



**Sarvajani Education Society**  
**Sarvajani College of Engineering and Technology**  
**A Constituent Institute of Sarvajani University, Surat**



**National Service Scheme (NSS)**

**Title of Event:** Self Empowerment with Twin Heart Meditation

**Date of Event:** 24/06/2022

**Venue:** Shri Dayalaji Kasanji Bhatarkar Vidya Sankul, Althan, Surat






**Event Description:** We had organized the "Self Empowerment with Twin Heart Meditation" on 24<sup>th</sup> June 2022 as a part of celebration of foundation month of Sarvajani University with Aakaar Pranik Healing Center.

**Event Objectives:**

1. To reduce stress and anxiety.
2. To improve focus and concentration.
3. To increase calmness.


**Total No. of Participants:** 250 students

**Outcomes of the Event:** In this event around 250 students of 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup>, & 12<sup>th</sup> standard along with teachers participated in learning super brain yoga. Further 80 students of 12<sup>th</sup> standard learned Twin Heart meditation. Super brain yoga & twin heart meditation are proven techniques given by Master Choa Kok Sui under Pranik Healing for enhancing learning skill, memory and creativity. These techniques help students enhance stress coping strategies, develop emotional competence & mental faculty.



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National Service Scheme (NSS)  
Celebration of Foundation Month of Sarvajani University  
"Self Empowerment with Twin Heart Meditation"

Venue: Shree Dayalji Kasanji Bhatarkar  
Vidya Sankul, Panas-Althan Road,  
Near R. D. Park, New City Light,  
Surat.



Event Coordinator: Prof. Neeta H. Chapatwala  
Date: 24/06/2022  
Time: 8:00 am onwards



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