



Sandip University

School of Engineering & Technology

Mahiravani, Trimbak Road, Nashik – 422 213

Report

on

Eminent Lecture Series

Academic Year 2022-23, Semester I

Organised by

Department of Basic Engineering Sciences

Convener

Dr. Mahendra D. Shinde

Associate Professor & Head

First Year B. Tech

SOET, SUN.

Coordinator

Mrs. Megha Kothawade,

Assistant Professor

First Year B. Tech

SOET, SUN.



Eminent Lecture No. 03

Topic: *“Importance of Yoga, Meditation and Pranayam in Youth's Life”*

Resource Person: **Chandrakant Thakur (Art of Living)**

Date: Friday, JAN 12th, 2023

Time: 09.00 am to 11.00 am

Venue: Y Building, Seminar Hall, SOET

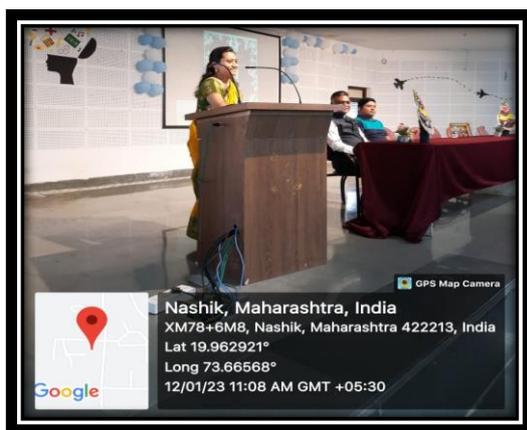
A guest lecture on **“Importance of Yoga, Meditation and Pranayama in Youth's Life”** organized by the Department of Basic Engineering Sciences on Dt. 12-01-2023 for the First Year B. Tech. students. The eminent speaker was **Chandrakant Thakur (Art of Living), Nashik.**

The session initiated by the introduction of Mr. **Chandrakant Thakur, Trainer (Art of Living)** Mrs. Megha Kothawade introduced and welcome the eminent speaker.

The **Art of Living** is a national level Institute has been a pioneer in yoga and meditation educations for many decades. It addresses students of mental health challenges and many conditions linked to anxiety and stress. Long term solution is to train students in yoga techniques which help them to achieve balance. **Gurudev Sri Sri Ravi Shankar is the Founder of the Art of Living Institute**

Gurudev has brought yoga, meditation, and practical wisdom to millions of people in 180 countries. As per Gurudev “Whenever you are in love and feel joyous, your mind is in the present. That is when you achieve yoga. The art of living lies in being in the present moment.”

The program then handover to Ms. Trisha and Janavi. Ms. Trisha and Janavi are the students of Firs Year B. Tech. The program arranged on the occasion of Youth Day. National Youth Day of India is celebrated on 12 January every Year. January 12 is celebrated as National Youth Day in honour of **Swami Vivekananda** who was born on this very day. Swami Vivekananda was a renowned Hindu monk who believed in people, especially the youth, and that the future of the country along with the world can be improved if its people are true, unselfish and educated. This day is not just celebrated in India but the Ramakrishna Mission branches present all over the world also celebrate the Youth Day. The National Youth Day is also known as **Yuva Diwas**.



Eminent Speaker Mr. **Chandrakant Thakur** started focussing on the topic. Yoga meditation can help tackle many of the problems faced by students. Yoga is a way of life that helps students by way of self-awareness, self-reliance and self-regulation. Meditation creates healthy brainwave pattern or the Alpha state that encourages healing

❖ **What is Stress?**

Stress can be defined as any type of change that causes physical, emotional or psychological strain. Stress is your body's response to anything that requires attention or action. Everyone experiences stress to some degree. The way you respond to stress, however, makes a big difference to your overall well-being.

Stress affects both the brain and body. Little bit of stress is good for people to perform and protect themselves but too much stress can overwhelm them leading to fight, flight or freeze response. So learning how to cope with stress is important for our mental and physical wellbeing.



❖ **Necessity of meditation and yoga for students**

It relieves stress among students that can allow them to overcome obstacles in their academic lives in a better way. As meditation techniques requires strong

attention, it aids students in enhancing the ability to concentrate in difficult situations.

❖ Source of relaxation

Yoga and meditation are often considered as a good source of relaxation as they aid in lowering blood pressure as well as hormone regulation. Additionally, by doing yoga on a daily basis, students can obtain a better immune system thus a healthier body. Mr. Chandrakant Thakur conducted some brain and body war up activities during the session.



❖ Effects of practice meditation

Students who practice meditation every day definitely have better grades and lower levels of stress. They also have better were more alert; concentration was better and could show improved resistance to the physical effects of stress especially during exams.

Meditating the college students show improvement in academic performance of students and shows improvement in subjects like Math and science.



The Associate Dean Dr. Prakash Burade of school of Engineering & Technology and F.E. HOD Dr. Shinde Sir and all the staff and students attended the session.



Session in progress



At last the Head of the Basic Engineering Sciences department Dr. M. D. Shinde give vote of thanks and concluded the session.

Student's Feedback: As per feedback of the students, the topic covered was appreciated by most of the students and requested to arrange such sessions in the future also.

Event Photos



