes, not just hide behind the value of impossibility.

Change the attitude of negative programming to positive programming by having a positive mental attitude towards yourself, change, problems, people, emotional well-being, creative ideas and leadership.

Glimpses of Day 1





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2nd session



"Power of Subconscious Mind"

The 2nd session of the 6th edition of our annual event 'ENLIGHTENMENT' was successfully conducted on 27th of December. The event was chaired by Dr. Mohit Gupta. He explained the complete abilities of the subconscious and the scope of its capabilities.

Here are some of the key highlights of the event:

A proper work- life balance is paramount in life. The word busy should be removed from life. Rather than being busy, be easy in life. Happiness does not come from success. Our negative thinking makes life harder for us and is the biggest

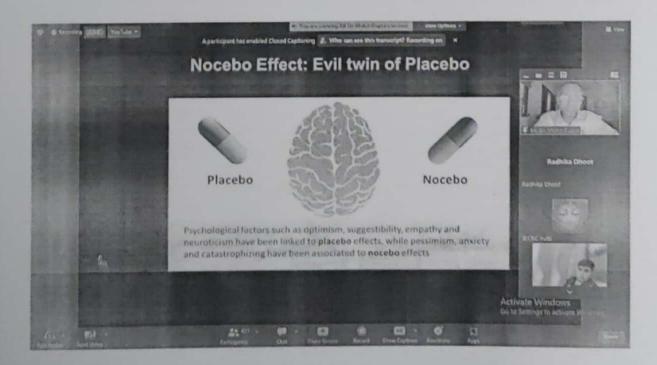
cause of unhappiness in life

Coping skills should be empowered to live a happy life. We have to take the initiative ourselves. If we don't bother with changing anything, nothing will change. A negative mindset leads to negative consequences in life.

We can reprogram our life by replacing our thoughts with positive ones. Thinking about new ideas and experiences is as important as doing them. We create new neurons everyday with our thoughts and they get hardwired as we think about them again and again. Our brain is a tathastu machine.. Our brain is a mega projector which can amplify and strengthen any thoughts we feed into it. Each new day gives us 1440 minutes and 1440 opportunities to achieve whatever we desire.

Glimpses of Day 2





3rd Session



"DIGITAL DETOX"

The 3rd session of the event was conducted on 28th of December. In this session things took a turn as Ms. Monica Gupta talked about how we all have become slaves to technology and how digital detox is the need of the hour.

The summary of the session is as follows:

In the earlier days, the life people lived is considered as actual life as there was no advancement of technology. Today, no one can imagine their life without technology. Even organizations also want everything to be better, faster and smarter.

Nowadays, we are getting emotionally involved in the digital world which is shifting us in the loop which we first initialize by getting the dopamine release from excessive use of gadgets then it becomes a habit that results in a compulsion loop.

Who needs a Digital Detox?

If you won't leave the house without a phone, check your phone again and again, eat with your phone, feel depressed after using social media, obsess over sending or receiving messages or feel fomo.

Well, there's a famous quote "Where your attention goes, your energy flows and life grows".

There are Studies that show the impact of overuse of smartphones leading to sleep disorders, depression, moodiness, risks of cancer, weak eyesight, spine damage, weight gain etc which can lead to disaster in our life.

That's why there is a need of digital detoxification by these simple practical tips:

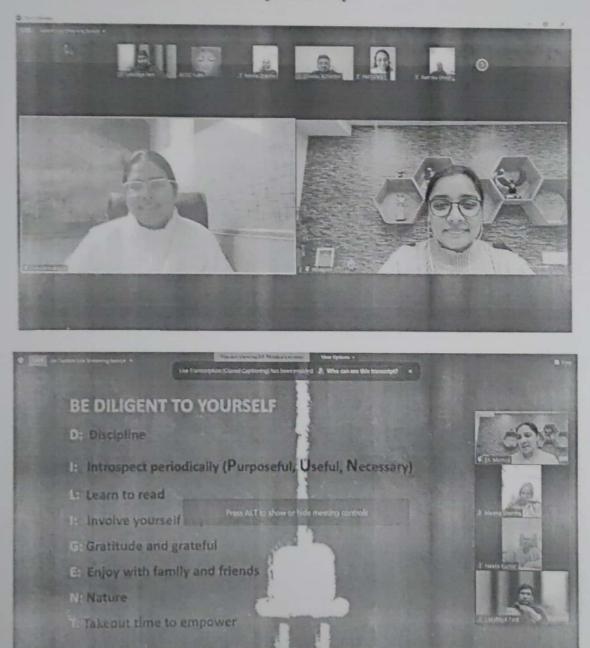
- Turn down screen brightness
- · Put on speaker mode while talking on phone
- · Keep your phone at a distance while not in use

There were 2 disciplines discussed in the session:

1. 60-40-30 principle

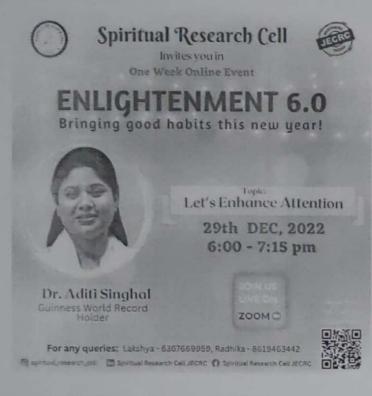
2. 20-20-20 rule

And the ultimate way to help you in this condition is Meditation. It's a process of healing yourself by creating pure, positive and powerful thoughts which makes the mind clear, creative and constructive.



Glimpses of Day 3

4th Session



"LET'S ENHANCE ATTENTION"

The 4th session of the day was concluded on 29th of December. We had Dr. Aditi SInghal with us as guest speaker who shared the reasons for lack of attention among people and also gave us remedies to this problem.

A summary of the session has been shared below :

How does Attention work?

Giving Attention is like pointing a flashlight at a particular point. Our brain filters everything for us and attention is the gate. Whatever we ignore and what we pay attention to shapes our experiences in life.

Attention helps us to form a neural-

network which in turn helps us to remember things.

We all crave attention from our loved ones. Giving some attention to our family and friends while interacting ensures healthy relationships. Being Distracted can destroy all our social relations eventually. In this age of multitasking, we have stopped enjoying our moments.

Distractions have now become an integral part of our lives. "Wherever my attention goes ,energy flows and wherever my energy goes, life flows." Our habits are made through our actions. Neuro-plasticity is the ability of the brain to rewire itself according to our thoughts and actions. Structure of our brain changes every moment. Brain does not have the ability to differentiate between good and bad. The person has to have the willpower to not get tempted by useless thoughts.

One has to reduce the quantity but improve the quality of one's thoughts. Think less, think slow, think better.

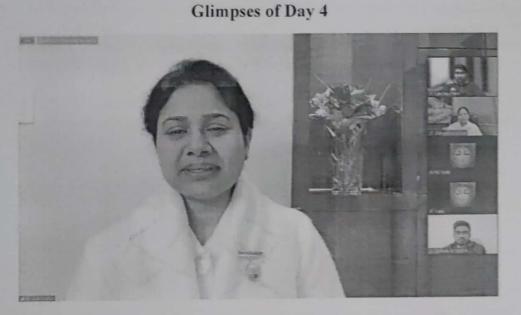
We should pay attention on:-

- · Taking positive inputs By making a habit of noting down positive inputs in our Happiness Journal.
- Increasing our productivity By doing one task at a time and also by doing physical activities, taking a healthy diet & maintaining a proper sleep cycle.
- · Harnessing our potential By performing Meditation as it helps in understanding the self.

She also encouraged us all to prepare a happiness journal to be able to maintain a more positive attitude in life.

Our Happiness Journal may include things when you:

- Learnt something new
- Read or heard a good thing
- Saw a virtue in someone
- Feel grateful for something
- Achieved a goal, big or small
- Did something good for others





5th Session

"Q/A SESSION"

The event finally ended on a high note on 30th of December with a questionnaire session with BK Kamal and Datta Rokade where participants voiced their questions regarding the event and also gave out their ideas and opinions for the future sessions. Some really wonderful suggestions were given and many have been selected for further discussion and refinement by the working committee of SRC.

BK Kamal is a Motivational speaker and Spiritual Guide. He has been practicing Rajyoga Meditation for more than 10 years. Through 1500+ sessions on social media, various offline programmes, and workshops for IT professionals, Doctors, Teachers, Parents, Army, Navy and Police. He had helped and guided many people along the path of meditation, healing, and self-discovery.

Datta Rokade is a Business Executive coach and Corporate Facilitator. He has a wonderful training methodology where he uses experiential learning methodology, applicable tools based on research and experience.

Glimpses of Day 5



Feedback

Neelam grover Be with yourself and apply the list to become the companion of baba	Namita sachdeva Session was too gud it brings positivity
Rashmi Singh Give us some effective practices to develop our mind and habits	Prasanna Gopinath Very inspiring and positive soul.
Sunita Dhumale Brainstorming session	SHAILI Srivastava Dr mohit energy was awesome in session like it very much 🖤
Prasanna Gopinath Very inspirational session from a pleasant and peaceful personality 🕰 Thank you	Chandra Prakash Me subhe jaldi nhi uth pata thabut after session I can do itlot of thanks Gireesh bhi
Gowthami Chandu The entire session is great and I'm very grateful for organizing such a useful class from Gireesh sir!! Looking forward for more such sessions in future	सरिता जी आज का सत्र हम सब को बहुत ही प्रेरित करने वाला था। मैं डा.मोहित जी का और अपने शिव पिता का बहुत बहुत धन्यवाद करतीं हूं।
Prasanna Gopinath This session was an eye opener	रमा शिव हिंदी पत्रकारिता पर भी एक वेबिनार का आयोजन किया जाना चाहिए
A.MUKTA VANI नये वक्ताओं को प्रोत्साहित करें।	Harshita It is very effective and helpful session for me.
Richa Mittal Very interesting and knowledgeable session :)	Monika Vishnoi Meditation karna and subconscious mind ko strong karna
Prof.Savita Rani All is well . Girish sir is very good, motivational Doctor.	vishal Patil Please guide us regarding meditation for beginners. And related things
Bhavani Rathnasabapathy "It's a very interesting and informative session Thank you "	Gauri Madhukar Gurav अच्छी सीख और ध्यान ।
Aakash Mall This session was very enlightening and helpful	NAVEEN KUMAR L C Thanks for the wonderful session



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for everyone to grow and move forward in life.	
Aryaman Sharma Overall the session was amazing Looking forward towards such type of sessions in the future.	Pooja Sharma It was sooo fruitful
Sucha Rani Hold sessions on monthly basis	Vijay Pal Malhotra Rated 1,assuming 1 IS EXCELLENT
Priyadarsani das It's awesome thanks a lot to shiv baba love you all ,helps a lot to me and people surrounding me	Neeta Vijay Kumar Thanks for the 4 day series. We got to know so much about how to improve ourselves by giving attention to what I think,do,eat,talk and communicate. Thanks Dr. ADITI SINGHAL for giving us simple tips and teaching the benefits of meditation.My humble request and suggestion is we should have more n more such sessions whole year round at JECRC where participants are also asked to share their experiences.Other topics which are the need of the hour for our youngsters should be taken.To tell the importance of physical yoga & exercises special classes should be conducted.Once again my thanks to Chitra mam Mukesh sir & their team for this beautiful gift for not only 2023 but for many more years. Thanx
Prasanna Gopinath Will need more such sessions. Because lack of attention has become something like epidemic both with old and young generation	Harshita It was a very effective session for me.
Anita Kumari भविष्य में इस तरह की संगोष्ठी का आयोजन होता रहे ताकि हमारा ज्ञानवर्धन हो सके ।	MANISH MASAND Thank you very much for conducting such awesome sessions. Please keep conducting such sessions with different topics teaching us how to Live Better
DURGA SHANKAR DAS In future if possible please a session on time management and productivity	ShindeSaritha How to control anxiety and and anger besides doing meditation also

Feedback Analysis

Based on the feedback received from the participants, the following observations were found:

- The session was helpful to the students: It seems that the participants found the session helpful, which indicates that the content of the session was relevant to their needs.
- 2. Tips shared were practical, effective and easy to be implemented: This is positive feedback, as it suggests that the tips shared were actionable and not too complicated.
- Participants were comfortable with the timings and asked for more sessions at the same time: This is a good sign as it indicates that the timing of the session was convenient for the participants and they are willing to attend more sessions at the same time.
- 4. Duration of the session should be increased so that they can ask questions also: This feedback suggests that the participants would like more time for interaction and clarification during the session. It may be beneficial to increase the duration of the session or have a separate Q&A session.
- Participants asked for the course to take place in the English language also: This feedback suggests that there is a demand for an English language course, which could be considered to reach a wider audience.
- A student-specific meditation course should be conducted: This feedback suggests that the participants would like a course that is tailored specifically to the needs of students. This could be taken into consideration while designing future courses.

Overall, the feedback received is positive, and it provides useful insights for future sessions. Based on these observations, it may be beneficial to consider increasing the duration of the session, adding a Q&A session, and offering an English language course. Additionally, offering a studentspecific meditation course may also be a good idea.



Recommended Actions

Here are some actions that could be taken:

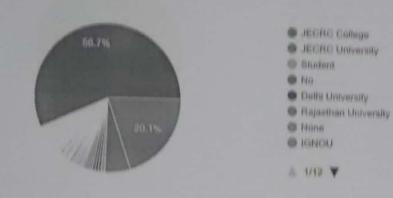
- 1. Add extra minutes for Q&A sessions: Providing additional time for Q&A sessions can help participants to ask more questions, clarify their doubts, and engage more actively in the course. It can also help the instructor to address any confusion or misconceptions that participants may have.
- 2. Provide interpretation in English: If participants are not native English speakers, providing interpretation in English can help them to better understand the course material and engage more actively. This can be done by providing written or spoken interpretation in their native language.
- 3. Provide session summaries: Providing a summary of each session can help participants to quickly review and recall the key points covered in the session. This can be especially helpful for participants who may have missed a session or need to refresh their memory.
- 4. Increase the number of days to teach meditation: If the course includes meditation practices, increasing the number of days can provide more time for participants to learn and practice meditation. This can also help to ensure that participants have a deeper understanding of meditation practices and can integrate them into their daily routine.

Overall, these actions can help to enhance the productivity and effectiveness of the course, and provide a better learning experience for participants.

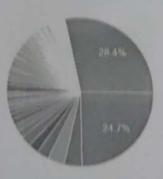
Registration Data Analysis

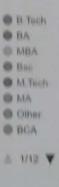
Institute/Organization (君秘IPI)

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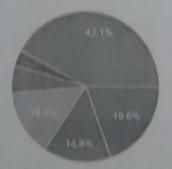


Course (कोस)



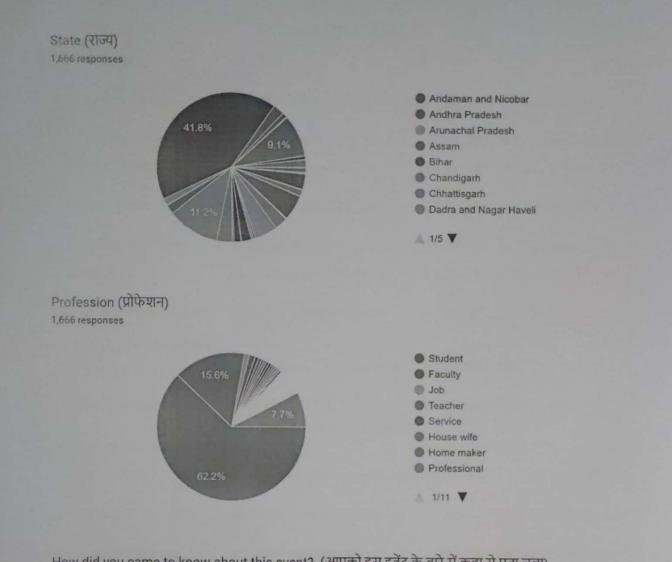


Year (वर्ष) 1.666 responses

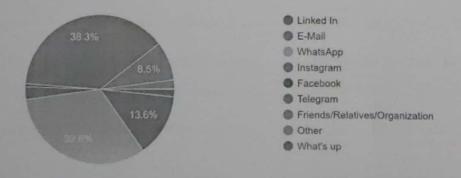


1	k	I Yoar
4	k	II Year
		III Year
1	6	IV Year
-	8	V Year
-	6	Not Applica

bla.



How did you came to know about this event? (आपको इस इवेंट के बारे में कहा से पता चला) 1,666 responses



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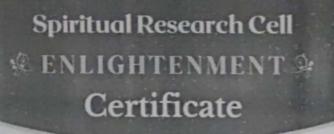
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Sample Certificate



Ref No:

This is to certify that

Sample -

has participated in the online event "ENLIGHTENMENT 6.0" held during 26th - 30th December, 2022 organized by Spiritual Research Cell, Jaipur Engineering College and Research Centre, Jaipur

approximates

Prof. V. K. Chandna Principal, JECRC, Jaipur

Mukesh Agarwal Head, Spiritual Research Ceil



Organizing Team

Faculty Coordinators

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2.	Miss. Chitra Khandelwal	Spiritual Counselor
3.	Dr. Vinita Mathur	Professor of AI & DS

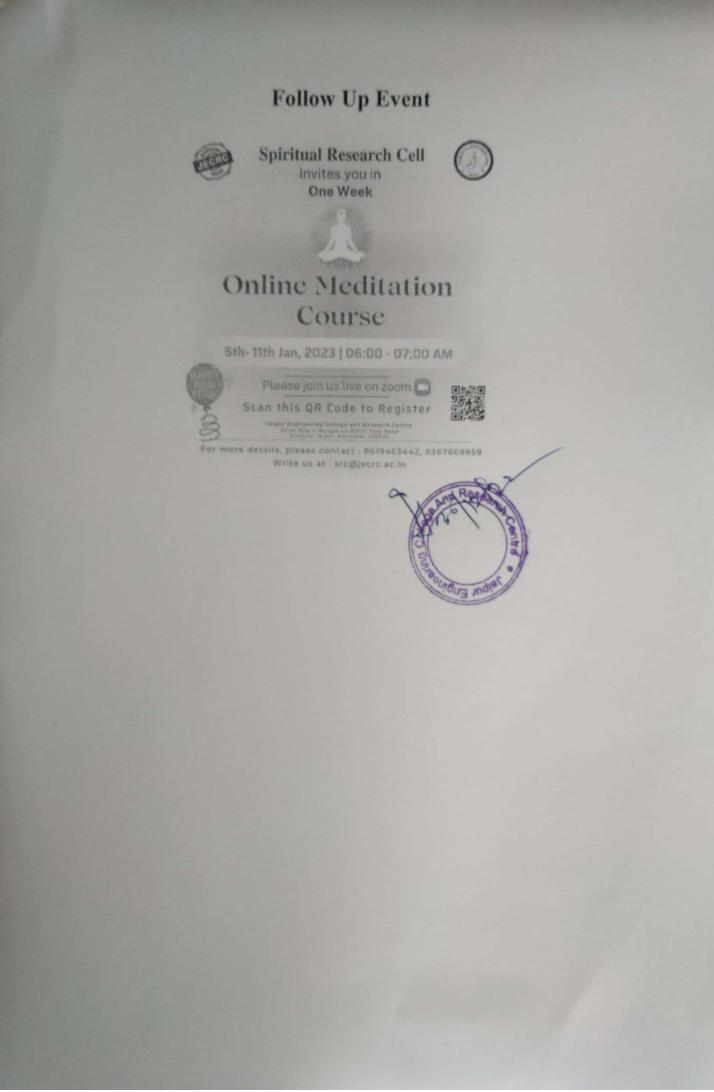
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3.	Yukti Agarwal	III	CSE
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7.	Aayush Bansal	ш	IT
8.	Rahul Kumar	П	CE
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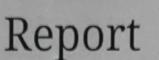
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5.	Mohd Yasir	I	ECE	
6.	Adamya Gupta	I	CSE	
7.	Aakansha Goyal	I	AI & DS	
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9.	Tanishka Karadia	I	AI & DS	
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11.	Shivansh Agarwal	I	CS & AI	
12.	Aditya Acharya	1	AI & DS	









ON

"MAGIC OF MEDITATION"

29th November 2022

Organize By

Spiritual Research Cell



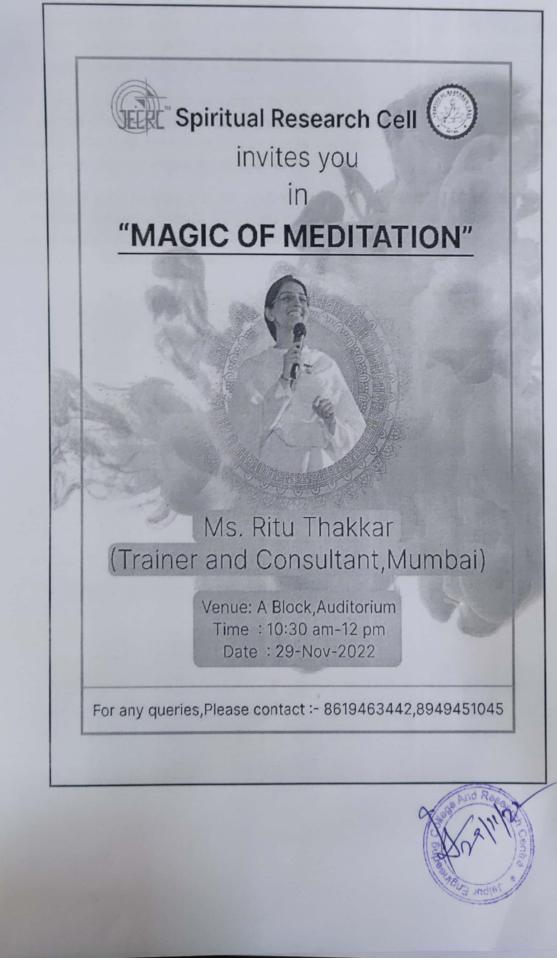
Jaipur Engineering College and research Center

Shri Ram ki Nangal via RICCO, Tonk Road Sitapura, jaipur, Rajsthan, 302022

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Brochure



Abstract

The Spiritual Research Cell at JECRC organized a talk on the topic "Magic of Meditation" on November 29th, 2022, which was attended by 194 people. Mrs. Ritu Thakkar was the speaker at the session, and she explained everything about meditation, including various methods to improve concentration power and the way of living.

