

SARVAJANIK COLLEGE OF ENGINEERING & TECHNOLOGY

A Report on

*Session on Meditation*

(2<sup>nd</sup> March, 2019)



*by*

**Yoga Club**

Sarvajanik College of Engineering and Technology

Dr. R. K. Desai Marg, Athwalines, Surat395001

Gujarat.



Yoga club, under SAWC, had arranged a Session on Meditation for the benefit of staff & students of SCET on Saturday, 2<sup>nd</sup> March, 2019. Three volunteers of Dhammambica Vipassana Dhyana Centre Mr. Narendrabhai Bharwada, Ms. Kavitaaben patali and Ms. Dipikaben Gheewala conducted the session. The event was co-ordinated by Prof. Chhaya Suratwala From EC department.

Session started with formal introduction given by Prof. Surhir Yardi about volunteers from Dhammambica Vipassana Dhyana Centre. Session started at 9:00 AM in the presence Dean SWAC and staff from various Departments. Staff from Departments like EC, IC, EL, IC, ASH, and Chemical has participated and took benefit from the lecture, videos and mediation itself. Number of participants were 19. Closing the session followed by flowerily felicitation of Guest by Prof. Chhaya Suratwala. Session concluded at 10:45 with the distribution of free broacher. That broacher contains information about fore Cumming seminars at Dhammambica Vipassana Dhyana Centre.

### **INSIGHT:**

Vipassana, which means to see things as they really are, is one of India's most ancient techniques of meditation. Session contained information about vipassana, benefits of mediation and mediation itself. Briefing about power of subconscious mind, way to evoke subconscious mind and learn to live in present was demonstrated with "AANAPAN" process. This "AANAPAN" was carried with the help of Audio Visual Aid available in III Cell (AV room) IC Dept.

Few listed benefits of mediation are Stress reduction, Controlling anxiety, Enhances Self-Awareness, Generate Kindness, Help Fight Addictions. Brief about 10 days course of Vipassana is delivered. That technique is taught at ten-day residential courses during which participants follow a prescribed Code of Discipline, learn the basics of the method, and practice sufficiently to experience its beneficial results. This is non profitable trust that serves the people.

Conducted by :	SCET Yoga Club
Date/Time :	2th March, 2019, 9:00 Am to 10:45 Am
Venue :	IIICell (AV Room) IC Dept.
Target Audience :	Students and Staff
Coordinated by :	Prof. Chhaya Suartwala
Participants :	19

Thanks and Regards,

Team,

SCET Yoga Club.

## **ACKNOWLEDGEMENT**

I on behalf of Yoga club members acknowledge the support provided by every faculty, staff members and students to make the event happen.

We are thankful to Honourable Principal madam Dr. Vaishali Mungurwadi for granting permission for the said event.

We are thankful to Prof. Sudhir Yardi, Dean SAWC SCET for his gracious presence and enthusiastic participation.

Lastly, thank to coordinator and all the resource persons and participants without whom the workshop could not have been planned or executed.

**FEW GLIMPSES OF “SESSION ON MEDITATION”**

