



Panipat Institute of Engineering and Technology

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Department of Computer Science and Engineering

Ref. No. PIET/CSE/LS/23/4

Dated: 28-04-23

NOTICE

This is information of all concerned that club Comp Techies is organizing a “DETOX THE MIND” workshop on 05-05-23. Interested students can contact the coordinators.

Sr no.	Name	Department	Designation
1	Mr. Puneet Sharma	CSE	Coordinator
2	Mr. Kunal Uppal	CSE	Coordinator
3	Mr. Vijender Singh	CSE	Coordinator

The above team will carry out all necessary arrangements for the same.

**HOD (CSE)
PIET, Samalkha**


Head of Department

CC:

1. AllHODs
2. Notice Boards



Report on One Day Workshop - DETOX THE MIND

Workshop Details

Title of the Event	Detox the Mind
Date of the Event	5 th May 2023
Timings	11:30 am to 12:30 pm
Venue	Seminar Hall (E-Block Ground Floor)
No. of Participants Attended	60
Mode	Offline
Resource Persons	Mr. Ajay Sharma Head & Associate Professor Department of Commerce RKSD (PG) College, Kaithal (Haryana)
Coordinators	Mr. Puneet Sharma, Mr. Kunal Uppal and Mr. Vijender Singh

The objective of the workshop was to explore the power of visualization and conduct a SWOT analysis to help students detoxify their minds. The session aimed to provide insights into boosting physical and mental health, overcoming negative thoughts, and facing struggles effectively.

The workshop commenced with warm welcome of Mr. Ajay Sharma, Head & Associate Professor, Department of Commerce, RKSD(PG) College, Kaithal (Haryana) and inaugurated at 11:30 am with lamp lighting. Mr. Ajay Sharma addressed our students with an introduction to the concept of mind detoxification. He highlighted the importance of maintaining a healthy mind for overall well-being and success.

He Discussed the interconnection between physical health and mental health. He explained how regular physical activities and a balanced diet contribute to a healthier mind. Students were motivated to adopt daily exercise routines and mindful eating habits. The workshop highlighted the significance of mental health and strategies to improve it. He shared techniques such as meditation, deep breathing exercises, and maintaining a positive outlook. He stressed the importance of seeking help when needed and being open about mental health issues. Mr. Sharma provided practical tips on identifying negative thought patterns and replacing them with positive affirmations. Students were guided to imagine positive outcomes in challenging situations and view challenges as opportunities for growth.

The workshop concluded with an interactive Q&A session, where students actively participated and shared their thoughts and queries. Mr. Sharma's engaging and insightful

session left a profound impact on the attendees, equipping them with practical tools to detox their minds and approach life with a positive mindset. The workshop received positive feedback from the students, who appreciated the relevance and applicability of the techniques discussed.

The workshop is ended with vote of thanks by Dr. S.C. Gupta, HOD, CSE. He expressed his gratitude to Mr. Ajay Sharma for his valuable time and wisdom. he also thanked the director, Panipat Institute of Engineering and Technology for organizing such type of informative workshop.



**PANIPAT INSTITUTE OF
ENGINEERING & TECHNOLOGY**
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DETOX *the Mind*

- Power of visualisation, SWOT analysis, challenges and opportunities in life.
- Meaning of Detoxification.
- Boost your physical health, mental health, emotional, & spiritual health.
- Achieving academic, career and sports goals.
- How to overcome negative thoughts.
- Beliefs, placebo effect, how to face struggle, power of affirmations and more...

**ORGANIZED BY DEPARTMENT OF COMPUTER SCIENCE ENGINEERING & DEPARTMENT
OF COMPUTER SCIENCE APPLICATION**

DATE: 05/05/2023 (FRIDAY) | TIMING: 11:30 AM TO 12:30 PM



MR. AJAY SHARMA

Head & Associate Professor
Department of Commerce
RKSD(PG) College, Kaithal (Haryana)

FACULTY COORDINATOR

Mr. Kunal Uppal (CSE)
9355527070

Mr. Puneet Sharma (CSE)
9416451524

Mr. Vijender Singh (DCA)
9671481042

Venue:

Seminar Hall,
Ground Floor,
E Block

www.piet.co.in | 1800 120 6884

Picture 1: Leaflet of workshop: Detox the Mind



Picture 2: Welcome of Mr. Ajay Sharma, Head & Associate Professor, RKSD(PG) College, Kaithal (Haryana)



Picture 3: participants attending the workshop



Picture 4: Expert Session by Mr. Ajay Sharma, Head & Associate Professor, Department of Commerce, RKSD(PG) College, Kaithal (Haryana)



Picture 5: Felicitation of Mr. Ajay Sharma, Speaker by Mr. Kunal Uppal and Mr. Vijender Singh



PANIPAT INSTITUTE OF ENGINEERING & TECHNOLOGY

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List of Registered Students (DETOX THE MIND)

S. No	Roll No	Name
1	2819003	KOMAL
2	2819004	MANAV CHAWLA
3	2819007	GAUTAM BATHLA
4	2819008	DIVYA
5	2819009	SRISHTI
6	2819010	LUCKY KHANNA
7	2819011	KAJAL NARANG
8	2819013	JITENDER
9	2819014	NIDHI
10	2819017	JATIN DHAMIJA
11	2819019	PIYUSH NARWAL
12	2819020	AAKASHDEEP ROHILLA
13	2819021	GURVI
14	2819023	BHARAT WADHWA
15	2819024	AMAN KUMAR
16	2819025	PRABAL SHARMA
17	2819028	RAHUL CHAUDHARY
18	2819029	LAKSHAY BHANDARI
19	2819031	SONIA MALIK
20	2819036	AKSHAY BHATIA
21	2819048	SAGAR
22	2819049	MUSKAN
23	2819056	AMAN SHARMA
24	2819057	RISHAV KUMAR
25	2819059	MIHIR SHARMA
26	2819062	HIMANSHU
27	2819063	SHANU BATRA
28	2819069	NAVYA
29	2819072	MD. HESAMUNE HAQUE
30	2819077	MADEHIA CHOUDARY
31	2819081	UPASNA
32	2819085	NIKITA BIRUA
33	2819088	VIPUL RATHEE
34	2819089	PIYUSH VERMA
35	2819092	SARTHAK SHARMA
36	2819005	AADITYA KUMAR
37	2819015	AJAY KUMAR

kan
M. B. I.
C. B.
Divya
Srishti
heer
Kajal
Jitender
Nidhi
Jatin
Piyush
Aakashdeep
Gurvi
Bharat
Aman
Rahul
Lakshay
Sonia
Akshay
Sagar
Muskan
Aman
Rishav
Mihir
Himanshu
Shanu
Navya
Hesamune
Madehia
Upasna
Nikita
Vipul
Piyush
Sarthak
Aaditya
Ajay

(Handwritten signature)

38	2819022	ANSHIKA SINGHAL
39	2819030	NAGGENDER SINGH
40	2819035	NAMIT GOEL
41	2819037	DIVIT SEHGAL
42	2819038	JATIN ARORA
43	2819042	MOKSH SETHI
44	2819043	SHUBHAM MITTAL
45	2819046	TANUJ ROHILLA
46	2819050	HIMANSHU SHARMA
47	2819051	JATIN KUMAR
48	2819053	RAHUL BANSAL
49	2819065	SHUBHAM SHRIVASTAVA
50	2819068	SUKRITI SINGH
51	2819070	DEEPCHAND
52	2819073	KONIKA ARORA
53	2819084	VAIBHAV
54	2819098	JITENDER
55	2819100	SARTHAK SARANGLE
56	2819101	ASHISH KUMAR
57	2819105	KASHISH JAIN
58	2819106	PRATIKSHIT GUPTA
59	2819111	PURVA JHAMB
60	2819112	BHARAT JOSHI

Anshika
 Nagender
 Namit
 Divit
 Jatin
 Moksh
 Shubham
 Tanuj
 Himan
 Jatin
 Rahul
 Shubham
 Sukriti
 Deep
 Konika
 Vaibhav
 Titender
 Sarthak
 Ashish
 Kashish
 Pratikshit
 Purva
 Bharat

Prince