



# **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. 04

**Topic:** *“Mind Matters”*

**Resource Person:** **Saurabh Toche (Art of Living)**

**Date:** Tuesday, 31<sup>st</sup> January 2023

**Time:** 01.00 P.m. to 03.00 P.m.

**Venue:** Y Building, Seminar Hall, SOET

A guest lecture on “Mind Matters” organized by the Department of Basic Engineering Sciences on Dt. 31-01-2023 for the First Year B. Tech. students. The eminent speaker was Saurabh Toche (Art of Living, RJ at Red F.M.), Nashik.

The session initiated by the introduction of Mr. Saurabh Toche, Trainer (Art of Living & RJ at Red F.M.) 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 for mental health challenges and many conditions linked to anxiety and stress.

**Mind Matters** is used to describe a situation in which someone is able to control a physical condition, problems, etc. by using the mind

It is natural and common that people will put some negativity, but when you are deeply connected inside, when you have that intuition, you will just smile through them all. You will put a filter into your ears.

You know that is how the world is. You know that there are some pleasant and some unpleasant things. How we manage them and keep our direction, that is what is most important.

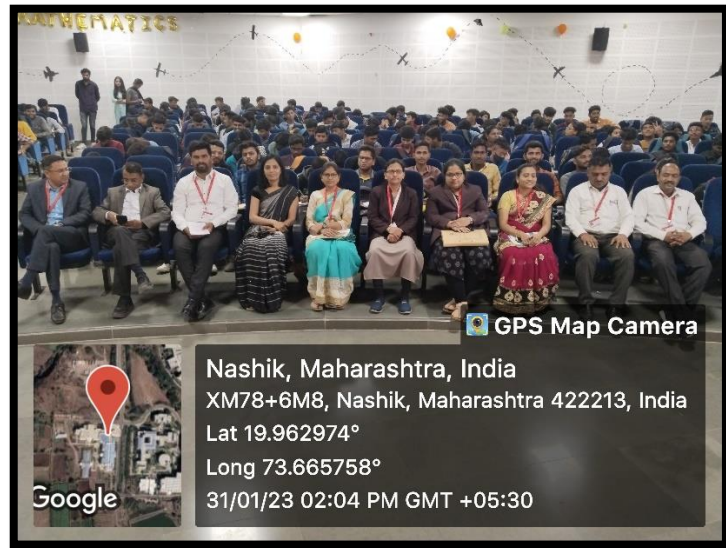
Eminent Speaker **Mr. Saurabh Toche** started focussing on the topic. Mind Matters can help tackle many of the problems faced by students. Mind is a way of life that helps students by way of self-awareness, self-reliance and self-regulation. Mind Relaxation creates healthy brainwave pattern or the Alpha state that encourages

#### ❖ **What is Stress of Mind?**

Stress of Mind 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 Mind Control for students

It relieves stress among students that can allow them to overcome obstacles in their academic lives in a better way. As mind control techniques requires strong attention, it aids students in enhancing the ability to concentrate in difficult situations.

#### ❖ Source of Thinking in Positive Attitude to boost up Brain

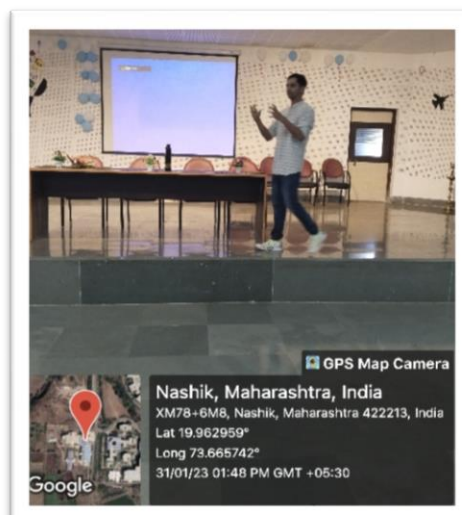
Yoga and meditation are often considered as a good source of Positive thinking as they aid in lowering blood pressure as well as hormone regulation.

Additionally, by doing yoga on a daily basis, students can obtain a better immune system thus a healthier body & mind. Mr. Saurabh Toche conducted Student interaction. One to one basis Talk session.

F.E. HOD Dr. Shinde Sir and all the staff and F.E. B. Tech students attended the session.



**The Session Continues**



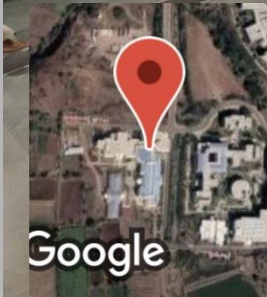
At last the Head of the Basic Engineering Sciences department Dr. M. D. Shinde give vote of thanks and concluded the session.



**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.



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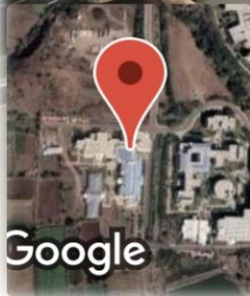
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