





SARVAJANIK UNIVERSITY SARVAJANIK COLLEGE OF ENGINEERING & TECHNOLOGY

A REPORT ON

SOUND BATH MEDITATION

9th FEBRUARY 2024

ORGANIZED BY

WOMEN DEVELOPMENT CELL

In collaboration with

YOGA CLUB

Coordinated by
Dr. Kaushika Pal
Prof. Nandkishor Joshi

Objective of the Session

Sound baths enhance well-being, fostering a calm environment. It contributes to a positive atmosphere conducive to learning and productivity. Sound baths promote relaxation by immersing participants in soothing sounds like singing bowls and gongs. The vibrations enhance meditation, reduce anxiety, and improve overall well-being. This therapeutic practice fosters mental clarity, emotional balance, and a deep sense of tranquility, promoting holistic healing and mindfulness.

Objective of the Session



Details of the Session

Date and Time:	9 th February 2024 (9:00 AM to 11:00 AM)
Venue:	NJ Seminar Hall
Targeted Audience	Students of TOE who have opted for Resilience through Public Participation and Yoga & Zumba for Fitness and Faculty members of SCET
Coordinated By:	Dr. Kaushika Pal, Dr. Nandkishor Joshi
Organized By	Women Development Cell and Yoga club
Participation	40+
Speaker	Mrs. Ranjana Agrawal Transformation Coach

Session in Brief:

- For soundbath meditation attendees gathered in NJ Seminar Hall the environment was created for relaxation and mindfulness.
- Instruments Used: The session featured an array of instruments, including singing bowls, gongs, chimes, drums, and vocal toning. Each instrument contributed to the immersive auditory experience, emitting frequencies aimed at inducing deep relaxation.
- Ranjana Agrawal provided gentle guidance at the outset, encouraging participants to settle into a
 comfortable position and focus on their breath. As the session progressed, attendees immersed
 themselves in the sounds, allowing vibrations to permeate their bodies and minds. The experience
 elicited a profound sense of tranquility and inner peace among participants.
- Participants reported various benefits, including reduced stress and anxiety, heightened awareness, and a deeper connection to the present moment. Many expressed feeling rejuvenated and centered after the session, with some noting insights gained during moments of introspection.
- The soundbath meditation session proved to be a good experience for all attendees. Through the
 harmonious interplay of sound and stillness, participants were able to cultivate a profound sense of
 relaxation and well-being.
- We extend our gratitude to Principal, Dr. Hiren Patel for organizing this enriching journey of sound and meditation.
- A Momento was presented to Mrs. Ranjana Joshi by Dr. Kaushika Pal as a token of gratitude from WDC, SCET.
- The Workshop was ended after group photograph.

Some Glimpse of the Session:







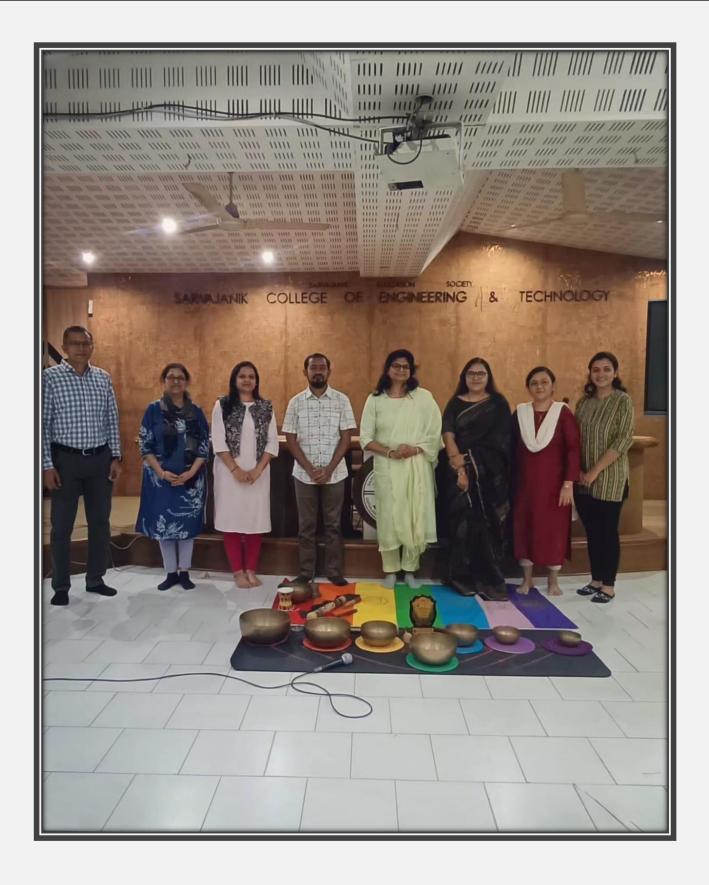












Report Compiled by Dr. Kaushika Pal