It's always beneficial to attend such events that focus on self-improvement and spiritual growth, as they can provide insights into the importance of meditation in our daily lives. The methods shared by Mrs. Thakkar would certainly have helped the attendees to lead a happy and prosperous life by improving their mental and physical health.

Overall, it's great to know that the event was successful and that the attendees found the information and methods shared in the session to be useful. It's important to continue organizing such events that focus on spiritual growth and personal development, as they can help individuals lead a more fulfilling and meaningful life.

Speaker's Profile:



Ms. Ritu Thakkar "A Freelance Trainer and Consultant". She has an insightful experience of more than 12 years in "Organizational Development and Corporate Learning & Development".

She is gifted with higher levels of speaking skills and has a creative and artful personality. She was awarded Outstanding Contribution in T&D in Asian HR Leadership Awards,2017. She is a Plenary speaker at the National Conference on Integrating Human Values in Professional Education, 2018.

Summary of Event

A bright sunny day begins with the blessing from a pure soul. Dr. Ritu Thakkar was welcomed by our honored Mukesh sir and Chitra ma'am into SRC to guide the students on the path of meditation and self-exploration. Before the event began, Ritu ma'am was presented with a beautiful bouquet and a very pretty & elegant painting of her which was made by a team member of SRC (Rimjhim Sharma).

The Program began with our respected Vinita Mathur ma'am introducing Ritu ma'am to everyone present in the auditorium which left everybody with a warm sense of respect and applause towards her.

Ritu ma'am began her session by telling us about her initiation with meditation and giving us right understanding about fundamentals, need and implementation of meditation through her words of wisdom and different set of activities. Her practical example of the participant trying to push the pillar to demonstrate the futility of worrying about things beyond our control must have been very helpful in understanding the importance of being present in the moment. She basically aspired us to be present in the moment not to worry or think about the possibilities, ending the session with small meditation session that enlighten the whole auditorium with a positive energy and sense of peace that was clearly visible on the faces of the everyone that was blessed with her presence providing us a delightful experience of music played through her elite collection. The event has been very enlightening for all the students present in the auditorium.

Glimpses of Event:

Thanks to Ms. Ritu Thakkar and the organizing team for the successful interactive session! It is always a great achievement to plan and execute an event that engages and educates its attendees.





"Be present in the moment" - Ms. Ritu Thakkar



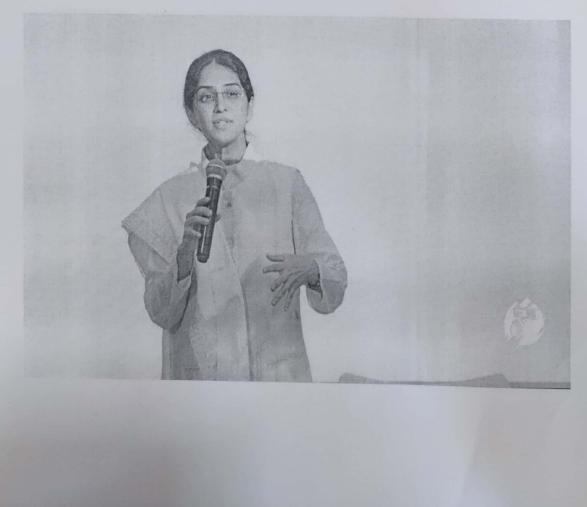
Respected faculty coordinators enjoying their share of interaction.



Students participated with full enthusiasm and excitement.



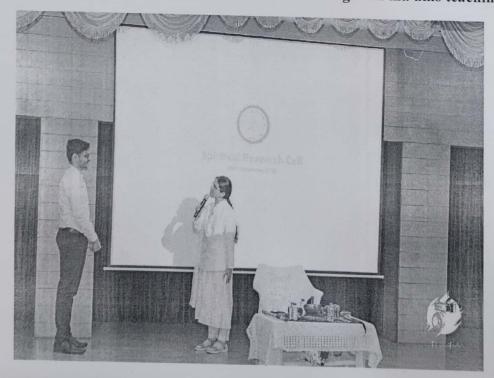
Ritu mam on her introduction with meditation.



A session for all faculty and students alike!



Volunteers taking part in fun activities demonstrating Ritu ma'ams teachings.



All volunteers actively performed their duties.





Spiritual Research Cell "MAGIC OF MEDITATION" CERTIFICATE



This is to certify that

Semple -

has contributed as a Student Volunteer / Coordinator in the Expert Talk on "Magic of Meditation" held on 29th November 2022, organized by Spiritual Research Cell, Jaipur Engineering College and Research Centre, Jaipur.

Prof. V. K. Chandna Principal, JECRC

Mr. Mukesh Agarwal Head, Spiritual Research Cell



Organizing Team

Faculty Coordinators:

S No.	Name	Designation	Contributed As
1	Mr. Mukesh Agarwal	Head Spiritual Research Cell, JECRC	Faculty Coordinator
2	Ms. Chitra Khandelwal	Spiritual Counselor	Faculty Coordinator
3	Dr. Kamlesh Meherwal	Librarian	Faculty Coordinator
4	Dr. Parul Tyagi	Associate Professor of ECE	Faculty Coordinator
5	Dr. Vinita Mathur	Professor of AI & DS	Faculty Coordinator

Student Coordinators:

S.No.	Name	Year	Branch
1	Jatin Pareek	IV	ECE
2	Ashutosh Mishra	IV	ECE
3	Ayush Bansal	III	IT
4	Yukti Agarwal	III	CSE
5	Radhika Dhoot	III	CSE
6	Sakshi Naruka	III	CSE
7	Ayushi Bansal	III	CSE
8	Rahul Kumar	III	CE

Volunteers:

S. No.	Name	Year	Branch	
L	Aditya Acharya	Ι	AI & DS	
2.	Mihir Jain	I	AI & DS	
3.	Akansha Goyal	Ι	AI & DS	
4.	Latiksha	I	AI & DS	

5.	Rishabh Jain	Ι	ME
6.	Alifiya Bohra	Ι	AI & DS
7.	Lakshay Mangal	Ι	CS & AI
8.	Yasir	Ι	ECE
9.	Lakshay Pant	Ι	CS & AI



Expert Talk: Magic of Meditation

29 November 2022, Speaker: Ms. Ritu Thakkar

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4	Alzigan Ahmad	ist	И	dancing.	love
5	Aditya Shasma	1st	A		Anderta
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7	Vailshow Sindhaw	2 nd	13	Empicald	-15.
8	Nichil sharma	2	С	Pholography	Rikhil
9	Latiksha	T	L	Grafting, dancing	lattle
10	Alifiya Bohra	I	H	painting, stretching	() Ordingen
11	Adityo Acharya	15+	Н	1 4	3. Ranning
13	Akaneha hoyne	1 st	н	Dancing	@
14	Lakshayo Pant	te 1	L	Critical thinker	Lac.
15	Rishagh Jain P	1.51	N	Grood researching capability	\$ 2
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18	Lakshay Mungal	1st 1st	R	Content writing, Research	Hetter
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Expert Talk: Magic of Meditation

29 November 2022, Speaker: Ms. Ritu Thakkar

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Expert Talk: Magic of Meditation 29 November 2022, Speaker: Ms. Ritu Thakkar

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Expert Talk: Magic of Meditation 29 November 2022, Speaker: Ms. Http://hakkar

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Report on

online

Meditation Course

5 - 11 Jan, 2023

Organized by

Spiritual Research Cell

Jaipur Engineering College and Research Centre



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Brochure

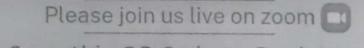


Spiritual Research Cell invites you in One Week



Online Meditation Course

5th- 11th Jan, 2023 | 06:00 - 07:00 AM





Scan this QR Code to Register

Jaipur Engineering College and Research Centre Shree Ram ki Nangal vla RiiCO, Tonk Road Sitapura, Jaipur, Rajasthan 302022

For more details, please contact : 8619463442, 6367669959

Write us at : src@jecrc.ac.in



Abstract

"Meditation is the golden key to all the mysteries of life"

This 7 days online meditation course was designed to provide participants with a comprehensive introduction to the practice of meditation. Meditation is a need of the hour. Meditation helps in improving our focus and concentration. Meditation is a focusing and balancing technique. With increased balance through meditation, you will expand your awareness and be more present in the moment, regardless of what is happening in your life. Throughout the course, participants learnt various meditation techniques and strategies to help them cultivate mindfulness, reduce stress and anxiety, and improve overall well being. The course was led by Mr. Mukesh Agarwal who is an experienced meditation instructor and Ms. Chitra Khandelwal who is a Spiritual Counselor at Spiritual Research Cell, JECRC. Participants got an opportunity to connect with a community of like-minded individuals and share their experiences as they develop their meditation practice.

This course helped the participants to understand what Meditation is and what is the process of Meditation. They got to know about various Spiritual concepts like - Knowing the true self, Understanding the Supreme, Karma Philosophy, etc. Participants were also taught practical ways to bring these concepts into their daily lives in order to enhance their emotional immunity. Overall, the course served as a golden key to unlocking the mysteries of life through meditation.

Speaker's Profile

1. Mr. Mukesh Agarwal



Mr. Mukesh has been following the principles of Rajyoga since his student life. He is also a faculty of Value Education and Spirituality Courses offered by many Universities. He has completed his B. Tech. from MNIT, Jaipur and M. Tech. from BITS, Pilani. Other than this he has also completed M. Sc. in Value Education & Spirituality and MBA in Self-Management & Crises Management. He is currently working as associate professor at the Computer Science department, JECRC, Jaipur. He is also heading the Training division of JECRC,

Jaipur. He has been sponsored by AICTE & DST for many projects such as Entrepreneurship Development Cell, Industry Institute Partnership Cell, MODROB and a research project on meditation & cognitive science. He has delivered many lectures on Values, Healthy lifestyle, High Impact Teaching Skills, Stress Management etc... at various organizations across India. His keen interest areas are Entrepreneurship, Techno-Spiritual Projects, Value Education, Spirituality and Practicing Meditation.

2. Ms. Chitra Khandelwal

Ms. Chitra Khandelwal is a Rajyoga Meditation Practitioner who has been studying spiritual knowledge and practicing Rajyoga since her teenage. After completing B.Sc. (Hons) from University Maharani's College, Jaipur she completed her Masters in Botany and Value Education & Spirituality. She has also held a PG Diploma in Values in Health Care. She is a faculty member for Value Education Courses run by Annamalai University. She had been to England and Thailand to present her research outcomes. Her research paper titled "A comparative analysis of mindfulness



between meditators and non-meditators'" is presented in the Third ICICT 2018 international conference held at London in February, 2018.

She is currently looking after Spiritual Research Cell- A Unique Thought Laboratory established in the premises of JECRC, Jaipur. She also acts as Spiritual Counselor for Engineering Students. With her creative and innovative ideas, she guides the students for developing techno-spiritual projects. Presently based at Jaipur, she organizes and conducts trainings on Thought Management, Rajyoga

Meditation Basic Course, Self Esteem, Understanding MIS, Stress Free Lifestyle, Self-Empowerment, Meditation for Emotional Stability, Stress and Anger Management, Thought Management etc..

3. BK Sister Suman:



Brahma Kumari Suman was born in a religious family in Karnataka. Since her childhood, she had an intense inclination towards spirituality and a deep desire to serve for the betterment of the society. She dedicated her life to Brahma Kumaris World Spiritual University for the cause of socio-spiritual educational service in 1992.

She has got a bachelor degree (B.E.) in Electronics & Communication Engineering from Bangalore University. Having been trained in Self-Managing Leadership, Stress

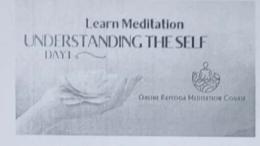
management, Communication Skills, Living Values etc. She is conducting such courses in various organizations, institutions and industries. She was one of the organizing & planning committee members in many youth rallies, environmental rallies and car rallies successfully conducted by the institution.

She has delivered many talks on television and radio on various topics at different places. She can speak fluently in Hindi, English and Kannada. She has traveled in the USA, UK, Germany, France,

Belgium, Netherlands, Mauritius, Kenya, Singapore, Thailand, Vietnam and Sri Lanka inspiring many souls through sharing her spiritual experiences. She is an experienced teacher cum guide in Rajayoga Meditation.

Session Summary

Day - 1 Understanding the Self



On the first day of the Meditation Course, participants got to learn by the speaker - Ms. Chitra Khandelwal ma'am about the true understanding of the self.

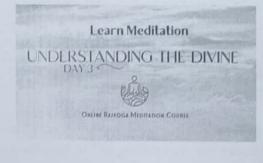
Following points were touched:

1.) 'I'- the self is the master of the body which is made up of 5 elements.

2.) 'I' refers to the soul which is a conscious point of energy residing in the center of the forehead.

- 3.) Mind, Intellect and Impressions are the three faculties of the soul.
- 4.) Working of each faculties:
 - Mind :- Soul creates thoughts using MIND
 - Intellect :- Soul takes decision using INTELLECT
 - Impressions :- Record of the actions performed by us which are carried forward by the soul.
- 5.) Thoughts are of mainly 4 types:
 - Positive
 - Negative
 - Waste
 - Required

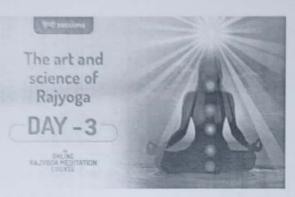
Day - 2 Understanding the Divine



practice of meditation.

During the second day of the Meditation Course, attendees were introduced to the seven inherent qualities of the soul, which are knowledge, purity, peace, love, happiness, bliss, and power. To experience these virtues, one must cultivate a state of being "Soul Conscious," which involves being aware of oneself as a soul and incorporating this awareness into every thought, word, and action. This can be achieved through the regular

Day - 3 The Art and Science of Rajyoga



On the third day of the meditation course, participants were introduced to the fundamental concepts and benefits of meditation, which can be applied in everyday life.

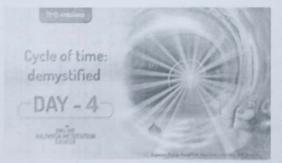
The base of meditation involves developing an understanding and connection with the Supreme Being, cultivating a loving and compassionate relationship, and working

towards personal growth and development.

The steps of meditation include contemplation, concentration, and the attainment of spiritual awareness and enlightenment. These steps help to achieve a deep level of focus and concentration, leading to a sense of inner peace and harmony.

Meditation provides a range of benefits, including the power to discern and differentiate, make informed decisions, adapt to changing situations, endure challenging circumstances, and confront difficulties with strength and resilience. These powers can be applied to various aspects of life, improving personal and professional relationships, as well as overall well-being.

Day - 4 Time Cycle



On the Fourth day of Meditation Course, Ms. Chitra ma'am discussed about Time Cycle

She delved deeper into the concept of the cycle of time and how it applies to various aspects of life. She discussed how the changing seasons represent a cyclical pattern, just like the different stages of human life, such as childhood, adolescence, and youth. We also explored the idea of different yugas

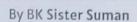
or ages, including Satyug, Dwapar Yug, Treta Yug, and Kalyug, which is currently ongoing. According to this philosophy, we were once divine beings in the Golden Age but are now living in human bodies on Earth. However, the cycle of time continues, and we will eventually return to the Golden Age of Satyug once again. Overall, our discussion highlighted the cyclical nature of time and its impact on various aspects of our lives.

Day - 5 Expert Talk



SPIRITUAL RESEARCH CELL





Rajyog Meditation Expert Rajyoga Education and Research Foundation, Mount Abu

> 9th JANUARY 2023 06:00 - 07:00 AM

> > Meeting Id 99988070252



@ Online Meditation

Course

On the fifth day of the meditation course, participants got to know about the base and steps of Meditation. They also learned the powers gained by practicing meditation which we all use in almost every day-to-day task in our life.

Base of Meditation:

- Introduction to Supreme
- Relation with Supreme
- Affection
- Attainments

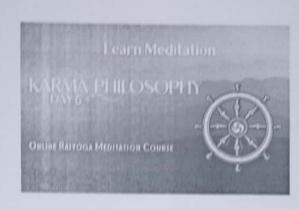
Steps of Meditation;

- 1. Contemplation
- 2. Concentration
- 3. Attainments

Powers through Meditation:

- 1. Power to Discriminate
- 2. Power to Judge
- 3. Power to Accommodate
- 4. Power to Tolerate
- 5. Power to Face
- 6. Power to Pack Up
- 7. Power to Cooperate
- 8. Power to Withdraw

Day - 6 Karma Philosophy



The sixth day of the course was dedicated to the *Karma Philosophy'. With the understanding of our true self and our relation with the Supreme Soul when we practice Rajyoga Meditation our actions automatically start becoming good.

Karmas are divided into three categories:

1. Akarma – Actions being performed in Soul Consciousness

2. Sukarma - Actions being performed in Soul Consciousness and in the remembrance of Supreme

Soul

3. Vikarma - Actions being performed in Body Consciousness

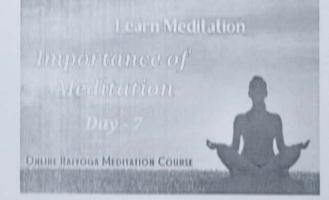
After this categorization major laws of Karmas were discussed. They are:

- Each of my actions is accountable.
- My past affects my present.
- I get what I deserve.
- Nothing happens by chance.
- No one can snatch others' fortune.
- I am responsible for my present state.

Two other major points that were discussed are:

- 1. Cleansing negative karma depends upon our choice of either through experiencing punishments or penance (Rajyoga) but not through charitable activities.
- 2. Two things happen simultaneously eating the fruits of past sown seeds and sowing the seeds for future fruits.

Day - 7 Importance of Meditation



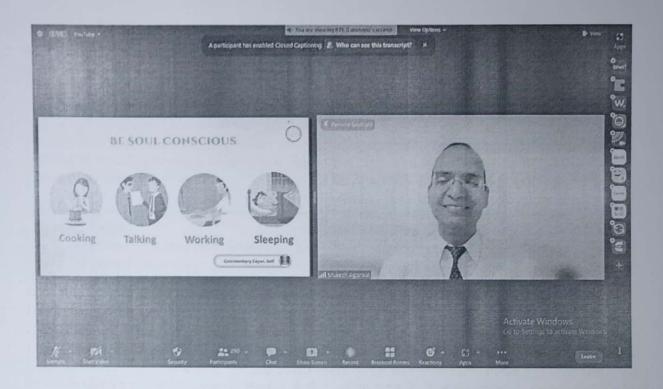
The practice of meditation, also referred to as 'Yog', involves establishing a connection between different entities. By recognizing that we are not merely physical bodies, but also souls, we can establish a connection with the Supreme Soul or GOD and experience his virtues and powers. However, it is important to first gain an understanding of who the Supreme Soul is. During the third day of the program, participants attended a session where they were introduced to the concept of the Supreme Soul. This conscious point of energy, also known as GOD, is the ultimate source of all virtues and powers and is superior to all other souls. As souls, we have a special relationship with GOD, similar to that of a child and a parent.

At the end of the session, participants were guided through a meditation practice, which left them feeling peaceful and calm.

