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**SARVAJANIK UNIVERSITY  
SARVAJANIK COLLEGE OF ENGINEERING & TECHNOLOGY**

**A REPORT ON  
SOUND BATH MEDITATION**

held on  
**9<sup>th</sup> 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

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**SARVAJANIK UNIVERSITY**  
**SARVAJANIK COLLEGE OF ENGINEERING & TECHNOLOGY**  
organizes  
**SOUND BATH MEDITATION**



**Mrs. Ranjana Agrawal**  
Transformation Coach

**Date: February 9, 2024**  
**Time: 9:00 AM to 11:00 AM**  
**Venue: NJ Seminar Hall**

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 [scet.ac.in](http://scet.ac.in)  Sarvajnik College of Engineering & Technology  [scetsurat\\_official](https://www.instagram.com/scetsurat_official)

## Details of the Session

|                   |   |
|-------------------|---|
| Date and Time:    | 9 <sup>th</sup> 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*