



Panipat Institute of Engineering and Technology

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Department of Applied Sciences and Humanities

Ref. No. *PIET/ASH/LS/20/03*

Dated: 6th March 2020

NOTICE

Meditation: Concentration

We are going to announce a special meditation session focused on Topic "Concentration". This session is designed to help you improve your focus and concentration, which can be beneficial for your studies and overall well-being.

Details of the Session:

Date: 9th March 2020

Time: 9:15am-10:00am

Location: Seminar Hall, A-Block

Instructor: Dr. Sanjeev Kumar (Associate Professor, ASH, PIET)

In this session we will learn the basics and benefits of focused meditation. Practice deep breathing to calm the mind and prepare for meditation and get practical advice on how to incorporate concentration meditation into your daily routine.

We encourage all students to take advantage of this opportunity to enhance your concentration skills.

For any questions or further information, please contact Ms. Tamanna Sethi (Assistant Professor, PIET).

CC:

1. All HODs
2. Notice Boards

Tamanna Sethi
Head of Department
6/3/20
Panipat Institute of Engineering & Technology
Pattikalvana, SAMALKHA (Panipat)



Report on Meditation Session – “Concentration”

Date: 9th March 2020

Time: 9:30am-10:30am

Location: Seminar Hall, A-Block

Instructor: Dr. Sanjeev Kumar (Associate Professor, ASH PIET)

Participants: 58

Objective:

The primary objective of meditation is to develop a state of mental clarity, emotional calm, and physical relaxation. Here are some specific objectives:

Reduce Stress

Improve Focus and Concentration

Enhance Emotional

At 9:15 a.m., the students came in the Seminar Hall (A-Block). After everyone had properly settled down, the meditation class started with a hearty greeting from Dr. Sanjeev Kumar, the instructor. The Department successfully organized a Meditation Session “Concentration” to help students improve their focus and concentration. The session was well-attended and received positive feedback from participants.

Key Outcomes:

Students gained a deeper understanding of how meditation can enhance their focus, reduce stress, and improve overall well-being. Participants reported feeling more focused and concentrated during and after the session. They appreciated learning techniques to maintain this focus in their daily activities. The guided meditation exercises led by Dr. Sanjeev Kumar helped students feel more relaxed and calm, contributing to a peaceful state of mind. The majority of students expressed satisfaction with the session. They found the breathing techniques and guided meditation particularly helpful.

Overall, the Concentration Meditation Session was a successful event that provided students with valuable tools to enhance their focus and mental clarity.

Pics of Meditation – “Concentration”



Pic1: Mediation session taken by Dr. Sanjeev (Associate Professor, PIET)



Pic2: Students doing Meditation



PANIPAT INSTITUTE OF ENGINEERING & TECHNOLOGY

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Attendance (Meditation: Concentration)-2019-20

S. No	Roll No	Name	Signature
1	2819012	DEEPANSHI	Deepanshi
2	2819018	KSHITIJ BHARDWAJ	Kshitij
3	2819032	SHIVANI DESHWAL	Shivani
4	2819039	SARTHAK	Sarthak
5	2819044	VIKRANT	Vikrant
6	2819045	EKJOT SINGH	Ekjot
7	2819047	AMAN DIXIT	Aman
8	2819058	ANKIT SINGH	Ankit
9	2819061	GAURAV KUMAR SINGH	Gaurav
10	2819064	RAVI KIRTI MAHTO	Ravi
11	2819067	LAKSHIT MITTAL	Lakshit
12	2819071	PUSHKAR JAIN	Pushkar
13	2819080	ANUKRITI	Anukriti
14	2819086	YASH KUMAR	Yash
15	2819090	ASHISH	Ashish
16	2819230	BINOD LAMICHHANE	Binod
17	2819233	NANDINI WADHWA	Nandini
18	2819247	MAHIR KHURANA	Mahir
19	2819095	YAJUR VED	Yajur
20	2819096	GAURAV	Gaurav
21	2819268	RADHIKA GUPTA	Radhika
22	2819269	SHYAM NANDAN SINGH	Shyam
23	2819270	LUCKY RAJ	Lucky
24	2819272	SAURABH KUMAR	Saurabh
25	2819273	RAUSHAN KUMAR	Raushan
26	2819274	RAHUL KUMAR	Rahul
27	2819275	CHANDAN KUMAR RAVI	Chandan
28	2819276	RAGHAV GUPTA	Raghu
29	2819277	VIKAS KUMAR	Vikas
30	2819278	RIYA	Riya
31	2819279	SOURAV KUMAR SINGH	Sourav
32	2819280	VIKRANT CHUGH	Vikrant
33	2819281	DEEPANSHU	Deepanshu
34	2819282	SHATRUGHAN DANGI	Shatrughan
35	2819283	RISHABH JAIN	Rishabh
36	2819300	AANAND KUMAR CHAUDHARY	Anand
37	2819301	SHIVAM SEHRAWAT	Shivam
38	2819401	ADITYA RAJ	Aditya

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39	2819404	SAKSHAM MIGLANI	Saksham
40	2819405	VIKAS	Vikas
41	2819407	MD SHAH ALAM	MD Shah Alam
42	2819408	MONU KUMAR	Monu
43	2819409	NIKITA	Nikita
44	2819410	MAYANK RAMAN	Mayank Raman
45	2819411	VIDHI GOLASH	Vidhi
46	2819412	BIKEY KUMAR CHAURASIYA	Bikesh Kumar
47	2819414	IMROZ WAJID	Imroz
48	2819415	ROHIT	Rohit
49	2819416	MANISH KUMAR	Manish
50	2819418	MUKESH KUMAR KAMTI	Mukesh
51	2819419	RAHUL MAHATO	Raghu Rahul
52	2819276	RAGHAV GUPTA	Raghu
53	2819277	VIKAS KUMAR	Vikas
54	2819278	RIYA	Riya
55	2819279	SOURAV KUMAR SINGH	Sourav Kumar
56	2819280	VIKRANT CHUGH	Vikrant
57	2819281	DEEPANSHU	Deepanshu
58	2819282	SHATRUGHAN DANGI	Shatrughan

Sethi
9/3/20
Tamanna Sethi