Glimpses of the Event







Feedbacks

Yash Dnyaneshwar Lonkar Mena issa sessions se bhot achi achi baate sikhe jaisa ki god se agr connection rakho ga toh aap health and happy rahoga jahan expectation nahi hoge waha sadness hona ka reason be nahi hoga	Saurabh Leave your body (mind thinking) and shift toward your soul. Because the mind can compare that to creating material problems but Soul always thinks positive. It always makes you live happy and give happiness to other
Rashmi Singh I got to realize that i am a conscious souland I remind myself frequently	Rahul mehra The 2 way communication was very awesome and the videos and explanations were very outstanding.
Rajeshwar Yadav The new way of meditation to connect with the supreme soul and also I knew that meditation can be do in also metroand also a scene when a boy go to church , temple, and also gurudwara after that they suffer from accident but they are saved by Godand they don't have any tension after accident really it was an awesome scene .	Neeta Vijay Kumar First of all the enthusiasm of the participants to learn. The way they attended everyday in this peak winter so early in the morning was commendable. The affectionate nature and way of teaching by all mentors. The efforts the whole technical put in to make it successful is also worth appreciation.
Shankar kumar I liked it all. But karma philosophy and the last day of your session were very interesting and liked by me most.	रमा शिव इस कार्यक्रम में ध्यान, नियम,संयम और समय प्रबंधन आदि के बारे में महत्वपूर्ण जानकारियां प्राप्त हुई है।
E. PARTHASARATHY Meditation sikha khud ko jana God ko jana bahut pyara session tha ise plzplz continue kare Thanks a lot RTL	Mukesh parihar खुद के बारे मे जाना और खुद में जो बुराई है उसके कैसे दूर कर एक पवित्र आत्मा कैसे बनु ।साथ पिछले 1 साल से डिप्रेसन ओर बाहर जाने लोगो से बात करने मैं डर सा feel करता था इसके लिए मैने दोस्तो से भी बात की पर मुझे हेल्प नही मिली और psychologist की फीस ज्यादा एक तो एक स्टूडेंट हु और परिवार की आर्थिक स्थति भी कमजोर थी तो काफी परेशान था फिर मुझे टेलीग्राम ग्रूप जो कि ras exam कि न्यूज़ देता उसमे एड देखा और



	जॉइन किये जिसे में काफी अच्छा फील कर रहा हु और overthnikng ओर other प्रॉब्लम काफी हद तक ठीक हो गई।सबसे बड़ा फायदा यह हुआ कि मेरा एक daily routin सेट हो गया नही तो मै 8:30 बजे से पहले उठता भी नही था क्यों रात को 2 बजे तक नींद नही आती पर अब सब अच्छा है Iheartly very thank you
Rajeshwar Yadav If talk about benefits then there is is scarcity of words	.Mrs.Rakhi Swapnil Jain I learnt many thing true meaning of life what is soul real happiness karma philosophy and many more things i learnt in course
Adamya Gupta	Mrs.Rakhi Swapnil Jain
We learnt that Rajyog is not required, it is a	I will start daily meditation learnt spiritual
necessity of today's life.	things and I will want to attend more session
JETHA RAM	DHEERAJ KUMAR
I will use the learnings from the sessions in	Totally, I have changed Myself. I Feel
my life by applying learnings in my life.	Divinity
Ramji	Niteesh kumar
I will try to spread this knowledge to other	Manage daily routine

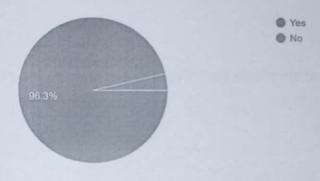


Feedback Analysis

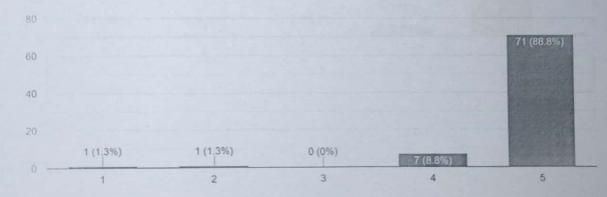
Based on the feedback of the participants, it was found that:

- 1. These courses are highly effective in promoting mental and emotional stability.
- 2. Meditation practice was reported to be particularly helpful in achieving feelings of peace and happiness.
- 3. Although participants were comfortable with the morning schedule, they requested longer sessions to allow for more time for questions.
- 4. Additionally, the participants expressed a desire for the course to be offered in the English language as well

Was the language of the session (Bilingual: Hindi + English) comfortable to you? (क्या सत्र की भाषा (द्विभाषी : हिंदी + अंग्रेजी) आपके लिए सुविधाजनक थी।?) 80 responses



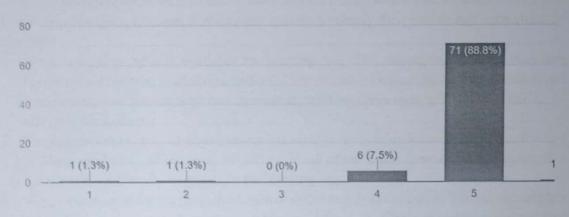
Was the speaker able to convey information in a clear and understandable manner and do justice to the content? (क्या वक्ता स्पष्ट और समझने योग्य तरीके से जानकारी देने और सामग्री के साथ न्याय करने में सक्षम था?) 80 responses



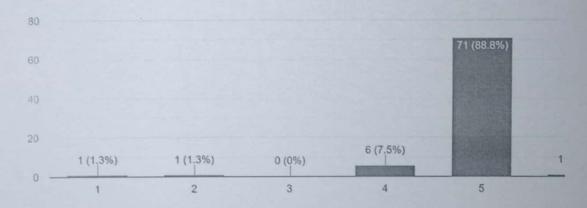


Rate overall experience of the sessions in '7 Days Meditation Course' ('7 दिनों का आध्यात्मिक पाठ्यक्रम!)





Rate overall experience of the sessions in '7 Days Meditation Course' ('7 दिनों का आध्यात्मिक पाठ्यक्रम!) 80 responses



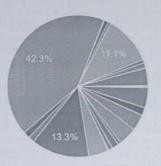
Recommended Actions

To improve the effectiveness of the course, some actions can be taken. One of them is allocating additional time for Q&A sessions, enabling participants to clarify their doubts and understand the content better.

- There are many options available for learning like time management skills, including books, online courses, workshops, and coaching sessions. Depending on specific needs and preferences, you may arrange one or more lectures on these approaches which will be so effective for students.
- 2. The request is to verify whether everyone is effectively gaining knowledge or not. It could be interpreted as a call to assess the effectiveness of the learning process or to ensure that individuals are actively engaging in the learning process.
- 3. The proposition is for the implementation of additional doubt sessions. The request implies a desire for an increased frequency or intensity of these sessions, suggesting that there may be a perceived need for more in-depth or focused exploration of uncertainties or concerns.
- 4. If possible, invite a greater number of experts to contribute their insights for us to enhance the quantity and quality of knowledge. These experts can bring unique perspectives and expertise that will enrich our understanding of various topics.

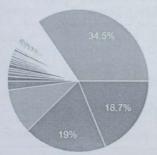
Registration Data Analysis

State 1,746 responses





Institution 1,746 responses



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Rese 201-





Ref No.

SPIRITUAL RESEARCH CELL ONLINE MEDITATION COURSE CERTIFICATE This is to certify that



has participated in One Week Online Meditation Course held during 5th - 11th January, 2023 organized by Spiritual Research Cell, Jaipur Engineering College and Research Centre, Jaipur, Rajasthan.

Sample

Prof. V.K. Chandna Principal, JECRC

Mr. Mukesh Agarwal Head, Spiritual Research Cell

Organizing Team

Faculty Coordinators

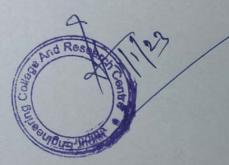
S.No.	Name	Designation	
1.	Mr. Mukesh Agarwal	Head Spiritual Research Cell, JECRC	
2.	Ms. Chitra Khandelwal	Spiritual counselor	

Student Coordinators

S.No.	Name	Year	Branch
1.	Yukti Agarwal	Ш	CSE
2.	Radhika Dhoot	II	CSE
3.	Aayushi Bansal	II	CSE

Volunteers

S.No.	Name	Year	Branch
1.	Lakshaya Pant	Ι	CS & AI
2.	Lakshay Mangal	I	CS & AI
3.	Kashish Chhabra	Ι	IT
4.	Anjali Meena	Ι	CE





A

Report on

Meditation Course

19 - 26 Sept, 2022

Organized by Spiritual Research Cell Jaipur Engineering College and Research Centre



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Brochure piritual Resea Invites you in ONE WEEK ONLINE Meditation Goupse 19th - 26th Sept, 2022 Timings :- 07:30 - 08:30 pm ■ TOPICS COVERED ● Karma Philosophy **Knowing the Self Meditation Techniques Inner Powers** For More details please call: Scan the QR Code 9252011765 7220917955 for registration Write us at src@jecrc.ac.in Jaipur Engineering College and Research Centre, Jaipur A Rac Abstract

Meditation is a need of the hour. Meditation helps in improving our focus and concentration. Meditation is a focusing and balancing technique. With increased balance through meditation, you will expand your awareness and be more present in the moment, regardless of what is happening in your life. Mr. Mukesh Agarwal, a spiritual counselor from Spiritual Research Cell, JECRC, conducted a one-week Meditation Course that aimed to help the participants understand the process of meditation and its benefits. Throughout the course, various spiritual concepts were explained, including the true self and the Supreme. The participants were also taught practical ways to bring these concepts into their daily lives in order to enhance their emotional immunity. Overall, the course served as a golden key to unlocking the mysteries of life through meditation

Speaker's Profile



- 1. Learning spiritual knowledge
- 2. Experimental Meditation
- 3. Graphic Designing
- 4. Content Writing

Mr. Shashwat Jain started practicing Rajyoga Meditation from his starting college days after joining a unique Rajyoga Thought Lab, named Spiritual Research Cell which is established in JECRC. After seeing the transformations in himself, his interest growed in spirituality.

Now he takes meditation courses, various sessions on topics like 5 AM Club, How to practice meditation, etc. He aspires to become a worthy instrument in transforming this world into a world full of peace and happiness.

His keen interest areas :

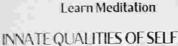
Day - 1 Understanding the Self



On the first day of the Meditation Course, participants were introduced to the concept of the true self. The self, referred to as 'I', is the controller of the physical body which comprises five fundamental elements. It is also the soul, a conscious entity of energy located at the center of the forehead. The soul has three faculties - Mind, Intellect, and Impressions. The Mind creates thoughts, the Intellect makes decisions. and Impressions are a record of our past actions that the soul carries forward.

Thoughts are classified into four categories, namely Positive, Negative, Waste, and Required. The soul uses the Mind to generate thoughts, which the Intellect then utilizes to make decisions. Impressions are stored within the soul, acting as a reference point for future actions.

Day - 2 Innate Qualities of Self



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DAY2-

During the second day of the Meditation Course, attendees were introduced to the seven inherent qualities of the soul, which are knowledge, purity, peace, love, happiness, bliss, and power. To experience these virtues, one must cultivate a state of being "Soul Conscious," which involves being aware of oneself as a soul and incorporating this awareness into every thought, word, and action. This can be achieved through the regular practice of meditation.

Day - 3 & 4 Understanding the Divine

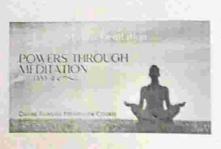


The practice of meditation, also referred to as 'Yog', involves establishing a connection between different entities. By recognizing that we are not merely physical bodies, but also souls, we can establish a connection with the Supreme Soul or GOD and experience his virtues and powers. However, it is important to first gain an understanding of who the Supreme Soul is.

During the third day of the program, participants attended a session where they were introduced to the concept of the Supreme Soul. This conscious point of energy, also known as GOD, is the ultimate source of all virtues and powers and is superior to all other souls. As souls, we have a special relationship with GOD, similar to that of a child and a parent.

At the end of the session, participants were guided through a meditation practice, which left them feeling peaceful and calm.

Day - 5 & 6 Powers through Meditation



On the fourth day of the meditation course, participants were introduced to the fundamental concepts and benefits of meditation, which can be applied in everyday life.

The base of meditation involves developing an understanding and connection with the Supreme Being, cultivating a loving and compassionate relationship, and working towards personal growth and development.

The steps of meditation include contemplation, concentration, and the attainment of spiritual awareness and enlightenment. These steps help to achieve a deep level of focus and concentration, leading to a sense of inner peace and harmony.

Meditation provides a range of benefits, including the power to discern and differentiate, make informed decisions, adapt to changing situations, endure challenging circumstances, and confront difficulties with strength and resilience. These powers can be applied to various aspects of life, improving personal and professional relationships, as well as overall well-being.

Day - 7 Karma Philosophy



On the final day of the course, the focus was on the philosophy of Karma. The practice of Rajyoga Meditation, in which we understand our true selves and our relationship with the Supreme Soul, leads to naturally performing good actions.

Karmas were classified into three categories:

- 1. Akarma actions performed in Soul Consciousness.
- 2. Sukarma actions performed in Soul Consciousness and in remembrance of the Supreme Soul.
- 3. Vikarma actions performed in Body Consciousness.

The course then delved into the major laws of Karma, which are as follows:

- 1. Every action we take is accountable.
- 2. Our past actions affect our present circumstances.
- 3. We receive what we deserve based on our actions.
- 4. Nothing happens by chance.
- 5. No one can take away another's destiny.
- 6. We are responsible for our current state.

Additionally, the course discussed two important points:

- 1. Negative karma can be cleansed either through experiencing punishments or through penance, such as practicing Rajyoga, but not through charitable activities.
- 2. We simultaneously eat the fruits of past actions and sow the seeds for future fruits.

Attendance Data

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Attendance Data

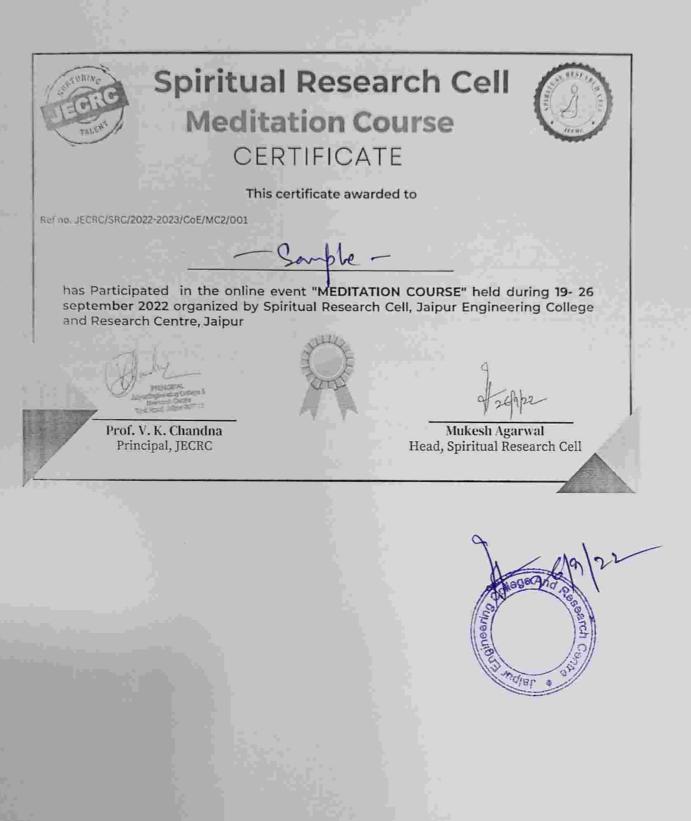
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Certificate



Feedbacks

Yash Dnyaneshwar Lonkar This course helps me to see another side of coin. This course realize me that who am I. How to give stay calm in every situation.	Suruchee ajit kshirsagar ये मेडिटेशन का वेबिनार उपयुक्त रहा है कर्म के बारे में खुद के बारे में कर्म कैसा होना चाहिए यें समाज आया हैं आगे भी ऐसे ही नई जानकारी और आत्म शांति के नए तरीके बताए जाए ध्यानवाद	
Rajesh Kumar saxena Quiz is very helpful to revise the session	Sant prasad This session change my point of view toward life.	
MUSKAN MATHUR Very knowledgeable sessioni learn a lot	Rajesh saxena Programme is very knowledgeable	
Swarnalata Som This course is helpful for every human being in developing their destiny. An amazing world will be waiting for us.	Muskan Mathur Mind refresh orientation	
Tanveer Khan there should be a day of meditation with students of college	Shaida Mary Nongsiej Good sessions. But i find a bit difficult with language since I can't understand hindi fully.	



Feedback Analysis

Based on the feedback of the participants, it was found that:

- 1. These courses are highly effective in promoting mental and emotional stability.
- 2. Meditation practice was reported to be particularly helpful in achieving feelings of peace and happiness.
- 3. Although participants were comfortable with the morning schedule, they requested longer sessions to allow for more time for questions.
- Additionally, the participants expressed a desire for the course to be offered in the English language as well

Recommended Actions

To improve the effectiveness of the course, some actions can be taken. One of them is allocating additional time for Q&A sessions, enabling participants to clarify their doubts and understand the content better.

- 1. Providing English language interpretation can enhance accessibility to the material, making it more inclusive for all participants.
- 2. Another useful strategy is to provide session summaries, allowing participants to quickly review the content of the course and helping them catch up on missed sessions.
- 3. To deepen the understanding of meditation, extending the course's duration can also be beneficial.
- 4. In summary, the course's productivity can be enhanced by adding more time for Q&A, offering interpretation in English, providing session summaries, and potentially increasing the duration of meditation instruction.

Organizing Team

Faculty Coordinators

S.No.	Name	Designation
1.	Mr. Mukesh Agarwal	Head Spiritual Research Cell, JECRC
2.	Ms. Chitra Khandelwal	Spiritual counselor

Student Coordinators

S.No.	Name	Year	Branch
1.	Yukti Agarwal	П	CSE
2.	Sakshi Naruka	II	CSE
3.	Radhika Dhoot	II	CSE
4.	Aayushi Bansal	II	CSE

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Report on

online

Meditation Course



22-28 March, 2023

Organized by Spiritual Research Cell Centre of Excellence in Science & Spirituality Jaipur Engineering College and Research Centre



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Brochure



Centre of Excellence in Science & Spirituality





6:00 AM to 7:00 AM



22nd - 28th March, 2023

Join us live 🗖

Learn Meditation Inner Powers Understanding the Self Control on the Mind Experience Peace in Life Increase Concentration





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Abstract

"Meditation is not a way of making your mind quiet. It's a way of entering into the quiet that's already there - buried under the 50,000 thoughts the average person thinks every day."

Ms. Chitra Khandelwal is delighted to offer a 7-day online meditation course. This course was organized on the demand of students in the one day online session on 'Study Techniques and Time Management'. This course will teach students the art of mindfulness meditation, which will help them to focus better, reduce stress and anxiety, and improve their overall mental wellbeing.

During this course, students will learn Meditation, Understanding the Self, Inner Powers, Control on the Mind, Increase Concentration, visualization, and loving-kindness meditation. Participants will also learn how to create a peaceful and conducive environment for meditation and establish a regular meditation practice.

Through this course, students will be able to enhance their concentration, memory retention, and learning abilities. They will also learn how to manage their time effectively, prioritize their tasks, and stay focused on their goals.

By the end of the course, students will have a solid foundation in meditation, which will help them to excel academically and in their personal lives. Ms. Chitra Khandelwal looks forward to helping students transform their lives through the power of meditation.



Speaker's Profile

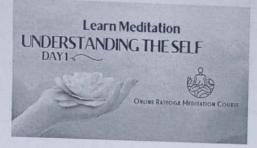
Ms. Chitra Khandelwal is a Rajyoga Meditation Practitioner who has been studying spiritual knowledge and practicing Rajyoga since her teenage. After completing B.Sc. (Hons) from University Maharani's College, Jaipur she completed her Masters in Botany and Value Education & Spirituality. She has also held a PG Diploma in Values in Health Care. She is a faculty member for Value Education Courses run by Annamalai University. She had been to England and Thailand to present her research outcomes. Her research

paper titled "A comparative analysis of mindfulness between meditators and non-meditators" is presented in the Third ICICT 2018 international conference held at London in February, 2018.

She is currently looking after Spiritual Research Cell- A Unique Thought Laboratory established in the premises of JECRC, Jaipur. She also acts as Spiritual Counselor for Engineering Students. With her creative and innovative ideas, she guides the students for developing techno-spiritual projects. Presently based at Jaipur, she organizes and conducts trainings on Thought Management, Rajyoga Meditation Basic Course, Self Esteem, Understanding MIS, Stress Free Lifestyle, Self-Empowerment, Meditation for Emotional Stability, Stress and Anger Management, Thought Management etc..

Session Summary

Day-1&2 Understanding the Self



On the first day of the Meditation Course, Ms. Chitra ma'am discussed a special topic, Who am I? What is our real identity?

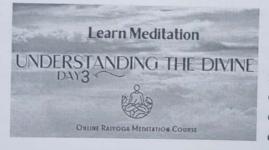
She explained that our soul is the master of the body and that one conscious point of light is running our whole body.

We also understand that soul has 3 subtle faculties: Mind, Intellect and Impression where

- Mind is thought generator
- Intellect is decision maker
- Impression is the recorder of actions

Examples of a car and a driver helped us to understand the relationship between the physical body and the immaterial soul. Just as a car requires a driver to operate, the body needs a soul to animate it and give it life. The body is the vehicle that carries the soul, just as the car carries the driver. Without the soul, the body is lifeless, like a car without a driver. Therefore, the body and soul are interdependent, with the soul being the essential element that gives meaning and purpose to the body.

Day- 3 Understanding the Divine



During the second day of the Meditation Course, Ms. Chitra ma'am had a thought-provoking discussion about the existence of God and what God really is. introduced the concept of the blind men and the elephant to explain how we all perceive God in our own unique way. Like the blind mens touching different parts of the elephant and describing it differently, we all have our own understanding of

God. However, emphasized that despite our individual perspectives, God is one and supreme as just a point of light that unites all of us and encompasses everything in the universe. It was a powerful reminder that our individual differences and beliefs are superficial, and that we are all part of a greater whole.

The soul is the essence of our being, the source of our consciousness, and the seat of our emotions and desires. It is through the soul that we are connected to God, who is the ultimate source of all energy and consciousness in the universe. the soul's connection with God is an intimate and personal relationship that can be nurtured and deepened through spiritual practices such as prayer, meditation, and self-reflection. By cultivating a deeper connection with God, we can experience a sense of inner peace, purpose, and fulfillment that transcends the material world.

Day- 4 Cycle of Time

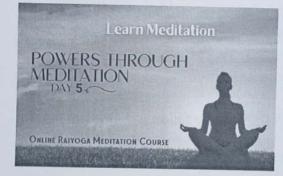


On the Fourth day of Meditation Course, Ms. Chitra ma'am discussed about Time Cycle

She delved deeper into the concept of the cycle of time and how it applies to various aspects of life. She discussed how the changing seasons represent a cyclical pattern, just like the different stages of human life, such as childhood, adolescence, and youth. We also explored the idea of different yugas

or ages, including Satyug, Dwapar Yug, Treta Yug, and Kalyug, which is currently ongoing. According to this philosophy, we were once divine beings in the Golden Age but are now living in human bodies on Earth. However, the cycle of time continues, and we will eventually return to the Golden Age of Satyug once again. Overall, our discussion highlighted the cyclical nature of time and its impact on various aspects of our lives.

Day- 5 Powers of Meditation



Rajyog is an ancient Indian spiritual practice that has been followed for thousands of years. It is a powerful technique that helps individuals to attain a state of inner peace and enlightenment. Rajyog is considered one of the most important spiritual practices, as it helps to connect individuals with the divine and achieve a deeper understanding of the self.

The process of Rajyog involves several steps, including contemplation, concentration, and

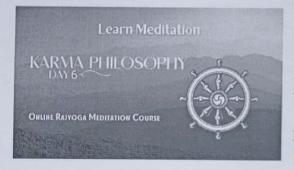
realization. Through contemplation, individuals learn to focus their minds on specific thoughts or ideas. Concentration helps to develop a deep level of focus and concentration, while realization helps individuals to connect with their inner selves and experience inner peace.

Meditation is an important aspect of Rajyog, as it helps to calm the mind and achieve a state of inner peace. Self-realization involves the process of understanding oneself at a deeper level, beyond the physical body and ego.

