



Panipat Institute of Engineering and Technology

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Department of Applied Sciences and Humanities

Ref. No. PIET/ASH/LS/22/06

Dated: 4th April 2022

NOTICE

MEDITATION: "FIND YOUR INNER STRENGTH"

This is the information for all the concerned that Department of Applied Sciences & Humanities is organizing a session on **Meditation: "Find your Inner Strength" on 8th April 2022**. The session will start at 10:00 am in Seminar Hall (Ground Floor, A-Block). Interested students can register their name and contact to Ms. Tamanna Sethi, Assistant Professor, Mathematics (9812445463)

CC:

1. All HODs
2. Notice Board


Head of Department

HOD, Applied Sc
Panipat Institute of Engineering & Technology
Pattikalvana, SAMALKHA (Panipat)

REPORT ON MEDITATION: "FIND YOUR INNER STRENGTH"

Event Details

TitleoftheEvent	Meditation: Find your Inner Strength
DateoftheEvent	8 th April 2022
Timings	10:00 am to 11:30 pm
Venue	Seminar Hall (A Block Ground Floor)
No.of ParticipantsAttended	57
Mode	Offline
Resource Person	Dr. Sanjeev, Professor, Mathematics
Coordinator	Ms. Tamanna Sethi, Assistant Professor, ASH

The Applied Sciences & Humanities department organized a Session on Meditation: "Find your Inner Strength". The event took place on 8th April 2022 and around 57 students were participated in the event.

The objective of the event is to help students to discover inner peace and improve their physical and mental health.

The session was designed to be both informative and interactive. It began with a brief introduction to the concept of meditation and its significance. The atmosphere throughout the event was relaxed and welcoming. Dr. Sanjeev, Professor, ASH was the expert leading the meditation session. He guided the students through various techniques to calm their minds, encouraging them to focus on their breathing and find a sense of calmness. Students learned about the numerous benefits of meditation, including reduced stress, enhanced focus, improved emotional health, and increased self-awareness. Students appreciated the opportunity to take a break from their usual academic routines and focus on their health. Many of them reported feeling more refreshed and centered after the sessions.

Overall, the Meditation: "Find your Inner Strength" program was a great success. It provided students with valuable skills for managing stress and maintaining a healthy lifestyle. The Applied Sciences & Humanities department plans to hold similar events in the future to continue promoting well-being among students.

Glimpse of Meditation Session:



Pic 1: Introduction of Meditation by Dr. Sanjeev, Professor, ASH



Pic 2: Practical Session of Meditation



PANIPAT INSTITUTE OF ENGINEERING & TECHNOLOGY

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List of Participants: (Meditation: Find your Inner Strength)

S. No	Roll No	Name
1	2821001	AASHISH YADAV
2	2821002	ABHAY KUMAR
3	2821003	AKBAR ALAM
4	2821005	AKSHAT KUMAR SHARMA
5	2821220	AKSHIT GOEL
6	2821012	ANKIT
7	2821013	ANKIT KUMAR RAJ
8	2821014	ANKITA
9	2821015	ANKUR
10	2821016	ANSHU KUMAR
11	2821017	ANSHUL
12	2821018	ANUBHAV
13	2821019	ANURAG
14	2821022	ARYAN GOEL
15	2821216	ARYAN RAJ
16	2821023	ASHIK JHA
17	2821024	ASHISH KUMAR
18	2821025	ASHISH KUMAR
19	2821027	BADAL KUMAR
20	2821028	BHARTI
21	2821030	BHAWNA BHATIA
22	2821031	BIBEK BANBARIYA
23	2821032	BIBEK GUPTA
24	2821219	BOBY RAJ
25	2821034	CHAKSHU MENON
26	2821035	DEEPAK
27	2821036	DEEPALI KUMARI
28	2821038	DIVYA SHARMA
29	2821040	GAURI SHARMA
30	2821042	GURJOT SINGH
31	2821043	HARISH
32	2821046	HARSHIT SANHI
33	2821226	HIMANSHU ARORA
34	2821049	HIMANSHU KAUSHIK

Sethi
Pamanna Sethi

35	2821050	ISH KUMAR	ISH
36	2821051	ISHIKA MIGLANI	ISHIKA
37	2821211	JATIN KUMAR	Jatin
38	2821053	KAARUN JANGRA	Kaarun
39	2821055	KASHISH ARORA	Kashish
40	2821056	KESHAV GOYAL	Keshav
41	2821057	KOVID BAJAJ	Kovid
42	2821058	KRISH	Krish
43	2821273	KRRISH SADANA	Krish Sadana
44	2821059	KUMAR BAIJNATH	Kumar Baijnath
45	2821061	LAVISH CHAUHAN	Lavish
46	2821225	MD AABIR MUSTAFA	MD Aabir
47	2821215	MD JAWED	MD Jawed
48	2821272	NAVNEET KUMAR	Navneet
49	2821222	NIKET RAJ	Niket
50	2821218	PRACHI	Prachi
51	2821227	PRIYANSHU	Priyanshu
52	2821270	PRIYANSHU DHIMAN	Priyanshu Dhiman
53	2821271	RANJAN KUMAR YADAV	Ranjana
54	2821167	SHWETA	Shweta
55	2821228	SUJEET ANAND	Sujeet Anand
56	2821531	AJAY BOORA	Ajay
57	2821533	DEEPAK	Deepak

Sethe

Tamanna Sethe