When practicing Rajyog, individuals can experience power is the ability to control one's body and maintain good health, and focus and concentrate the mind, and the ability to connect with the divine and experience inner peace.

The basis of Rajyog is the belief that every individual has the potential to attain spiritual enlightenment and inner peace. By practicing Rajyog with the supreme soul, individuals can develop a deeper understanding of themselves and the world around them, leading to a greater sense of purpose and fulfillment in life.

The advantages of Rajyog in our daily lives are many. It can help to reduce stress and anxiety, improve concentration and focus, increase self-awareness and self-confidence, and promote overall well-being. Ultimately, the practice of Rajyog with the supreme soul can lead to a deeper sense of purpose and fulfillment, and a greater connection with the divine.



Day- 6 Karma Philosophy

On the sixth day of the course, the focus was on the philosophy of Karma. The practice of Rajyoga Meditation, in which we understand our true selves and our relationship with the Supreme Soul, leads to naturally performing good actions.

Karmas were classified into three categories:

- 1. Akarma actions performed in Soul Consciousness.
- 2. Sukarma actions performed in Soul Consciousness and in remembrance of the Supreme Soul.
- 3. Vikarma actions performed in Body Consciousness.

The course then delved into the major laws of Karma, which are as follows:

- 1. Every action we take is accountable.
- 2. Our past actions affect our present circumstances.
- 3. We receive what we deserve based on our actions.
- 4. Nothing happens by chance.
- 5. No one can take away another's destiny.
- 6. We are responsible for our current state.

Additionally, the course discussed two important points:

- 1. Negative karma can be cleansed either through experiencing punishments or through penance, such as practicing Rajyoga, but not through charitable activities.
- 2. We simultaneously eat the fruits of past actions and sow the seeds for future fruits.

Day- 7 Aim of Human Life

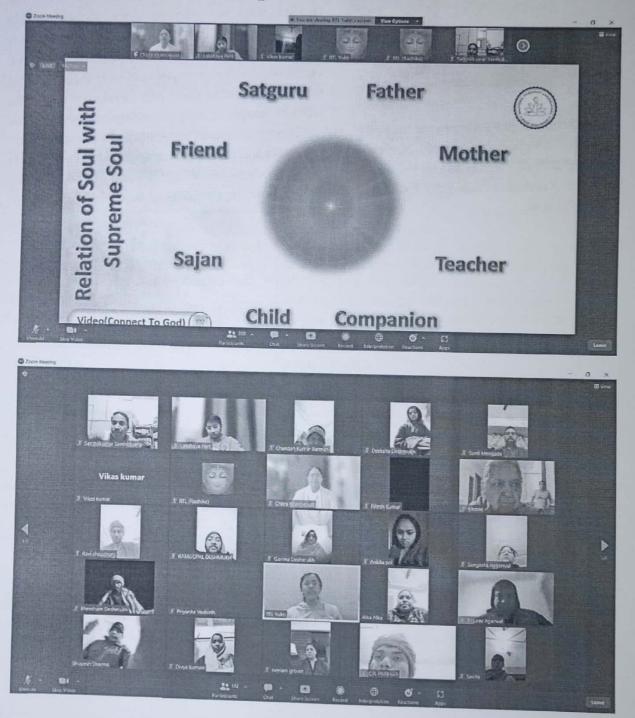
7.3 ROLE MODEL



In today's session, the concept of the aim of human life was discussed, and the speaker highlighted 16 values that are essential for an elevated soul. The speaker used an example from mathematics to explain the idea that positive and negative actions can affect our lives in different ways. The discussion then moved on to the importance of recognizing that we are all elevated souls and should not think like ordinary people. The speaker emphasized the need

to cultivate values such as sweetness, honesty, and purity to elevate our souls and 16 celestial like: The Art of Leadership, art of Learning and many others and third one is mentioned as role models for our actions The session ended with the idea that we should have inspirational role models like Swami Vivekananda and APJ Abdul Kalam to guide us in our journey towards becoming an elevated soul.

Glimpses of the Event



Feedbacks

Sonam Agarwal Good session ③ I have been depressed for a long time but after this session I am feeling very good.thank you so much .	Mrs. Anjana Pranay Sandim Rajyoga meditation course is beautiful journey
Hemant Kumar Yadav सत्र बोहूत अच्छा था अमूल्य ज्ञान प्राप्त हुआ। धन्यवाद।	SHAKTI RAJPUT It's a great initiative Thank you to all the team members who design this wonderful session for us
SUDISH RAY Nice session,Come across new insights, Thank you	Amit kumar Thanks for giving me a good way to live
Neetu yadav My experience is very goodbut I have one suggestionthatlast m km se km 5 min hum sabke liye rkhiye jisme hum apne kuch doubt puch ske otherwise it's awesome 🐨	Markkhanday Jaiswal Very nice session mam .We are learning something in this session . we will achieve our goal one day. We will make a successful person. I'm always ready for our life always Tq so much mam for this session start do very awesome sessions mam
Divya Sisodiya More spiritual activities should be there in the session if possible	Jyoti Chadha Slides change too fast. Can not copy.
Raj goplani आज समय की जरुरत के अनुसार meditation बहुत ही आवश्यक है और इसमे आपके द्वारा मार्गदर्शन दिया जा रहा है उसके लिए कोटि कोटि धन्यवाद ॐ शांति	Priyanshi jain Very useful session to improve our self confidence and understanding about the soul

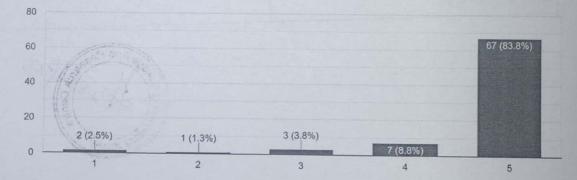


Feedback Analysis

According to the feedback analysis,

- 1. The session provided to the students was very beneficial.
- **2.** The tips shared during the session were found to be practical, effective, and easy to implement, which made it easier for the participants to apply them in their daily lives.
- **3.** The participants were comfortable with the timings of the session and even requested more sessions at the same time.
- 4. increase the duration of the session so that they could ask questions and clear their doubts.
- **5.** Some participants also expressed their interest in having the course conducted in the English language, as they found it more comfortable and easy to understand.
- 6. Suggested a student-specific meditation course should be conducted, which can cater to the unique needs and requirements of students. Such a course can provide them with the necessary tools and techniques to manage stress and anxiety, which is a common issue among students.

Overall, the feedback analysis highlights the effectiveness of the session and provides valuable insights for further improvements. The practical tips and suggestions can be utilized to enhance the quality of the course and ensure maximum benefit for the participants.



How would you rate today's session? (आप आज के सत्र का मूल्यांकन कैसे करेंगे?) ^{80 responses}

Recommended Actions

To meet the expectations of the participants, the following actions should be taken:

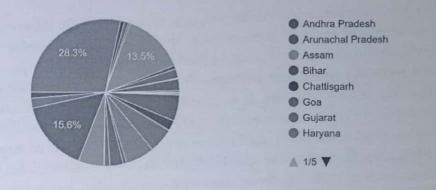
- 1. Allow extra time for Q&A sessions: During sessions, participants should be given additional time to ask questions and get answers from the speakers. This will help to ensure that all queries are addressed and the participants feel satisfied with the level of interaction.
- 2. Provide interpretation in English: Participants may come from different parts of the world and may not be fluent in the language of the session. Therefore, it is essential to provide interpretation in English to ensure that all participants can understand the content of the session.
- 3. Offer session summaries: Participants may miss some of the information shared during the sessions, or they may want to revise the content later. Therefore, it is essential to provide session summaries that can be used as reference material.
- 4. Avoid technical issues and mishaps: Technical issues can be frustrating for both the participants and the speakers. It is essential to ensure that all technical aspects of the sessions, such as internet connectivity, audio and video quality, and other equipment, are tested and in good working order to avoid any technical issues or mishaps.
- 5. Conduct a meditation course specifically for students: Meditation has many benefits for students, such as reducing stress, improving concentration, and enhancing overall wellbeing. Therefore, it is recommended to conduct a meditation course specifically for students to help them develop these skills and support their mental health.

In summary, to meet the expectations of the participants, the sessions should be interactive, accessible, and well-organized. Providing extra time for Q&A sessions, interpretation in English, session summaries, and avoiding technical issues will ensure a smooth and satisfying experience for all participants. Additionally, conducting a meditation course for students will promote their well-being and enhance their learning experience.

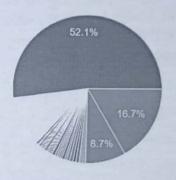
Registration Data Analysis

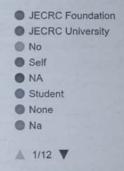
State 1,100 responses

-



Institution 1,100 responses





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		yunishavarsha@gmail.com	JECRC/SRC/2023-2024/MC04/026

27	Priya Mehta	priyametha1640@gmail.com	JECRC/SRC/2023-2024/MC04/027
28	Pravej Alam	ak1552986@gmail.com	JECRC/SRC/2023-2024/MC04/028
29	Geerija lavania	geerijalavania.cse@jecrc.ac.in	JECRC/SRC/2023-2024/MC04/029
30	Ajmeri Khatun	aamnapravej@gmail.com	JECRC/SRC/2023-2024/MC04/030
31	Komal	bansal.komal9876@gmail.com	JECRC/SRC/2023-2024/MC04/031
32	Devesh Kumar Jain	devesh0210@gmail.com	JECRC/SRC/2023-2024/MC04/032
33	Raju Behera	rajubeheras337@gmail.com	JECRC/SRC/2023-2024/MC04/033
34	Ankit Kumar	ankitpalwww11@gmail.com	JECRC/SRC/2023-2024/MC04/034
35	Dr Ajay Verma	drajay.verma@yahoo.com	JECRC/SRC/2023-2024/MC04/035
36	Jyoti sonawane	jyotisonawane567@gmail.com	JECRC/SRC/2023-2024/MC04/036
37	Komal Thakur	komal2002947@gmail.com	JECRC/SRC/2023-2024/MC04/037
38	Khushi singh	khushisinghchoti20@gmail.com	JECRC/SRC/2023-2024/MC04/038



Organizing Team

Faculty Coordinators

S.No.	Name	Designation	
1. Mr. Mukesh Agarwal		Head Spiritual Research Cell, JECRC	
2.	Ms. Chitra Khandelwal	Spiritual counselor	

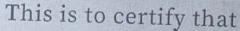
Student Coordinators

S.No.	Name	Year	Branch
1.	Saumya Sharma	IV	CSE
2.	Jatin Pareek	IV	ECE
3.	Yukti Agarwal	III	CSE
4.	Sakshi Naruka	III	CSE
5.	Radhika Dhoot	III	CSE
6.	Rahul kumar	III	CE
7.	Aayushi Bansal	III	CSE





SPIRITUAL RESEARCH CELL ONLINE MEDITATION COURSE CERTIFICATE



Ref No.

has participated in One Week Online Meditation Course held during 22nd - 28th March, 2023 organized by Spiritual Research Cell, Jaipur Engineering College and Research Centre, Jaipur, Rajasthan.

Prof. V.K. Chandna Principal, JECRC

Mr. Mukesh Agarwal Head, Spiritual Research Cell







A Report on An offline

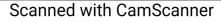
Meditation Course - 1

14 - 17th December, 2022

Organized by

Spiritual Research Cell

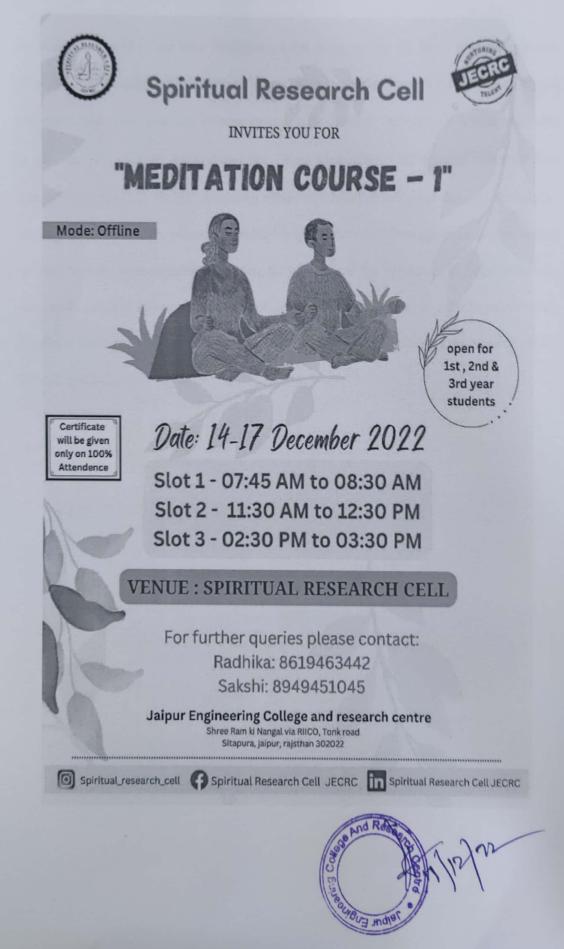
Jaipur Engineering College and Research Centre



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Brochure



Abstract

Meditation is a need of the hour. Meditation helps in improving our focus and concentration. Meditation is a focusing and balancing technique. With increased balance through meditation, you will expand your awareness and be more present in the moment, regardless of what is happening in your life. Mr. Mukesh Agarwal and Ms. Chitra Khandelwal - the spiritual counselor from Spiritual Research Cell, JECRC, conducted a three days Meditation Course that aimed to help the participants understand the process of meditation and its benefits. Throughout the course, various spiritual concepts were explained, including the true self and the Supreme. The participants were also taught practical ways to bring these concepts into their daily lives in order to enhance their emotional immunity. Overall, the course served as a golden key to unlocking the mysteries of life through meditation

Speaker's Profile

1. Ms. Chitra Khandelwal



Ms. Chitra Khandelwal is a Rajyoga Meditation Practitioner who has been studying spiritual knowledge and practicing Rajyoga since her teenage. After completing B.Sc. (Hons) from University Maharani's College, Jaipur she completed her Masters in Botany and Value Education & Spirituality. She has also held a PG Diploma in Values in Health Care. She is a faculty member for Value Education Courses run by Annamalai University. She had been to England and Thailand to present her research outcomes. Her research paper titled "A

comparative analysis of mindfulness

2. Mr. Mukesh Agarwal



Mr. Mukesh has been following the principles of Rajyoga since his student life. He is also a faculty of Value Education and Spirituality Courses offered by many Universities. He has completed his B. Tech. from MNIT, Jaipur and M. Tech. from BITS, Pilani. Other than this he has also completed M. Sc. in Value Education & Spirituality and MBA in Self-Management & Crises Management. He is currently working as associate

professor at the Computer Science department, JECRC, Jaipur. He is also heading the Training division of JECRC, Jaipur. He has been sponsored by AICTE & DST for many projects such as Entrepreneurship Development Cell, Industry Institute Partnership Cell, MODROB and a research project on meditation & cognitive science. He has delivered many lectures on Values, Healthy lifestyle, High Impact Teaching Skills, Stress Management etc... at various organizations across India. His keen interest areas are Entrepreneurship, Techno-Spiritual Projects, Value Education, Spirituality and Practicing Meditation.

Session Summary

Day - 1 UNDERSTANDING THE SELF

On the first day of the Meditation Course, participants were made aware of the concept of the true self i.e soul. The soul is the controller of the physical body which comprises five fundamental elements. It is a conscious entity of energy located at the center of the forehead. The soul has three faculties - Mind, Intellect, and Impressions. The Mind creates thoughts, the Intellect makes decisions, and Impressions are a record of our past actions that the soul carries forward.

Thoughts are classified into four categories, namely Positive, Negative, Waste, and Required. Most thoughts in our day to day lives are wasteful thoughts. The soul uses the Mind to generate thoughts, which the Intellect then utilizes to make decisions. Impressions are stored within the soul, acting as a reference point for future actions.

Day - 2 INNATE QUALITIES OF SELF

During the second day of the Meditation Course, attendees were introduced to the seven inherent qualities of the soul, which are knowledge, purity, peace, love, happiness, bliss, and power. To experience these virtues, one must cultivate a state of being "Soul Conscious," which involves being aware of oneself as a soul and incorporating this awareness into every thought, word, and action. This can be achieved through the regular practice of meditation.

Day - 3 UNDERSTANDING THE DIVINE

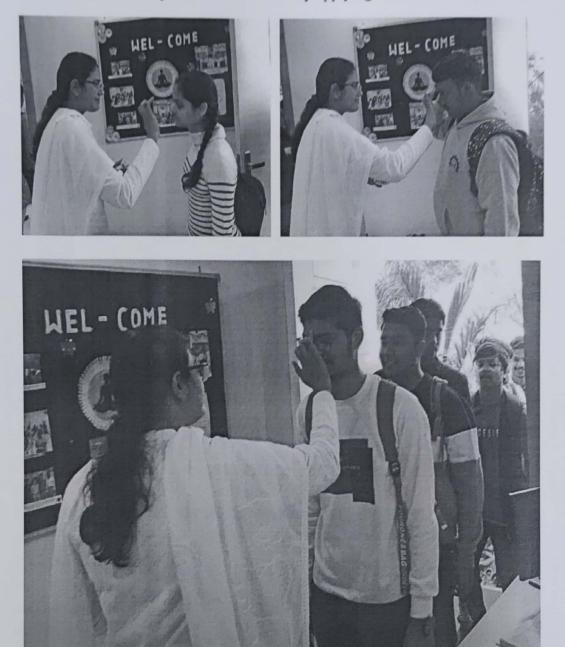
During the third day of the program, participants attended a session where participants were introduced to the concept of the Supreme Soul. This conscious point of energy, also known as GOD, is the ultimate source of all virtues and powers and is superior to all other souls. As souls, we have a special relationship with GOD, similar to that of a child and a parent. We can try to harness the energy of the supreme soul by connecting with him. This connection can only be made through meditation

Day 4 CONCLUSION AND GUIDED MEDITATION

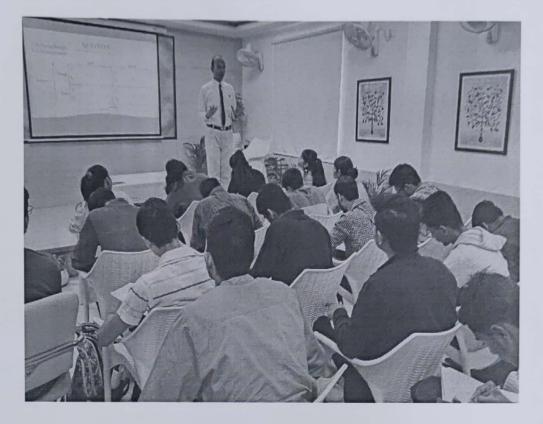
It was the final day of the event and in this session participants were guided through a guided meditation practice which left them feeling peaceful and calm. The meditation was done under the guidance of Ms. Chitra Khandelwal Ma'am and Mr. Mukesh Agarwal Sir.

Glimpses of the Event

Extended a warm reception to all attendees by applying a traditional sandal tilak.



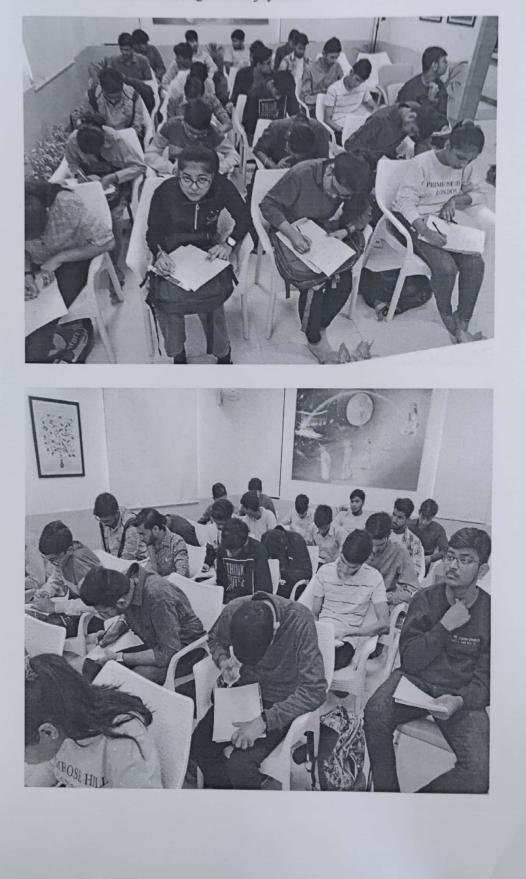
The speaker (Mr. Mukesh Agarwal) elucidated the concept of the soul and supreme soul to the students, employing practical examples, activities, and exercises drawn from everyday life.



The instructor (Ms. Chitra Khandelwal ma'am) teaching the participants the complete world cycle.



The students enthusiastically engaged in the exercises and actively participated in the activities, demonstrating their enjoyment.



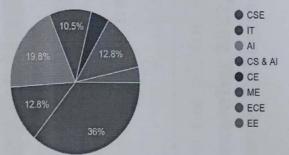
Registration Data Analysis

Year 86 responses

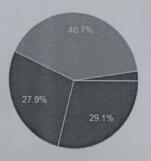


1st year2nd year3rd year

Branch 86 responses



Select the desired time slot ? (Once selected, you won't be allowed to change it under any circumstances) 86 responses



07:45 AM - 08:30 AM
 11:30 AM - 12:30 PM
 02:30 PM - 03:30 PM
 2:30 PM - 3:30 PM



Spiritual Research Cell Meditation Course-1



CERTIFICATE

This is to certify that

Sample -

has participated in the offline event 'Meditation Course-1' held during 14th-17th December 2022, organized by Spiritual Research Cell, Jaipur Engineering College and Research Centre, Jaipur

> Prof.V.K Chandna Principal, JECRC

Mukesh Agarwal Head, Spritual Research Cell

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Organizing Team

Faculty Coordinators

S.No.	Name	Designation
1.	Mr. Mukesh Agarwal	Head Spiritual Research Cell, JECRC
2.	Ms. Chitra Khandelwal	Spiritual counselor

Student Coordinators

+

S.No.	Name	Year	Branch
1.	Yukti Agarwal	III	CSE
2.	Sakshi Naruka	III	CSE
3.	Radhika Dhoot	III	CSE
4.	Aayush Bansal	III	IT
5. Rahul kumar		III	CE
6. Aayushi Bansal		III	CSE
7.	Varun Kangotra	II	IT



7:45-8:30

Meditation Course I Batch I Attendance 14-17 December, 2022

(10) Mayank Choudnary 1st year CSE D 8873030511 Langel Angali Angaliistical Angaliistical Angaliistical </th <th>S.No.</th> <th>Name</th> <th>Year</th> <th>Branch</th> <th>Section</th> <th>Contact</th> <th>Day 1</th> <th>Day 2</th> <th>Day 3</th> <th>Day 4</th>	S.No.	Name	Year	Branch	Section	Contact	Day 1	Day 2	Day 3	Day 4
(3) Ashish jangid 1st year IT I 8183838366 (a) (a) (a) (a) 4 Anurag Singh 1st year ECE A 9509863960 (a) (a) (a) 5 Harsh Gauttam 1st year IT J 6377733248 (a) (a) 6 Tammay meena 1st year CSE G 9057893541 (a) (a) 7 Bhavika jain 1st year CSE G 9057893541 (a) (a) 8 Sonali Agrawal 1st year CSE B 8290221437 Auwit Tain (a) (a) 9 Ayushi Jain 1st year CSE D 8875838971 (a) (a) (a) (a) 10 Mayank Choudhary 1st year CE H 9693624125 Anula (a) (1	Vikash kumar	1st year	ECE	G	9667516088		Jakash		
(3) Ashish jangid 1st year IT 1 8183838346 Car4 Car4 Car4 4 Anurag Singh 1st year ECE A 9509863960 IT J 6377733245 5 Harsh Gauttam 1st year CSE G 9057893541 IT J 6377733245 6 Tammay meena 1st year CSE G 9057893541 January Manual It 8078652504 January Manual It 9 8 Sonali Agrawal 1st year CSE B 8290221437 January Manual It 9 9 Ayushi Jain 1st year CSE B 8290221437 January Manual It 9 10 Mayank Choudhary 1st year CSE D 8875838071 Graduary Manual It 9 <td< td=""><td>2</td><td>Suman Paul</td><td>1st year</td><td>CSE</td><td>F</td><td>6206002088</td><td>Chuman</td><td></td><td></td><td>Quij</td></td<>	2	Suman Paul	1st year	CSE	F	6206002088	Chuman			Quij
5 Harsh Gauttam 1st year IT J 6377733248 6 Tanmay meena 1st year IT J 6377733248 7 Bhavika jain 1st year AI I 8076652504 Bhavika jain 8 Sonall Agrawal 1st year CSE G 9057893541 Junit and the pain of the	(3)	Ashish jangid	1st year	IT	1	8183838346	ant	Out.	Out	ent
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2 Patrice 100 100 100 100 100 100 1000 1000 100	5	Harsh Gauttam	1st year	IT	J	6377733248				
8 Sonali Agrawal 1st year CS & AI N 7742234816 Awwin Mynawel 9 Ayushi Jain 1st year CSE B 8290221437 Ayuwin Tain 10 Mayank Choudhary 1st year CSE D 8875838971 Awyuki Tain 11 Anjali meena 1st year CSE D 8875838971 Awyuki Tain Awyuki Tain 12 Bhawinee Todi 2nd year ECE A 8118846980 Awyuki Bawawa Awyuki Amiali B 13 Aditya Achanya 1st year AI H 9468811831 Silkon Zanak Silkoah Jaipakaah Jaipakaah </td <td>6</td> <td>Tanmay meena</td> <td>1st year</td> <td>CSE</td> <td>G</td> <td>9057893541</td> <td>710 1 20</td> <td></td> <td></td> <td></td>	6	Tanmay meena	1st year	CSE	G	9057893541	710 1 20			
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10 Mayank Choudhay 1st year CSE D 8875838971 Angelia	8	Sonali Agrawal	1st year	CS & AI	N	7742234816				
10) Mayank Choldmary Ist year CCE D Orderation Anjali Anjali </td <td>9</td> <td>Ayushi Jain</td> <td>1st year</td> <td>CSE</td> <td>В</td> <td>8290221437</td> <td>Ayusho Jain</td> <td>Quint</td> <td>austral</td> <td>ange t</td>	9	Ayushi Jain	1st year	CSE	В	8290221437	Ayusho Jain	Quint	austral	ange t
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13 Aditya Acharya 1st year Al H 9468811831 31KC 3mile Suffer 3mile 3	(11)	Anjali meena	1st year	CE	Н	9693624125			Anjele	Anjoli
14 Jaiprakash 3rd year AI A 8078658551 Juiprakash Jaiprakash Jaiprakash <td>(12)</td> <td>Bhawinee Todi</td> <td>2nd year</td> <td>ECE</td> <td>A</td> <td>8118846980</td> <td>hawinget</td> <td></td> <td></td> <td>Preminent</td>	(12)	Bhawinee Todi	2nd year	ECE	A	8118846980	hawinget			Preminent
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15 Abhishek modi 1st year CSE A 948 1943230 Marshak Industrial 16 Abhisar Sharma 1st year CSE A 7023897244 Ast Ast Abh A 17 Lalit Kumar Saraswat 1st year All L 9929119228 Att Att Abh A 18 Nishant Kumar Gupta 1st year CSE D 9352596036 Danya Danya Danya Danya 20 Neha khandelwal 2nd year IT B 8769604518 Danya Danya Danya 21 Priyanshu Agrawal 1st year CSE E 8619630603 Priyan Sh year Riyansh year	-	Jaiprakash	3rd year	AI	A	8078658551	Saipsakash	Jaipsakaeh		Jappakash
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22 Kashish Chhabra 1st year IT K 9358676774 Kashish Mainifear Kashish Kashish <td< td=""><td>25</td><td></td><td></td><td>CSE</td><td>E</td><td>8619630603</td><td>3 Briganshy</td><td>Priyanshi</td><td>Priz anshu</td><td>Priy anshy</td></td<>	25			CSE	E	8619630603	3 Briganshy	Priyanshi	Priz anshu	Priy anshy
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11:30 -12:30

Meditation Course I atch II Attendance 14-17 December, 2022

		/	Batch II	Attenda	ance 14-17	December,	15-Dec-22	16-Dec-22	17-Dec-22
S.No.	Name	Year	Branch	Section	Contact	14-Dec-22	15-Dec-22		
1	Akansha goyal	1st year	AI	Н	8890629729	Ø		P	
2	Akshat Goyal	2nd year	AI	А	9664371107		3-1		
3	Alifiya bohra	1st year	AI	н	7357112334				101 L
(A)	Ashok saini	1st year	CSE	В	9521688016	Ashok	Ashok	duani	Allick
1	Avani Khemka	1st year	CS & AI	J	9155915712	Avani	Avant		lungun
6	Gungun Singhal	1st year	AI	J	9166164511	eringun	lungun	lungur	Meena
D	Heena kumawat	1st year	AI	J	9549731013 -	Heener.	Meena	Mecha	110
(8)	Konik Kalal	1st year	AI	L	7014224899	Konile	Konideler	Konitala	
9	Lavanya	1st year	ECE	D	6378298577			-	
	Lavanya jangid	1st year	AI	L	9636603660	Lavany	Lovansja		1.7
	Maans saini	1st year	CSE	D	9352486148		0		6
	Mansi Yadav	1st year	AI	L	7877453666	Hanni	Hann		2
m	Mihir jain	1st year	AI	L	7014021012	Die	JE:	A.	CH-
-	Pankaj	1st year	IT	L	8569991573				
0	Piyush khandal	1st year	IT	L	9530131205	Rigust	Pinush	Piyush	
CA	Puneet Sharma	2nd year	EE	A	08764325055	a	Ant	plant-	6h
	Rishi Bhardwaj	1st year	CSE	E	7300444240	*	d.		
3	Rishiraj Singh Jadon	1st year	CE	N	6377454968	Riff	ANA NO	RON	
	Samyak Jain	1st year	Ał	N	8239215044		TT .		
m	amyak jain		CSE	F	7852093134	Samycite	samycute	Samyas	
701		1st year	CSE	F	9587303623	Dr.	Dr.	Dr.	
5	ubhash Paingoriya	1st year						01	0
/	uraj Sharma	2nd year	EE	A	9166231636		furazehos	Jurg Shorm	a puray She
-	aibhav Upadhyay	1st year	CSE	G	8962832517				
	ishnu Sharma	1st year	EE	0	8875402719	Sanshita	L		
	arshita singh	1 st year	IT	1	6350061556				
6	Aditya Shaema	1st year		3		7	Quituo	Podelya	×
9	Aarty Pharmer	1st yes	n CER	. 1	964944650	is though	france	altroad	

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2:30 - 3:30

Meditation Course I Batch III Attendance 14-17 December, 2022

S.No.	Name	Year	Branch	Section	Contact	14-Dec-22	15-Dec-22	16-Dec-22	17-Dec-22
1	Aayush Rathore	1st year	ECE	A	8690016561	Runnal	Burling		
(2)	Abhijeet Dadhich	1st year	CSE	А	7568670885	Alahé	Abbi	Abhi	\$ 65:
3	Akanksha	1st year	CSE	А	8619204412				-
4	Alok Agarwal	1st year	IT	Н	8824088336				
5	Arvind Jangid	1st year	AI	1	9982191722				
6	Chirag Agrawal	2nd year	IT	С	9521362755	Suine	Quing	Quikes	
7	Darshita Singh	1st year	IT	J	6350061556				
8	Geet Gaggar	1st year	ECE	С	7300370532	Geetlagger.			
9	Harsh saini	1st year	CSE	С	7340092584				
10	Kaustubh vashishtha	1st year	CS & AI	К	7568584321				
11	Kundan swami	1st year	CS & AI	К	8955534011	: \$			
12	Lakshay Mangal	1st year	CS & AI	К	6367669959	Lakebay			
13	Lakshaya Pant	1st year	CS & AI	L	9414832320	L'S			
14	Lakshya Khatri	1st year	IT	к	9116463353	BR			
15	Lakshya vijay	1st year	CSE	D	9461690162				
16	Piyush Meena	1st year	CSE	E	7615805541	0			
17	Prakhar Agarwal	1st year	CSE	E	9588025447	Jacoli uge			
18	Prashant Surolia /sharma	1st year	CSE	E	7877158590				

Meditation Course I Batch III Attendance 14-17 December, 2022

S.No.	Name	Year	Branch	Section	Contact	14-Dec-22	15-Dec-22	16-Dec-22	17-Dec-22
19	Rahul Kumar Tiwari	1st year	CSE	E	9473377883	Row (Chi		
20	Rajat Rathore	1st year	CSE	E	7426872709				
21	Rajat sharma	1st year	CSE	E	8905530952				
22	Rajveer Singh Shekhawat	1st year	ECE	E	9983902317	Rojver			
23	Ridhika Khandelwal	1st year	CSE	E	8000922568	menne			
24	Rishi Talesara	1st year	CSE	E	9772042093				
25	Rohit Choudhary	1st year	CE	N	9664233411				
26	Sheetal jangir	1st year	AI	0	8005896678	a second and a second sec			
(27)	Shivam Bhargava	1st year	CSE	F	636784295	7 Shine	Sin	Mich	- Sum
28	Shivansh Agarwal	1st year	CS&A		941352082	4			
29	Sohit Joshi	1st year	r ECE	F	916602216	66		•	
30	Somay Gupta	1st yea	r ECE	F	756802112	26			
(31)	Srishti gupta	1st yea	r ECE	F	90246495	30	ATA	-St	× Str
32	Sujeet Kumar	1st yea	r ECE	F	95256454	86 Suject	Sujee		
33)	Tanishka Karadia	1st yea	ar Al	0	98298869	995 Jamistur	Sujee 2 amili	in Jand	we ganiste
34	Tushar Vaishnaw	1st yea	ar IT	0	9509494	0			
35	Vinod meena	1st yea	ar CSE	G	7877809	732			
36	Yash sharma	1st yea	ar CE	C	9097256	5776			
37	Yuvraj maheshwari	1st ye	ar CS &	AI C	0992817	2190			
38	Varun	22ad	TI	- (2 60062	20788 #	-		



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Report on

Meditation Course

19 - 26 Sept, 2022

Organized by Spiritual Research Cell Jaipur Engineering College and Research Centre



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Brochure piritual Resea Invites you in ONE WEEK ONLINE Meditation Goupse 19th - 26th Sept, 2022 Timings :- 07:30 - 08:30 pm ■ TOPICS COVERED ● Karma Philosophy **Knowing the Self Meditation Techniques Inner Powers** For More details please call: Scan the QR Code 9252011765 7220917955 for registration Write us at src@jecrc.ac.in Jaipur Engineering College and Research Centre, Jaipur A Rac Abstract

Meditation is a need of the hour. Meditation helps in improving our focus and concentration. Meditation is a focusing and balancing technique. With increased balance through meditation, you will expand your awareness and be more present in the moment, regardless of what is happening in your life. Mr. Mukesh Agarwal, a spiritual counselor from Spiritual Research Cell, JECRC, conducted a one-week Meditation Course that aimed to help the participants understand the process of meditation and its benefits. Throughout the course, various spiritual concepts were explained, including the true self and the Supreme. The participants were also taught practical ways to bring these concepts into their daily lives in order to enhance their emotional immunity. Overall, the course served as a golden key to unlocking the mysteries of life through meditation

Speaker's Profile



- 1. Learning spiritual knowledge
- 2. Experimental Meditation
- 3. Graphic Designing
- 4. Content Writing

Mr. Shashwat Jain started practicing Rajyoga Meditation from his starting college days after joining a unique Rajyoga Thought Lab, named Spiritual Research Cell which is established in JECRC. After seeing the transformations in himself, his interest growed in spirituality.

Now he takes meditation courses, various sessions on topics like 5 AM Club, How to practice meditation, etc. He aspires to become a worthy instrument in transforming this world into a world full of peace and happiness.

His keen interest areas :

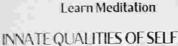
Day - 1 Understanding the Self



On the first day of the Meditation Course, participants were introduced to the concept of the true self. The self, referred to as 'I', is the controller of the physical body which comprises five fundamental elements. It is also the soul, a conscious entity of energy located at the center of the forehead. The soul has three faculties - Mind, Intellect, and Impressions. The Mind creates thoughts, the Intellect makes decisions. and Impressions are a record of our past actions that the soul carries forward.

Thoughts are classified into four categories, namely Positive, Negative, Waste, and Required. The soul uses the Mind to generate thoughts, which the Intellect then utilizes to make decisions. Impressions are stored within the soul, acting as a reference point for future actions.

Day - 2 Innate Qualities of Self



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DAY2-

During the second day of the Meditation Course, attendees were introduced to the seven inherent qualities of the soul, which are knowledge, purity, peace, love, happiness, bliss, and power. To experience these virtues, one must cultivate a state of being "Soul Conscious," which involves being aware of oneself as a soul and incorporating this awareness into every thought, word, and action. This can be achieved through the regular practice of meditation.

Day - 3 & 4 Understanding the Divine

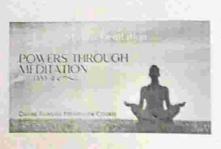


The practice of meditation, also referred to as 'Yog', involves establishing a connection between different entities. By recognizing that we are not merely physical bodies, but also souls, we can establish a connection with the Supreme Soul or GOD and experience his virtues and powers. However, it is important to first gain an understanding of who the Supreme Soul is.

During the third day of the program, participants attended a session where they were introduced to the concept of the Supreme Soul. This conscious point of energy, also known as GOD, is the ultimate source of all virtues and powers and is superior to all other souls. As souls, we have a special relationship with GOD, similar to that of a child and a parent.

At the end of the session, participants were guided through a meditation practice, which left them feeling peaceful and calm.

Day - 5 & 6 Powers through Meditation



On the fourth day of the meditation course, participants were introduced to the fundamental concepts and benefits of meditation, which can be applied in everyday life.

The base of meditation involves developing an understanding and connection with the Supreme Being, cultivating a loving and compassionate relationship, and working towards personal growth and development.

The steps of meditation include contemplation, concentration, and the attainment of spiritual awareness and enlightenment. These steps help to achieve a deep level of focus and concentration, leading to a sense of inner peace and harmony.

Meditation provides a range of benefits, including the power to discern and differentiate, make informed decisions, adapt to changing situations, endure challenging circumstances, and confront difficulties with strength and resilience. These powers can be applied to various aspects of life, improving personal and professional relationships, as well as overall well-being.

Day - 7 Karma Philosophy



On the final day of the course, the focus was on the philosophy of Karma. The practice of Rajyoga Meditation, in which we understand our true selves and our relationship with the Supreme Soul, leads to naturally performing good actions.

Karmas were classified into three categories:

- 1. Akarma actions performed in Soul Consciousness.
- 2. Sukarma actions performed in Soul Consciousness and in remembrance of the Supreme Soul.
- 3. Vikarma actions performed in Body Consciousness.

The course then delved into the major laws of Karma, which are as follows:

- 1. Every action we take is accountable.
- 2. Our past actions affect our present circumstances.
- 3. We receive what we deserve based on our actions.
- 4. Nothing happens by chance.
- 5. No one can take away another's destiny.
- 6. We are responsible for our current state.

Additionally, the course discussed two important points:

- 1. Negative karma can be cleansed either through experiencing punishments or through penance, such as practicing Rajyoga, but not through charitable activities.
- 2. We simultaneously eat the fruits of past actions and sow the seeds for future fruits.

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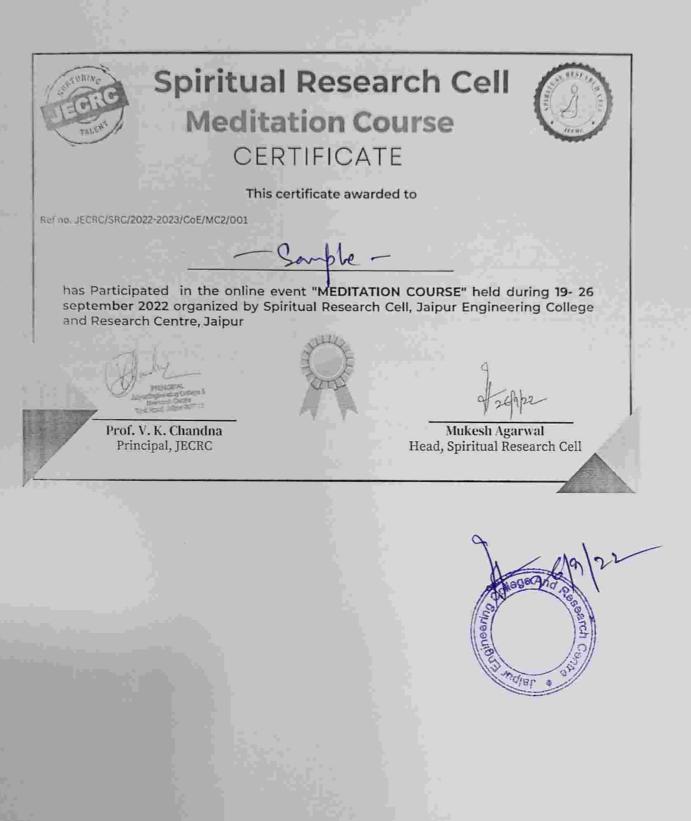
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Certificate



Feedbacks

Yash Dnyaneshwar Lonkar This course helps me to see another side of coin. This course realize me that who am I. How to give stay calm in every situation.	Suruchee ajit kshirsagar ये मेडिटेशन का वेबिनार उपयुक्त रहा है कर्म के बारे में खुद के बारे में कर्म कैसा होना चाहिए यें समाज आया हैं आगे भी ऐसे ही नई जानकारी और आत्म शांति के नए तरीके बताए जाए ध्यानवाद
Rajesh Kumar saxena Quiz is very helpful to revise the session	Sant prasad This session change my point of view toward life.
MUSKAN MATHUR Very knowledgeable sessioni learn a lot	Rajesh saxena Programme is very knowledgeable
Swarnalata Som This course is helpful for every human being in developing their destiny. An amazing world will be waiting for us.	Muskan Mathur Mind refresh orientation
Tanveer Khan there should be a day of meditation with students of college	Shaida Mary Nongsiej Good sessions. But i find a bit difficult with language since I can't understand hindi fully.



Feedback Analysis

Based on the feedback of the participants, it was found that:

- 1. These courses are highly effective in promoting mental and emotional stability.
- 2. Meditation practice was reported to be particularly helpful in achieving feelings of peace and happiness.
- 3. Although participants were comfortable with the morning schedule, they requested longer sessions to allow for more time for questions.
- Additionally, the participants expressed a desire for the course to be offered in the English language as well

Recommended Actions

To improve the effectiveness of the course, some actions can be taken. One of them is allocating additional time for Q&A sessions, enabling participants to clarify their doubts and understand the content better.

- 1. Providing English language interpretation can enhance accessibility to the material, making it more inclusive for all participants.
- 2. Another useful strategy is to provide session summaries, allowing participants to quickly review the content of the course and helping them catch up on missed sessions.
- 3. To deepen the understanding of meditation, extending the course's duration can also be beneficial.
- 4. In summary, the course's productivity can be enhanced by adding more time for Q&A, offering interpretation in English, providing session summaries, and potentially increasing the duration of meditation instruction.

Organizing Team

Faculty Coordinators

S.No.	Name	Designation	
1.	Mr. Mukesh Agarwal	Head Spiritual Research Cell, JECRC	
2.	Ms. Chitra Khandelwal	Spiritual counselor	

Student Coordinators

S.No.	Name	Year	Branch
1.	Yukti Agarwal	П	CSE
2.	Sakshi Naruka	П	CSE
3.	Radhika Dhoot	II	CSE
4.	Aayushi Bansal	II	CSE

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Report on

Meditation Course

20 - 27 July,2022



Organized by Spiritual Research Cell Centre of Excellence in Science and Spirituality Jaipur Engineering College and Research Centre



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Brochure



Centre of Excellence in Science and Spirituality (Recognized by Rajasthan Technical University, Kota)



invites you in

One Week Online Meditation Course

20th - 27th JULY, 2022 | 7:30 - 8:30 PM

Please join us live

Zoom ID : 98430964102

For more details, please contact : 7229917955, 8949451045 Write us at : rajyogathoughtlab@jecrc.ac.in



Abstract

Meditation is a need of hour. Meditation helps in improving our focus and concentration. Meditation is a focusing and balancing technique. With increased balance through meditation, you will expand your awareness and be more present in the moment, regardless of what is happening in your life. Mr. Mukesh Agarwal, a spiritual counselor from Spiritual Research Cell, JECRC, conducted a one-week Meditation Course that aimed to help the participants understand the process of meditation and its benefits. Throughout the course, various spiritual concepts were explained, including the true self and the Supreme. The participants were also taught practical ways to bring these concepts into their daily lives in order to enhance their emotional immunity. Overall, the course served as a golden key to unlocking the mysteries of life through meditation

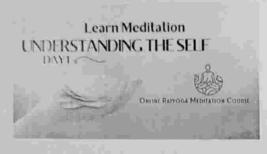
Speaker's Profile



Mr. Mukesh has been following the principles of Rajyoga since his student life. He is also a faculty of Value Education and Spirituality Courses offered by many Universities. He has completed his B. Tech. from MNIT, Jaipur and M. Tech. from BITS, Pilani. Other than this he has also completed M. Sc. in Value Education & Spirituality and MBA in Self-Management & Crises Management. He is currently working as associate professor at the Computer Science department, JECRC, Jaipur. He is also heading the Training division of

JECRC, Jaipur. He has been sponsored by AICTE & DST for many projects such as Entrepreneurship Development Cell, Industry Institute Partnership Cell, MODROB and a research project on meditation & cognitive science. He has delivered many lectures on Values, Healthy lifestyle, High Impact Teaching Skills, Stress Management etc... at various organizations across India. His keen interest areas are Entrepreneurship, Techno-Spiritual Projects, Value Education, Spirituality and Practicing Meditation.

Day - 1 Understanding the Self



On the first day of the Meditation Course, participants were introduced to the concept of the true self. The self, referred to as 'I', is the controller of the physical body which comprises five fundamental elements. It is also the soul, a conscious entity of energy located at the center of the forehead. The soul has three faculties -Mind, Intellect, and Impressions. The Mind creates thoughts, the Intellect makes decisions, and Impressions

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Day - 2 Innate Qualities of Self

Learn Meditation

INNATE QUALITIES OF SELF

During the second day of the Meditation Course, attendees were introduced to the seven inherent qualities of the soul, which are knowledge, purity, peace, love, happiness, bliss, and power. To experience these virtues, one must cultivate a state of being "Soul Conscious," which involves being aware of oneself as a soul and incorporating this awareness into every thought, word,

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Day - 3 & 4 Understanding the Divine



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Soul is.

During the third day of the program, participants attended a session where they were introduced to the concept of the Supreme Soul. This conscious point of energy, also known as GOD, is the

ultimate source of all virtues and powers and is superior to all other souls. As souls, we have a special relationship with GOD, similar to that of a child and a parent.

At the end of the session, participants were guided through a meditation practice, which left them feeling peaceful and calm.

Day - 5 & 6 Powers through Meditation



On the fourth day of the meditation course, participants were introduced to the fundamental concepts and benefits of meditation, which can be applied in everyday life.

The base of meditation involves developing an understanding and connection with the Supreme Being, cultivating a loving and compassionate relationship, and working towards personal

growth and development.

The steps of meditation include contemplation, concentration, and the attainment of spiritual awareness and enlightenment. These steps help to achieve a deep level of focus and concentration, leading to a sense of inner peace and harmony.

Meditation provides a range of benefits, including the power to discern and differentiate, make informed decisions, adapt to changing situations, endure challenging circumstances, and confront difficulties with strength and resilience. These powers can be applied to various aspects of life, improving personal and professional relationships, as well as overall well-being.

Day - 7 Karma Philosophy



On the final day of the course, the focus was on the philosophy of Karma. The practice of Rajyoga Meditation, in which we understand our true selves and our relationship with the Supreme Soul, leads to naturally performing good actions.

Karmas were classified into three categories:

- 1. Akarma actions performed in Soul Consciousness.
- Sukarma actions performed in Soul Consciousness and in remembrance of the Supreme Soul.
- 3. Vikarma actions performed in Body Consciousness.

The course then delved into the major laws of Karma, which are as follows:

- 1. Every action we take is accountable.
- 2. Our past actions affect our present circumstances.
- 3. We receive what we deserve based on our actions.
- 4. Nothing happens by chance.
- 5. No one can take away another's destiny.
- 6. We are responsible for our current state.

Additionally, the course discussed two important points:

1. Negative karma can be cleansed either through experiencing punishments or through

- penance, such as practicing Rajyoga, but not through charitable activities.
- 2. We simultaneously eat the fruits of past actions and sow the seeds for future fruits.

Attendance Data

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12.	Shaida Mary Nongsiej	9402557701	JECRC/SRC/2022-2023/CoE/MC1/012	
13.	SUNIT KUMAR	9873934812	JECRC/SRC/2022-2023/CoE/MC1/013	
14.	Swarnala <mark>ta Som</mark>	7003086802	JECRC/SRC/2022-2023/CoE/MC1/014	
15.	THUTA BHASKARARAO	9490595637	JECRC/SRC/2022-2023/CoE/MC1/001	
16.	Yash Dnyaneshwar Lonkar	7798920308	JECRC/SRC/2022-2023/CoE/MC1/001	
17.	YERRA SHYAMALA DEBI	9493762731	JECRC/SRC/2021-2022/CoE/MC2/042	

MBUR N



Feedbacks

Yash Dnyaneshwar Lonkar This course helps me to see another side of coin. This course realize me that who am I. How to give stay calm in every situation.	Suruchee ajit kshirsagar ये मेडिटेशन का वेबिनार उपयुक्त रहा है कर्म के बारे में खुद के बारे में कर्म कैसा होना चाहिए ये समाज आया हैं आगे भी ऐसे ही नई जानकारी और आत्म शांति के नए तरीके बताए जाए ध्यानवाद		
Rajesh Kumar saxena Quiz is very helpful to revise the session	Sant prasad This session change my point of view toward life.		
MUSKAN MATHUR Very knowledgeable sessioni learn a lot	Rajesh saxena Programme is very knowledgeable		
Swarnalata Som This course is helpful for every human being in developing their destiny. An amazing world will be waiting for us.	Muskan Mathur Mind refresh orientation		
Tanveer Khan there should be a day of meditation with students of college	Shaida Mary Nongsiej Good sessions. But i find a bit difficult with language since I can't understand hindi fully.		



Feedback Analysis

Based on the feedback of the participants, it was found that:

- 1. These courses are highly effective in promoting mental and emotional stability.
- Meditation practice was reported to be particularly helpful in achieving feelings of peace and happiness.
- Although participants were comfortable with the morning schedule, they requested longer sessions to allow for more time for questions.
- Additionally, the participants expressed a desire for the course to be offered in the English language as well

Recommended Actions

To improve the effectiveness of the course, some actions can be taken. One of them is allocating additional time for Q&A sessions, enabling participants to clarify their doubts and understand the content better.

- Providing English language interpretation can enhance accessibility to the material, making it more inclusive for all participants.
- 2. Another useful strategy is to provide session summaries, allowing participants to quickly review the content of the course and helping them catch up on missed sessions.
- 3. To deepen the understanding of meditation, extending the course's duration can also be beneficial.
- 4. In summary, the course's productivity can be enhanced by adding more time for Q&A, offering interpretation in English, providing session summaries, and potentially increasing the duration of meditation instruction.

Organizing Team

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S.No.	Name	Designation	
1.	Mr. Mukesh Agarwal	Head Spiritual Research Cell, JECRC	
2.	Ms. Chitra Khandelwal	Spiritual counselor	

Student Coordinators

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2.	Sakshi Naruka	II	CSE
3.	Radhika Dhoot	П	CSE
4.	Aayushi Bansal	п	CSE







A Report on An offline

Exclusive Talk on

Overcoming Overthinking

27th April, 2023

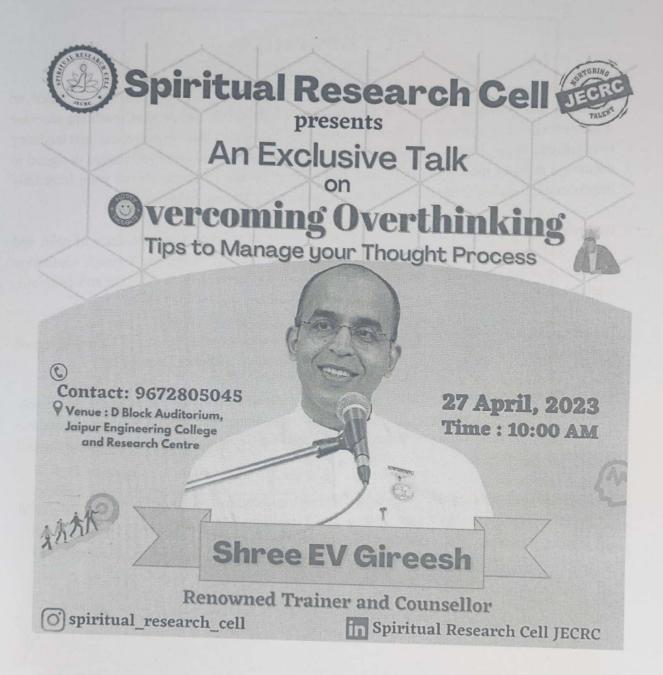
Organized by Spiritual Research Cell Jaipur Engineering College and Research Centre



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Brochure





Abstract

The "Overcoming Overthinking" offline event, presented by EV Gireesh Sir, provided an insightful and engaging experience for attendees. Throughout the session, participants were presented with a range of activities and exercises aimed at helping them to overcome their tendency to overthink. These activities included practicing imaginations and other techniques designed to encourage mindful thinking and increase focus. The tips and guidance shared were incredibly helpful and the audience felt more equipped to tackle overthinking behavior.

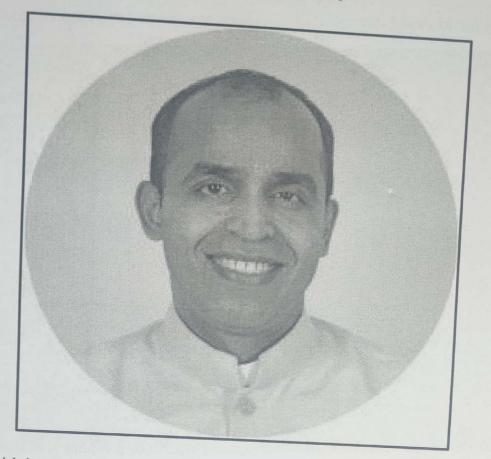
By practicing meditation, attendees were likely able to experience a greater sense of calm and clarity, and develop a greater awareness of their thoughts and emotions. Through meditation practice, attendees also have gained the ability to better regulate their thoughts and emotions, leading to a more balanced and centered approach to life.

The session ended by presenting a portrait sketch to the speaker as a present which was designed by a student named Rimjhim Sharma from 3rd year, Computer Science Department.

Overall, the event was an informative and engaging experience, providing attendees with valuable insights and actionable strategies for overcoming overthinking. The session was very interactive and related to our practical lives. Sir engaged the audience in thought-provoking discussions and exercises.

By the end of the session, attendees reported feeling more empowered to tackle their overthinking habits and better equipped to approach challenging situations with clarity and confidence.

Speaker's Profile



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, Zydas Research Laboratories, Tata Power etc.

Session Summary

By practicing meditation, attendees were likely able to experience a greater sense of calm and clarity, and develop a greater awareness of their thoughts and emotions. Through meditation practice, attendees also have gained the ability to better regulate their thoughts and emotions, leading to a more balanced and centered approach to life.

One of the memorable experiences of the session was when Sir told the audience to visualize a room having two doors. The rules were:

1st door should not be opened (here this door signifies our past which is the root cause of overthinking)

2nd door is locked (as we don't have the keys and this door signifies our future)

Now, the only option left with us is to live in the present room. So, working on our present (which is in our hands) will automatically lead us to our end goal.

The session ended by presenting a portrait sketch to the speaker as a present which was designed by a student named Rimjhim Sharma from 3rd year, Computer Science Department.

Overall, the event was an informative and engaging experience, providing attendees with valuable insights and actionable strategies for overcoming overthinking. The session was very interactive and related to our practical lives. Sir engaged the audience in thought-provoking discussions and exercises.

By the end of the session, attendees reported feeling more empowered to tackle their overthinking habits and better equipped to approach challenging situations with clarity and confidence.

Glimpses of the Event

Being Indians by heart, the event commenced with Saraswati Maa's blessings.





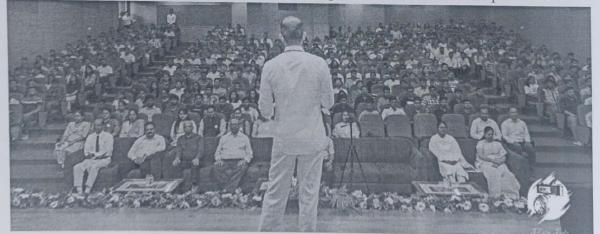
Ms. Vinita Mathur, the Host of the event introduced Shri EV Gireesh sir to the audience.



Mr. EV quickly grasped the audience's nerve by his enlightening thoughts and practical life examples.

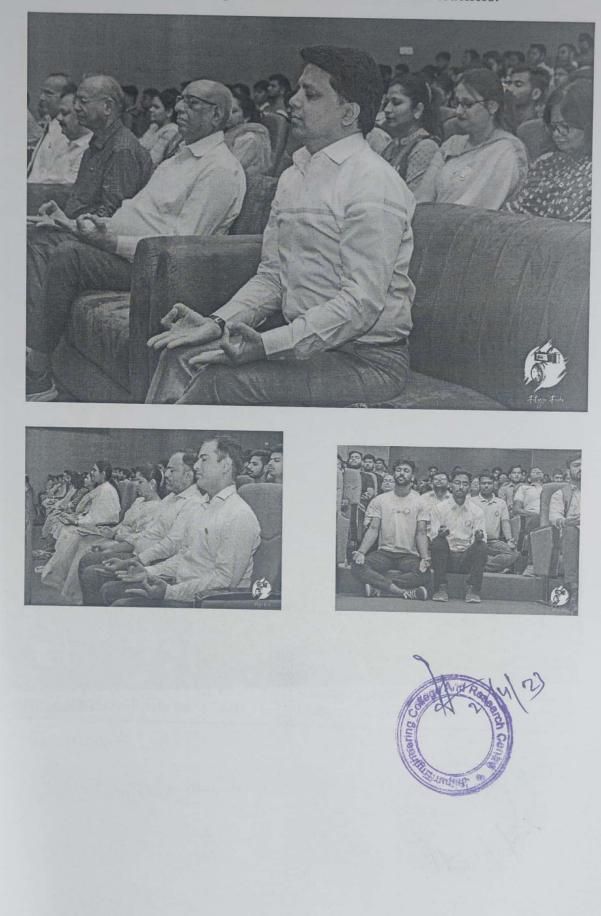


All students and teachers were absolutely delighted to be there in his presence.





All students showcased active participation.



Students were blessed by the presence of all their esteemed teachers.



Ms. Rimjhim Sharma presented a self designed portrait to the speaker.



Scanned with CamScanner

-Team SRC.

Feedbacks

Mudit Paliwal	Aarchi singhal
This event was really amazing and this made	It was such an amazing and knowledge
my day beautiful	session.
Ayush roy	Aanchal Gupta
It was a really good and Inspiring session.	Best session ever
Meenu verma	MANSI SONI
Great experience	It was a amazing session
Ravi Singhal	Harshit Bhatnagar
A great session.	It was really super session
Anya Sharma	Abhishek Kumar bhargava
Excellent session	Best motivational session I ever attended
Pragati Mehta	Kanchan Agrawal
It was really one of the best, amazing and	Really very good session and interacting
interesting sessions. I like this session	session
Niharika Singh	Pawan Kumar Koli
Excellent	Very responsive for us
Yatharth Jangid	Somay Verma
Great Session	It's so good and it will help me in future.
Saurabh Tiwari	Anupam Sharma
Gorgeous	Very impacted to us
Keshav khetan	Shivam Sharma
One of the best session on overthinking	Very happy to attend the session today
INDRESH MEHTA	Aarchi singhal
Great session and looking forward to attend	It was an such an amazing and knowledge
such events in near future	session
Fateh singh	Abhisar Sharma
This session is very informative and helpful	The best session I have attended till yet.
Somay Verma	Anushka pareek
It's so good and it will help me in future	I truly enjoyed the session



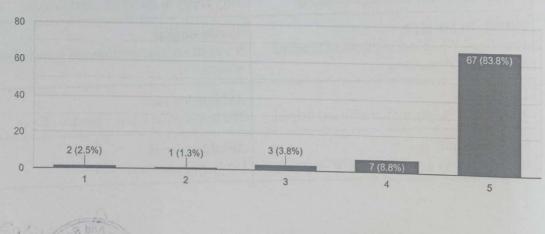


Feedback Analysis

According to the feedback analysis,

- 1. The session provided to the students was very beneficial.
- 2. The tips shared during the session were found to be practical, effective, and easy to implement, which made it easier for the participants to apply them in their daily lives.
- 3. The participants were comfortable with the timings of the session and even requested more sessions at the same time.
- 4. Some participants also expressed their interest in having the course conducted in the English language, as they found it more comfortable and easy to understand.
- **5.** Suggested a student-specific meditation course should be conducted, which can cater to the unique needs and requirements of students. Such a course can provide them with the necessary tools and techniques to manage stress and anxiety, which is a common issue among students.

Overall, the feedback analysis highlights the effectiveness of the session and provides valuable insights for further improvements. The practical tips and suggestions can be utilized to enhance the quality of the course and ensure maximum benefit for the participants.



How would you rate today's session? (आप आज के सत्र का मूल्यांकन कैसे करेंगे?) ^{80 responses}





Recommended Actions

To meet the expectations of the participants, the following actions should be taken:

- 1. Allow ample time for Q&A sessions: Allocate sufficient time within the event schedule for participants to ask questions and receive answers from the speakers, promoting meaningful interaction and addressing all queries.
- 2. Provide multilingual interpreters: If the event is attended by individuals from diverse language backgrounds, arrange for interpreters proficient in the primary languages spoken by participants, ensuring effective communication and inclusivity.
- 3. Distribute session handouts: Prepare printed or digital session summaries that capture key points and information shared during the event. These materials serve as valuable references for participants to review and reinforce their understanding.
- 4. Conduct technical rehearsals: Prior to the event, test and troubleshoot all technical aspects, including audio-visual equipment, internet connectivity, and other relevant systems. This preparation minimizes the risk of technical issues and enhances the overall experience for both participants and speakers.
- 5. Incorporate mindfulness breaks: Integrate short meditation or mindfulness sessions into the event agenda, allowing participants to take breaks, relax, and rejuvenate. These moments promote stress reduction and support the well-being of attendees throughout the

In summary, to meet the expectations of the participants, the sessions should be interactive, accessible, and well-organized. Providing extra time for Q&A sessions, interpretation in English, session summaries, and avoiding technical issues will ensure a smooth and satisfying experience for all participants. Additionally, conducting a meditation course for students will promote their well-being and enhance their learning experience.

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Spiritual Research Cell Overcoming Overthinking CERTIFICATE

This is to certify that

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Ref No.

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5.	Radhika Dhoot	III	CSE
6.	Rahul kumar	III	CE
7.	Aayushi Bansal	III	CSE

Volunteers

S.No.	Name	Year	Branch
1.	Keshav Samdani	I	ECE
2.	Abhisar Sharma	I	CSE
3.	Rishabh Jain	I	ME
4.	Aayush Naruka	I	CSE
5.	Kashish chhabra	Ι	IT

6.	Anjali Meena	I	CE
7.	Priyanshi Sen	I	IT
8	Pulkit Sharma	I	IT
9	Abhijeet Dadhich	I	CSE
10	Akansha Goyal	I	AI
11	Abhishek Modi	I	CSE
12	Lakshya Mangal	I	CS & AI







A

Report on an offline

Self-Empowerment through Meditation

27 Sept. to 01 Oct., 2022

Organized by Spiritual Research Cell Jaipur Engineering College and Research Centre



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Abstract

The Spiritual Research Cell conducted a transformative five-day offline session titled "Self **Empowerment Through Meditation - III**" (SEM-III) from **27th September to 1st October** by the speaker **Ms. Chitra Khandelwal**. This session aimed to guide participants on a journey of self-discovery and empowerment through the practice of meditation. Over the course of the session, attendees explored crucial topics such as understanding oneself, connecting with the supreme soul, and harnessing the transformative powers of meditation. Each day included practical exercises and daily meditation practice, enabling participants to develop a deeper understanding of their true selves, establish a connection with the divine, and unlock their inner potential for personal growth and self-empowerment. This immersive experience provided participants with the tools and knowledge to incorporate meditation as a powerful practice for enhancing their well-being, inner strength, and overall self-empowerment

Speaker's Profile

Ms. Chitra Khandelwal



Ms. Chitra Khandelwal is a Rajyoga Meditation Practitioner who has been studying spiritual knowledge and practicing Rajyoga since her teenage. After completing B.Sc. (Hons) from University Maharani's College, Jaipur she completed her Masters in Botany and Value Education & Spirituality. She has also held a PG Diploma in Values in Health Care. She is a faculty member for Value Education Courses run by Annamalai University. She had been to England and Thailand to present her research outcomes. Her research paper titled "A

comparative analysis of mindfulness.

Session Summary

Day 1 - Understanding the Self:

The first day of the event focused on introspection and self-reflection. Participants were encouraged to explore their innermost thoughts, emotions, and beliefs. Through interactive sessions and thought-provoking discussions, attendees gained valuable insights into their own identities, aspirations, and potential for personal growth.

Day 2 - Understanding God:

On the second day, participants embarked on a profound exploration of the concept of God. Ms. Chitra Khandelwal elucidated various perspectives on spirituality and guided attendees in understanding the divine forces that govern existence. This enlightening session fostered a deeper understanding of one's relationship with the divine and the interconnectedness of all beings.

Day 3 - Meditation Practice:

Meditation, an essential tool for self-realization, took center stage on the third day. Participants learned different meditation techniques and were provided with practical guidance to establish a regular meditation practice. Through immersive experiences and hands-on exercises, attendees discovered the transformative power of meditation in achieving mental clarity, inner peace, and spiritual growth.

Day 4 - World Cycle:

The fourth day delved into the concept of the world cycle, which encompasses the cyclical nature of existence. Attendees gained insights into the universal principles of creation, sustenance, and dissolution. The speakers elucidated the interplay of time, karma, and spiritual evolution, enabling participants to comprehend their roles within the larger cosmic framework.

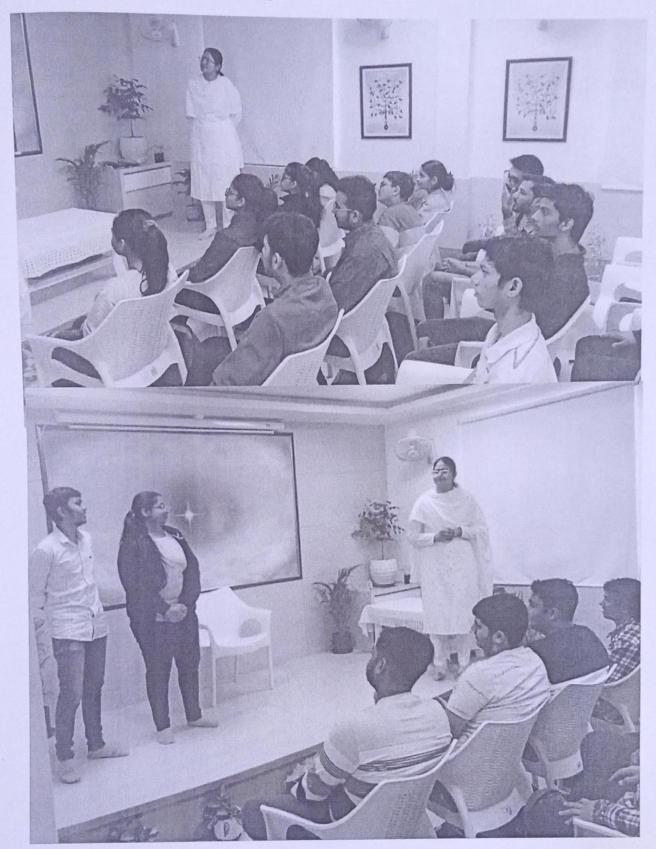
Day 5 - Powers of Meditation:

Building upon the foundation laid in earlier sessions, the fifth day focused on the extraordinary powers and benefits of meditation. Attendees learned how regular practice can enhance concentration, intuition, and overall well-being. Through case studies and personal anecdotes, participants were inspired to tap into their innate potential and harness the transformative power of meditation.

This five-day offline event at the Spiritual Research Cell provided attendees with a transformative and immersive experience. Participants not only gained a deeper understanding of themselves and the concept of God but also acquired practical tools and techniques to integrate meditation into their daily lives. The event was a catalyst for personal growth, spiritual exploration, and the development of a lasting connection with one's inner self and the divine.



Glimpses of the Event



Attendance for Self Empowerment through Meditation

27 Sept - 1 Oct., 2022

Venue: Wisdom Hall, Spiritual Research Cell, JECRC Campus

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Report on an offline

Self Empowerment through Meditation

20 - 24 September, 2022

Organized by Spiritual Research Cell Jaipur Engineering College and Research Centre



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Abstract

The Spiritual Research Cell conducted a transformative six-day offline session titled "Self Empowerment Through Meditation - II" (SEM-II) from 20th September to 24th September by the speaker Mr. Mukesh Agarwal. This session aimed to guide participants on a journey of self-discovery and empowerment through the practice of meditation. Over the course of the session, attendees explored crucial topics such as understanding oneself, connecting with the supreme soul, and harnessing the transformative powers of meditation. Each day included practical exercises and daily meditation practice, enabling participants to develop a deeper understanding of their true selves, establish a connection with the divine, and unlock their inner potential for personal growth and self-empowerment. This immersive experience provided participants with the tools and knowledge to incorporate meditation as a powerful practice for enhancing their well-being, inner strength, and overall self-empowerment.

Speaker's Profile

Mr. Mukesh Agarwal



Mr. Mukesh has been following the principles of Rajyoga since his student life. He is also a faculty of Value Education and Spirituality Courses offered by many Universities. He has completed his B. Tech. from MNIT, Jaipur and M. Tech. from BITS, Pilani. Other than this he has also completed M. Sc. in Value Education & Spirituality and MBA in Self-Management & Crises Management. He is currently working as associate

professor at the Computer Science department, JECRC, Jaipur. He is also heading the Training division of JECRC, Jaipur. He has been sponsored by AICTE & DST for many projects such as Entrepreneurship Development Cell, Industry Institute Partnership Cell, MODROB and a research project on meditation & cognitive science. He has delivered many lectures on Values, Healthy lifestyle, High Impact Teaching Skills, Stress Management etc... at various organizations across India. His keen interest areas are Entrepreneurship, Techno-Spiritual Projects, Value Education, Spirituality and Practicing Meditation.

Session Summary

Day 1 - Understanding the Self and God:

The event commenced with a focus on self-discovery and understanding one's true nature. Participants engaged in interactive sessions and discussions that facilitated introspection and self-reflection. Mr. Mukesh Agarwal guided attendees in exploring their beliefs, emotions, and aspirations, helping them gain valuable insights into their own identities. The day also addressed the concept of God, fostering a deeper understanding of spirituality and the interconnectedness of all beings.

Day 2 - Meditation Practice:

On the second day, participants delved into the practical aspect of meditation. Mr. Mukesh Agarwal shared various meditation techniques and provided guidance on establishing a regular practice. Attendees learned to cultivate mindfulness, achieve mental clarity, and experience inner peace through immersive exercises and practical demonstrations. This session aimed to empower participants to integrate meditation into their daily lives.

Day 3 - Powers of Meditation:

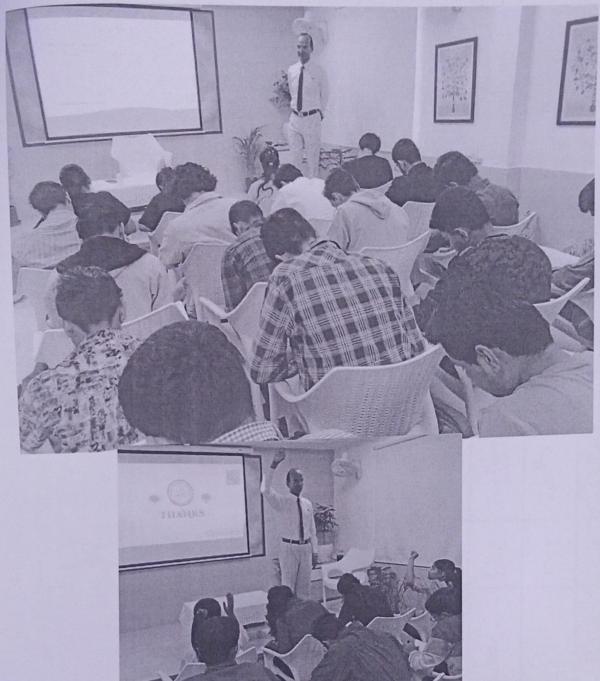
The third day focused on the remarkable powers and benefits of meditation. Mr. Mukesh Agarwal shared insights into the transformative potential of regular meditation practice. Attendees learned about the enhancement of concentration, intuition, and overall well-being that can be achieved through meditation. Through case studies and anecdotes, participants were inspired to tap into their inner potential and harness the positive impact of meditation on various aspects of life.

Day 4 - Meditation Practice with Live Commentary:

The final day of the event featured a special live meditation practice session led by Mr. Mukesh Agarwal. Participants engaged in a guided meditation experience, with real-time commentary providing deeper insights and understanding. The live commentary offered additional guidance and clarification, enriching the meditation practice and ensuring a meaningful experience. This session aimed to consolidate the learnings from the previous days and enable participants to immerse themselves fully in the transformative power of meditation.

Overall, the four-day offline event at the Spiritual Research Cell, led by Mr. Mukesh Agarwal, provided participants with a transformative journey of self-discovery, understanding the concept of God, and harnessing the powers of meditation. Attendees gained practical tools and techniques to incorporate meditation into their lives, enabling personal growth, mental clarity, and spiritual well-being. The event concluded with a live meditation practice, complemented by insightful commentary, leaving participants with a deepened connection to themselves and the path of spiritual enlightenment.

Glimpses of the Event





Attendance for Self Empowerment through Meditation

20 - 24 September, 2022

Venue: Wisdom Hall, Spiritual Research Cell, JECRC Campus

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Report on an offline

Self-Empowerment through Meditation

10 - 15 October, 2022

Organized by

Spiritual Research Cell

Jaipur Engineering College and Research Centre



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Abstract

The Spiritual Research Cell conducted a transformative six-day offline session titled "Self **Empowerment Through Meditation - IV**" (SEM-IV) from **10th October to 24th October** by the speaker **Mr. Mukesh Agarwal**. This session aimed to guide participants on a journey of self-discovery and empowerment through the practice of meditation. Over the course of the session, attendees explored crucial topics such as understanding oneself, connecting with the supreme soul, and harnessing the transformative powers of meditation. Each day included practical exercises and daily meditation practice, enabling participants to develop a deeper understanding of their true selves, establish a connection with the divine, and unlock their inner potential for personal growth and self-empowerment. This immersive experience provided participants with the tools and knowledge to incorporate meditation as a powerful practice for enhancing their well-being, inner strength, and overall self-empowerment.

Speaker's Profile

Mr. Mukesh Agarwal



Mr. Mukesh has been following the principles of Rajyoga since his student life. He is also a faculty of Value Education and Spirituality Courses offered by many Universities. He has completed his B. Tech. from MNIT, Jaipur and M. Tech. from BITS, Pilani. Other than this he has also completed M. Sc. in Value Education & Spirituality and MBA in Self-Management & Crises Management. He is currently working as associate

professor at the Computer Science department, JECRC, Jaipur. He is also heading the Training division of JECRC, Jaipur. He has been sponsored by AICTE & DST for many projects such as Entrepreneurship Development Cell, Industry Institute Partnership Cell, MODROB and a research project on meditation & cognitive science. He has delivered many lectures on Values, Healthy lifestyle, High Impact Teaching Skills, Stress Management etc... at various organizations across India. His keen interest areas are Entrepreneurship, Techno-Spiritual Projects, Value Education, Spirituality and Practicing Meditation.

Session Summary

Day 1 - Understanding the Self:

The first day of the event focused on introspection and self-reflection. Participants were encouraged to explore their innermost thoughts, emotions, and beliefs. Through interactive sessions and thought-provoking discussions, attendees gained valuable insights into their own identities, aspirations, and potential for personal growth.

Day 2 - Understanding God:

On the second day, participants embarked on a profound exploration of the concept of God. Mr. Mukesh Agarwal elucidated various perspectives on spirituality and guided attendees in understanding the divine forces that govern existence. This enlightening session fostered a deeper understanding of one's relationship with the divine and the interconnectedness of all beings.

Day 3 - Meditation Practice:

Meditation, an essential tool for self-realization, took center stage on the third day. Participants learned different meditation techniques and were provided with practical guidance to establish a regular meditation practice. Through immersive experiences and hands-on exercises, attendees discovered the transformative power of meditation in achieving mental clarity, inner peace, and spiritual growth.

Day 4 - World Cycle:

The fourth day delved into the concept of the world cycle, which encompasses the cyclical nature of existence. Attendees gained insights into the universal principles of creation, sustenance, and dissolution. The speakers elucidated the interplay of time, karma, and spiritual evolution, enabling participants to comprehend their roles within the larger cosmic framework.

Day 5 - Powers of Meditation:

Building upon the foundation laid in earlier sessions, the fifth day focused on the extraordinary powers and benefits of meditation. Attendees learned how regular practice can enhance concentration, intuition, and overall well-being. Through case studies and personal anecdotes, participants were inspired to tap into their innate potential and harness the transformative power of meditation.

Day 6 - Guided Meditation:

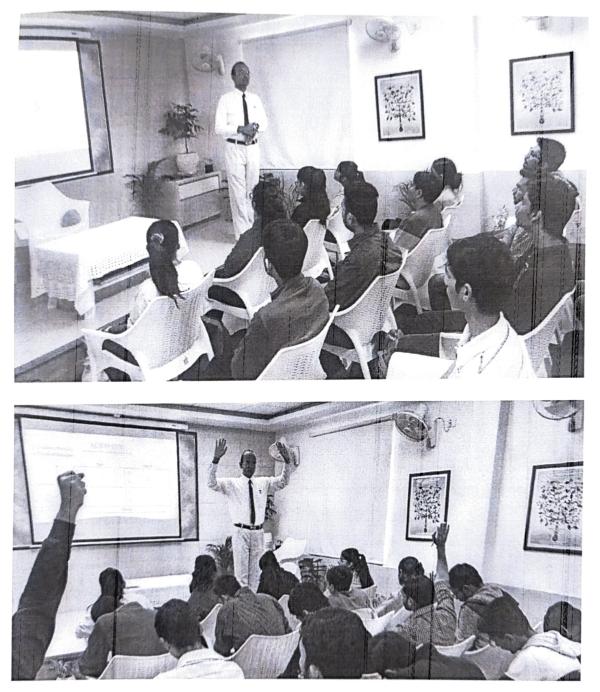
The final day of the event centered on consolidating the learning from the previous days and providing further guidance on establishing a sustained meditation practice. Attendees engaged in group meditation sessions and received personalized feedback to deepen their experience. The day concluded with a reflection on the transformative journey undertaken during the event, leaving participants with a sense of profound inner growth and renewed spiritual connection.



This six-day offline event at the Spiritual Research Cell provided attendees with a transformative and immersive experience. Participants not only gained a deeper understanding of themselves and the concept of God but also acquired practical tools and techniques to integrate meditation into their daily lives. The event was a catalyst for personal growth, spiritual exploration, and the development of a lasting connection with one's inner self and the divine.



Glimpses of the Event



Attendance for Self Empowerment through Meditation

10 - 15 October, 2022

Venue: Wisdom Hall, Spiritual Research Cell, JECRC Campus

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Attendance for Self Empowerment through Meditation

10 - 15 October, 2022

Venue: Wisdom Hall, Spiritual Research Cell, JECRC Campus

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Report on

Study Techniques and Time Management (Online)

15 March, 2023



Organized by Spiritual Research Cell Centre of Excellence in Science & Spirituality Jaipur Engineering College and Research Centre



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Brochure



Centre of Excellence in Science & Spirituality

Special Online Session

on

STUDY TECHNIQUES

TIME MANAGEMENT

15th March, 2023 6:00 - 7:30 PM

Join us live

For more info Yukti : 9625951922 Radhika : 8619463442

Followed by Online Meditation Course (22 March, 2023)



Please scan the QR Code to register



Abstract

An online session on "Study Techniques and Time Management" was organized to assist students in studying efficiently and utilizing their time effectively. The session was conducted by Mr. Mukesh Agarwal, who is an alumnus of MNIT Jaipur and Director of the Training division at JECRC, Jaipur. During the session, Mr. Agarwal shared 21 practical and easy-to-implement tips to help students manage their time better and study more effectively. These tips aimed to enable students to invest their time wisely rather than merely spending it.

Additionally, a Q&A session was held after the main session to provide students with solutions to their problems related to time management and studying. The objective of the session was to equip students with effective study techniques and time management skills that they could utilize to excel academically

Speaker's Profile



Mr. Mukesh has been following the principles of Rajyoga since his student life. He is also a faculty of Value Education and Spirituality Courses offered by many Universities. He has completed his B. Tech. from MNIT, Jaipur and M. Tech. from BITS, Pilani. Other than this he has also completed M. Sc. in Value Education & Spirituality and MBA in Self-Management & Crises Management. He is currently working as associate professor at the Computer Science department, JECRC, Jaipur. He is also heading the Training division of

JECRC, Jaipur. He has been sponsored by AICTE & DST for many projects such as Entrepreneurship Development Cell, Industry Institute Partnership Cell, MODROB and a research project on meditation & cognitive science. He has delivered many lectures on Values, Healthy lifestyle, High Impact Teaching Skills, Stress Management etc... at various organizations across India. His keen interest areas are Entrepreneurship, Techno-Spiritual Projects, Value Education, Spirituality and Practicing Meditation.

Session Summary

Mr. Mukesh Agarwal, a renowned expert in the field of education, conducted a session on "Study Techniques and Time Management" for students. The online session, organized by the Spiritual Research Center, JECRC, Jaipur, aimed to equip students with practical, easy-to-implement tips to help them study effectively and excel in their exams.

During the session, Mr. Agarwal shared 21 tips that were practically implemented and experienced by him over the years. These tips covered a broad range of study techniques and time management strategies.

Mr. Agarwal emphasized the importance of setting boundaries for study sessions, whether it's based on time or tasks. He advised students to respect their promises by following the bounds and keeping their study sessions manageable. He also suggested studying in sessions, with the first session always being larger than the other two.

In terms of study sequence, Mr. Agarwal recommended reading the subject, studying with moderate speed to understand the subject, preparing one-page notes, and actively recalling and writing down what was learned. He also suggested making studying interesting by discussing the beauty of the subject and creating a story from the chapter.

When it comes to taking notes, Mr. Agarwal advised students to avoid making detailed notes and instead prepare one-page notes or highlight important notes in the books.

Mr. Agarwal acknowledged that sometimes unforeseeable circumstances may arise, preventing students from following their study sessions. In these situations, he suggested shortening the session length to make the most of the time available.

To keep themselves motivated, Mr. Agarwal encouraged students to give themselves rewards whenever they completed their targets. He also stressed the importance of being focused, hardworking, attentive, healthy, and dedicated to studies. In addition, Mr. Agarwal suggested teaming up with fellow students, which results in less effort and faster results. He emphasized that successful teamwork requires tolerance and cooperation among team members.

Mr. Agarwal advised students to switch off their mobiles to avoid distractions, keep all notifications off, and fix the screen. He also recommended a one-minute meditation to recharge the mind, increase efficiency, and maintain enthusiasm.

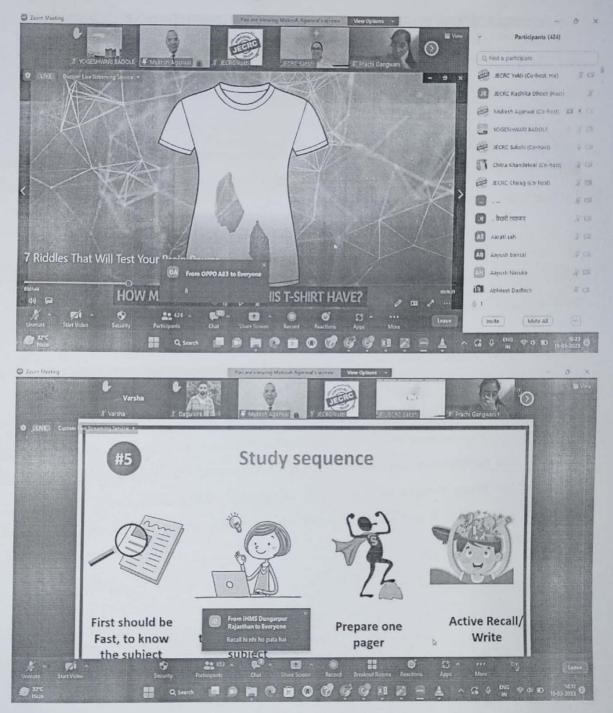
Keeping a journal was also recommended by Mr. Agarwal. Students should review their entire day before going to bed to see whether they utilized their time properly, according to their planning. This helps in removing the waste spots.

Mr. Agarwal suggested taking an extra step every day towards the goal. He also advised students to complete 75% of their work in the first 50% of the time, as the morning till noon hours are the most energetic in terms of mind and body.

Time management was another key area Mr. Agarwal focused on, emphasizing the importance of prioritizing tasks and staying organized.

Finally, Mr. Agarwal emphasized the importance of meditation in recharging the mind, increasing efficiency and maintaining enthusiasm. By sharing these pearls of wisdom collected by him throughout his career, he really managed to help the average student and boost his efficiency. The event was followed by a questionnaire round where students put-up their doubts which were promptly cleared by sir

Glimpses of the Event



Feedbacks

	and the second second second second second second second second second second second second second second second
 Muskan Tiwari Slides were awesome. Steps and techniques taught were genuine. Being Positive towards study nd to face result with responsibility not to play victim and blame circumstances. 	Rathod Hiten Bharatbhai First: - We Will Achieve We Want Second: - Think A Positive Third: - Making 1Paper Note
 Sonal Sharma 1)I particularly appreciated the sections on time management strategies and study techniques, as these are areas that I have struggled with in the past. 2)The way sir explained Everything with real life Experience So that we all can relate. 3)The presentation was engaging. 	shivanshi agarwal The way speaker put small-small riddles in between the lecture. His enthusiasm. And the fact that most of his techniques were inspired by his own life journey.
Jadhav Pavan 1. Time bound or task bound* 2. study sequence*-fast slow reading, one pager notes. 3. study in session*., unavoidable circumstances*. 4.काक चेष्टा, बको ध्यानं, स्वान निद्रा तथैव च । स्वल्पहारी, गृहत्यागी, विद्यार्थी पंच लक्षणं*। 5. complet 75% in first 50% of time. *	M NITHYA CHANDRIKA JAIN Everything was awesome. The simplisticity(to-the- point) yet powerfulness of presentation, music in the starting, Sir ne itne patience and pyar se sare questions bhi liye. Thank you so much.
LALIT KUMAR LAMBA One-page notes, finish maximum in first half and the way of your explanationBA	Santosh Sevak Bhogil Method to Problem solving questions through discussion, detail Explanations with graphs and pictures And Motivational Thoughts, Pictures due to life Improvements.
Mala Mahata 1.technique of visualization and create a story book 2.one minute meditation 3.1% better every day	BK Mohini Power of Attainment, 21 Study Techniques and polite explanation of each point by Agrawal Sir
NEETA VIJAY KUMAR 1. The atmosphere was very warm n student friendly. From the very start we remained engrossed till the end with clarity. 2. The presentations, illustrations, slides n notes were too simple even for young school children. 3. When something is done with utmost sincerity catering the needs of all sort of participants becomes huge success n achieve its very purpose. The way the speaker Mr Mukesh Aggarwal gave tips n simple techniques which he	Roshan Shukla First thing was that I can relate to the problems which are tell by sir. Second thing was that I like the explanations on each and every topic, it cleared my approach towards exams. Third thing was that, everything was teach in very effective and in very enthusiastic manner.



himself has experienced or applied on his students made it more engrossing session. Everybody took home what was lacking with more clarity. Than x.	So, overall, it was a brilliant session, you should arrange this type of sessions in future Thanks. Regards
Ajay Vikas Deshmukh The way sir explained things was truly amazing. I liked every bit of it. But specially 1)the attainment of 8 powers through meditation 2)the concept of deep work vs shallow work 3) Sir said stop playing as a victim and the way they explained was awesome	Er. DEEPAK TIWARI DSK Many things related to the session like Problem solving, Highlighting major points and Solutions of this problems
Shovona Each of the topic were very helpful and elaborated very beautifully by sir. Grateful to have attended such a course by jecrc and sir.	 Priyanshi khandelwal 1) The motivation that is given by sir. 2) the questions which are asked by him in between the session. 3) the way he presented the session.
Rabin sah Explanation Meditation point Break time that makes to prevent sleepy	Simran Power of meditation and techniques and pictures for high attention
Priyanshi jain Deep work vs. Shallow work Study in sessions Extra mile	Priyanka choudhary Presentation, positivity during the session and promoting the thought of meditation.
Rohini pawan mehendale Start your day early Sabki study me help karna or dusro ki help lena Roj study ke liye session ke hisab se study karna	Vinshi Choudhary You can add some polls in the start of the session itself to understand some collective queries of the audience
Kanchan kalle Another such lecture Should be done and more students should be told	Ayush yogi Most of the students are also from Hindi medium, so it is difficult for them to understand some wordsso make it a little easier for them
Pranjal Wadhwani Tejwani Please arrange any session for discipline management in children	Jadhav Pavan explain more on each point of slide share, which relate and that will make deep subconscious mind realisation, understanding root cause of in us. Story telling on topic to feel and understand.

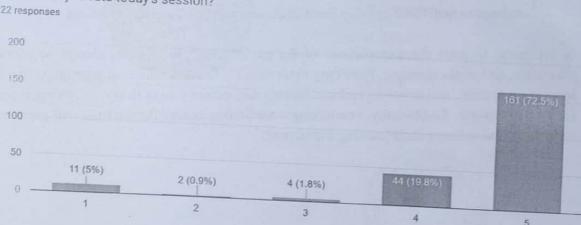
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Feedback Analysis

According to the feedback analysis,

- 1. The session provided to the students was very beneficial.
- 2. The tips shared during the session were found to be practical, effective, and easy to implement, which made it easier for the participants to apply them in their daily lives. 3. The participants were comfortable with the timings of the session and even requested more
- 4. increase the duration of the session so that they could ask questions and clear their doubts. 5. Some participants also expressed their interest in having the course conducted in the English language, as they found it more comfortable and easier to understand.
- 6. Suggested a student-specific meditation course should be conducted, which can cater to the unique needs and requirements of students. Such a course can provide them with the necessary tools and techniques to manage stress and anxiety, which is a common issue

Overall, the feedback analysis highlights the effectiveness of the session and provides valuable insights for further improvements. The practical tips and suggestions can be utilized to enhance the quality of the course and ensure maximum benefit for the participants.





How would you rate today's session? 222 responses

Recommended Actions

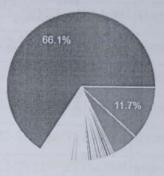
To meet the expectations of the participants, the following actions should be taken:

- 1. Allow extra time for Q&A sessions: During sessions, participants should be given additional time to ask questions and get answers from the speakers. This will help to ensure that all queries are addressed and the participants feel satisfied with the level of interaction.
- 2. Provide interpretation in English: Participants may come from different parts of the world and may not be fluent in the language of the session. Therefore, it is essential to provide interpretation in English to ensure that all participants can understand the content of the session.
- 3. Offer session summaries: Participants may miss some of the information shared during the sessions, or they may want to revise the content later. Therefore, it is essential to provide session summaries that can be used as reference material.
- 4. Avoid technical issues and mishaps: Technical issues can be frustrating for both the participants and the speakers. It is essential to ensure that all technical aspects of the sessions, such as internet connectivity, audio and video quality, and other equipment, are tested and in good working order to avoid any technical issues or mishaps.
- 5. Conduct a meditation course specifically for students: Meditation has many benefits for students, such as reducing stress, improving concentration, and enhancing overall wellbeing. Therefore, it is recommended to conduct a meditation course specifically for students to help them develop these skills and support their mental health.

In summary, to meet the expectations of the participants, the sessions should be interactive, accessible, and well-organized. Providing extra time for Q&A sessions, interpretation in English, session summaries, and avoiding technical issues will ensure a smooth and satisfying experience for all participants. Additionally, conducting a meditation course for students will promote their well-being and enhance their learning experience.

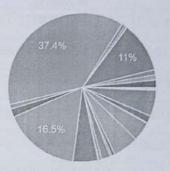
Registration Data Analysis

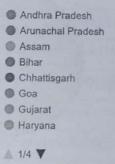
Institute / College / School Name 2,457 responses





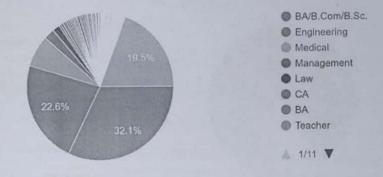
State 2,457 responses







You are a student of 2,457 responses



From where did you get to know about this event? 2,455 responses



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Spiritual Research Cell STUDY TECHNIQUES & TIME MANAGEMENT Certificate of participation



Ref no.

This is certify that ______has participated in the online session on "Study Techniques and Time Management" held on 15th March 2023, organised by Spiritual Research Cell, Jaipur Engineering College and Research Centre, Jaipur

Prof. VK Chandna Principal, JECRC



Organizing Team

Faculty Coordinators

1. Mr. Mukesh Agarwal Head Spiritual Research Cell, JECRC	S.No.	Name	Designation
	1.	Mr. Mukesh Agarwal	Head Spiritual Research Cell, JECRC

Student Coordinators

8.	7.	6.	5.	4.	3.	2. •	1.	S.No.
Aayushi Bansal	Sakshi Naruka	Rahul kumar	Radhika Dhoot	Sakshi Naruka	Yukti Agarwal	Jatin Pareek	Saumya Sharma	Name
Ш	Ш	Ш	Ш	Ш	III	IV	VI	Year
CSE	CSE	CE	CSE	CSE	CSE	ECE	CSE	Branch

Volunteers

5.	4.	3.	2.	1.	S.No.	
Priyanshi Sen	Anjali Meena	Abhisar Sharma	Lakshaya Pant	Lakshay Mangal	Name	
Ι	Ι	Ι	Ι	Ι	Year	
IT	CE	CSE	C & AI	CS & AI	Branch	

CSE	CS & AI	CS & AI	CSE	ECE	ECE	
I	I	I	I	I	Ι	No. of States of States
Abhijeet Dadhich	Shivansh Agarwal	Latiksha	Abhishek Modi	Keshav Samdhani	Sujeet Kumar	
6.	7.	8.	9.	10.	11.	







A

Report on An offline Event

World Humanitarian Day Million Acts of Goodness -Do Good Feel Good

21st September, 2022

Organized by Spiritual Research Cell

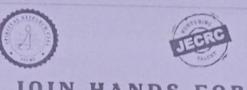
Jaipur Engineering College and Research Centre



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Brochure



LET'S JOIN HANDS FOR DOING



DATE : 21 SEPTEMBER, 2022

TIME : 12:30 PM

VENUE : COMMON ROOM, BH-2, JECRC CAMPUS, JAIPUR



Abstract

In commemoration of World Humanitarian Day, an offline event titled "Millions Acts of Goodness - Do Good, Feel Good" is organized to celebrate the spirit of kindness and compassion. The event aims to extend gratitude and support to the non-teaching staff members of our college by offering them heartfelt gifts and essential groceries.

The event highlights the profound impact of small acts of kindness and encourages a collective effort to make a positive difference in the lives of others. Recognizing the valuable contributions of the non-teaching staff, this event seeks to foster a sense of appreciation and camaraderie within the college community.

During the event, female non-teaching staff members will receive sarees, symbolizing cultural diversity and respect for their role in maintaining the college's operations. Male non-teaching staff members will be presented with dresses, acknowledging their efforts and dedication towards the college's smooth functioning. Additionally, basic grocery items will be distributed, providing essential sustenance to the staff members and their families.

By engaging in these acts of kindness, the event aims to create an atmosphere of joy, gratitude, and unity among the college community. It also seeks to inspire participants to recognize the power of empathy and the transformative effect of extending a helping hand.

"Millions Acts of Goodness - Do Good, Feel Good" seeks to ignite a spirit of compassion and encourage everyone to embark on a journey of selfless service. Through this event, we hope to create a ripple effect of kindness, inspiring individuals to make a positive impact on the lives of others not only on World Humanitarian Day but throughout the year.

Session Summary

On 19 August 2003, a bomb attack on the Canal Hotel in Baghdad, Iraq, killed 22 humanitarian aid workers, including the UN Special Representative of the Secretary-General for Iraq, Sergio Vieira de Mello. Five years later, the General Assembly adopted a resolution designating 19 August as World Humanitarian Day (WHD).

Each year, WHD focuses on a theme, bringing together partners from across the humanitarian system to advocate for the survival, well-being and dignity of people affected by crises, and for the safety and security of aid workers.



The 2022 WHD campaign shines a light on the thousands of volunteers, professionals and crisis-affected people who deliver urgent health care, shelter, food, protection, water and much more.

Humanitarian aid workers provide life-saving assistance to suffering people all over the world. Those workers who live in conflict zones or in areas devastated by natural disasters are especially vulnerable. Anyone and everyone

can be a humanitarian, so read on to learn more about the day and how you can help.

"7 Billion Acts of Goodness: Returning to Who We Are", is an initiative designed to exponentially increase expressions of benevolence in the world. It is a movement based on the spiritual truth that goodness is innate, and that by cultivating a spiritual awareness of the self, we can tap into this inherent goodness in a way that makes us capable of generating unlimited acts of goodness. Our goal is to embark on a journey together to re-discover this truth and create a global culture of care and compassion.

What is GOODNESS?

Goodness = benevolence, which is literally good will. We develop our capacity of good will through expressing good wishes towards ourselves and others; as much as possible. And the first and foremost good wish is one we have for the self, one that acknowledges our true identity – that

I am a spiritual being. An Act of Goodness (AOG) does not have to be a heroic act. A simple shift in our awareness above and beyond the limited perspectives can transform an ordinary act into one that can uplift and inspire others to perform good deeds.

Why this Initiative?

This initiative gives us access to our innate goodness in a way that is sustainable and independent of what is going on around us. As we face increasing turmoil and uncertainty in the world, maintaining a cool head and an open heart is becoming more and more challenging. This is about meeting the overwhelming stress, sorrow and violence with an exponential, ripple effect of care and compassion. People are aware of what a good act is, are already acting with love and kindness, and would ultimately like all their actions to be good. But without the strength that comes from a foundation of spirituality, their actions can be colored by dependencies, attachments, desires and expectations, leading to frustration, resentment, being overwhelmed and complete burn out! And usually the ones who are caring for others consistently neglect themselves. They are looking for guidance. They need spiritual power. And we need to be examples.

AAA Approach

AOG uses an inside-out approach, which recognizes that what we do is important, but how we do it is essential. To support this approach, we will be inviting people to reconnect with their inner goodness, using three access points: Awareness, Attitude and Action.

- Awareness: A state of being aware of and experiencing, that "I" am intrinsically good. It all starts and ends here. What if one AOG could automatically generate countless others? By changing our awareness to a spiritual one that goes far beyond race, gender, age, language, culture, religion, etc., we are tapping into an unlimited potential to instantly transform and elevate our attitude, vision, thoughts, words and actions.
- 2. Attitude: It is a state of mind resulting from the awareness of the self we are holding, which determines our thoughts, feelings and perceptions about everyone and everything. Holding an attitude of unconditional and benevolent feelings allows us to experience goodness in everything we do.
- **3.** Action: Includes any form of expression; from the physical actions we perform through our bodies, to more subtle ones, like the way we see each other, or the thoughts we have.

When we comfort or give happiness to someone, it bounces back and fills us with internal happiness. Good actions make us feel good about ourselves, and an elevated awareness and attitude ensures that the impact of those actions is good.

The "Millions Acts of Goodness - Do Good, Feel Good" offline event is a heartfelt celebration of World Humanitarian Day, where we come together to honor and support the non-teaching staff members of our college. This event is designed to showcase the power of kindness and compassion in creating a positive impact on individuals and communities.

Through this event, we seek to express our deep appreciation for the non-teaching staff members who play a vital role in the smooth functioning of our college. They tirelessly work behind the scenes, ensuring that our educational environment is conducive to learning and growth. Their efforts often go unnoticed, and this event aims to bring them into the spotlight, reminding them that their contributions are valued and essential.

On the occasion of World Humanitarian Day, the spirit of compassion and generosity shone brightly at Jaipur Engineering College and Research Center (JECRC) as 68 teaching staff members came together to make a meaningful difference. With a heartwarming gesture, they selflessly contributed and distributed clothes and food packets to the 122 helping hands/staff of JECRC, which included guards, cooks, sweepers, peons, gardeners, and more. This act of kindness not only provided essential supplies but also served as a reminder of the importance of recognizing and appreciating the invaluable contributions made by every member of the JECRC community. Through their collective efforts, the teaching staff members embraced the true essence of World Humanitarian Day, fostering a spirit of unity, compassion, and care for those around them.

"Millions Acts of Goodness - Do Good, Feel Good" is not merely a one-time event but an opportunity to foster a culture of kindness, empathy, and unity within our college community. It serves as a reminder that even the smallest acts of kindness can create a ripple effect, inspiring others to join in and make a positive impact.

Through this event, we aim to ignite a spirit of compassion that extends far beyond World Humanitarian Day. By engaging in acts of selfless service, we can enrich our own lives and the lives of those around us. It is our collective responsibility to cultivate an environment where empathy and support thrive, creating a nurturing and inclusive space for everyone.

In summary, the "Millions Acts of Goodness - Do Good, Feel Good" event is a celebration of World Humanitarian Day, dedicated to appreciating and supporting the non-teaching staff members of our college. Through the distribution of meaningful gifts, including sarees, dresses, and essential groceries, we aim to express our gratitude, foster unity, and inspire a lifelong commitment to making a positive difference in the lives of others.

Glimpses of the Event

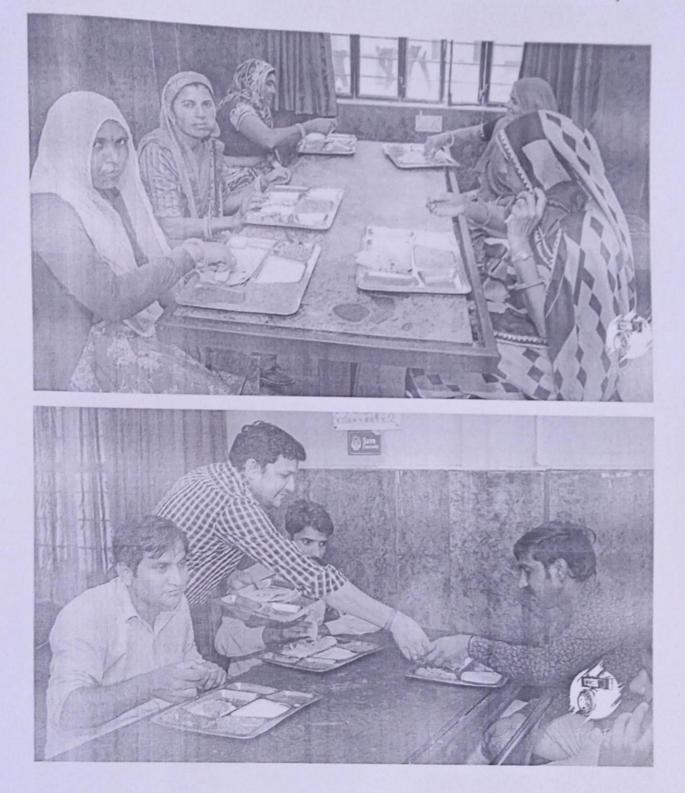
"The team eagerly anticipates the guests' arrival, armed with gifts."

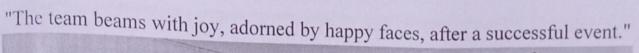


"College staff members extend their generosity, distributing clothing and groceries to fellow non-teaching staff."



"The team graciously treats all participants to a delicious lunch at the Boy's Hostel."







The campaign Million Acts of Goodness blossomed under the guidance of Shri Ramprakash ji's compassionate hands.





Contributor's List

S. No.	Name Giria Iwanta	Unit	S. No.	Name	the and the second	Unit	Unit S	Unit S. No.
1	Ginja Lwania	N	21	Dr. Gioraj (PT)-C	TI-C	TJ-C 1		1
2	Rajan Jha	¥	22	Rajender Sirowa (PT)	a (PT)	a (PT) 4		4
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9	Richa Sharma (GL)	1	29	Aastha Joshi (GL)	GLI	GL) 1		1
10	Fauzia Siddiqui (PT)	40	30	Dr. Kamlesh Mahanwat	anwat	anvat 1		
11	Anju Raiput (Girija)	1	31	Sudha Tiwari		1		1
12	Tripti Dua (Girija)		32	Attambhara Parashar	ashar	ashar 1		· b-+
12	Priyanka Mitra (Girija)	10	33	Buddhiprakash	sh	sh 1		1
14	Sheetal WaywarEiya (Girija)	++	. 34	Ashish Kulshrestha (PT)	na (PT)	na (PT) 1		
15	Madhu Choudhary (Girlja)	-	35	Dr. Vinita Mathur (VM)	r (VM)	r (VM) 2	-	2
16	Rajkumar (PT)	-	36	Rītu Vyas		1		1
17	Ashutosh [PT]	1	44	Manish Jain (MSI-C		NSI-C 1		1 57
50	Waresh (PT)	1	36	Dr. W.P. Singh (VM)	(MN)	T. (MA)	1	T 58 Calender
19	Martina (PT)			Hement Bansal (Vivi	(MAN)	L(NW) I		1 59 Pr. 55
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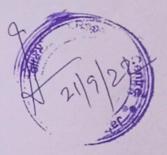
Organizing Team

Faculty Coordinators

S.No.	Name	Designation
1.	Mukesh Agarwal	Head Spiritual Research Cell, JECRC
2.	Chitra Khandelwal	Spiritual counselor
3.	Vinita Mathur	AP, ECE
4.	Parul Tyagi	AP, ECE
5.	Fauzia Siddiqui	AP, ME

Student Coordinators

S.No.	Name	Year	Branch
1.	Priyanshu	II	IT
2.	Devanshi Vijay	II	IT
3.	Kanika Sharma	II	IT
4.	Ayush Roy	Π	IT
5.	Kriti Jain	II	IT
6.	Ayush Gupta	II	IT









Report on

an offline

World Peace Day 21 Sept, 2022

Organized by Spiritual Research Cell Jaipur Engineering College and Research Centre



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Brochure



Let's experience peace

On

WORLD PEACE DAY

Date : 21 September 2022

Time : 03:00 pm

Venue : Wisdom Hall, SRC, JECRC campus, JAIPUR

Contact : 9252011765



Abstract

World Peace Day is a day to reflect on our shared humanity and the importance of peace in our world. This year, we celebrated World Peace Day with us by exploring the power of meditation in promoting inner peace and global harmony. Participants had the opportunity to engage in meaningful conversations with one another and learn new skills for promoting peace and justice in their communities. They practiced a guided Meditation with the help of Ms. Chitra Khandelwal for about 30 minutes. By coming together to celebrate World Peace Day, it inspired the participants a sense of interconnectedness and compassion among participants, and empower individuals to take action towards creating a more peaceful and just world

Glimpses of the event







	Atten	dance Da	ta
5. No. 1	Vame	1º Year	Branch
	Aashutosh Mishra	IV	ECE
	Radhika Dhoot	D	CSE
3)	Yukti Agarwal	Ē	CSE
4)	Sakehi Noruka	II	CSE
5	Acyush Bansal	A	IT
6)	Kanika Sharma	I	IT
7)	Aaysh Roy	Ī	IT
8)	Priyandi	I	IT
9)	Devansti Vijay	セ	IT
10)	Kriti Jain	IJ	IT
19)	Aayush Gupta	Ħ	IT
12)	Vikhil		CSE
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