



Panipat Institute of Engineering and Technology

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Department of Applied Sciences and Humanities

Ref. No. PIET/ASH/LS/22/10

Dated: 11th Oct. 2022

NOTICE

"Healing Meditation: A Process of a Determined Focus."

We are going to announce a special session on Healing Meditation titled "A Process of a Determined Focus." This session is designed to help you connect the power of meditation to improve your mental and physical well-being.

Event Details:

- **Topic:** Healing Meditation: "A Process of a Determined Focus"
- **Speaker/Instructor:** Sh. Deepak Singhal, Art of Living Faculty
- **Date:** 13th Oct. 2022
- **Time:** 11:00am to 12:30pm
- **Venue:** APJ Auditorium.

We encourage all students to participate in this healing meditation session to enhance your well-being and develop a determined focus.

For any further information, please contact the Event Coordinator – Ms. Tamanna Sethi (9812445463).


Head of Department

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

CC:

1. All HODs
2. Notice Boards



Report on Healing Meditation: "A Process of a Determined Focus"

Date: 13th October 2022

Venue: APJ Auditorium, PIET

Time: 11:00 am -12:30 pm

No. of Participants: 157

Resource Person: Sh. Deepak Singhal, Art of Living

Coordinator: Ms. Tamanna Sethi, Assistant Professor, ASH

The Applied Sciences & Humanities department organized a session on "Healing Meditation: "A Process of a Determined Focus" on October 13th, 2022. The session began with a very warm welcome to Sh. Deepak Singhal, a respected faculty member from the Art of Living organization. Prof. (Dr.) Vinay Khatri, HOD, Applied Sciences & Humanities, addressed the students and gave a brief introduction about the expert. Sh. Deepak Singhal started the session with an introduction to meditation and healing practices.

The primary goal of the session was to introduce students to the concept of healing meditation, which involves a focused and deliberate approach to achieving mental clarity and emotional well-being. Sh. Deepak Singhal began the session by explaining the fundamentals of healing meditation, emphasizing the significance of a determined focus in the process.

The session included various meditation techniques designed to help students relax, relieve stress, and connect with their inner selves. **Sh. Deepak Singhal** guided the participants through breathing exercises and mindfulness practices, encouraging them to remain present and centered. His instructions were clear and easy to follow, making the session accessible to both beginners and those with prior meditation experience.

One of the highlights of the session was the group meditation exercise, where all 157 students participated simultaneously. The atmosphere was peaceful and calm, with participants focusing on their breathing and letting go of distractions. Sh. Deepak Singhal emphasized that meditation is not about emptying the mind but rather about embracing a state of calm and clarity.

A vote of gratitude ended the meeting. The coordinator, Ms. Tamanna Sethi, expressed gratitude to Sh. Deepak Singhal for the session. She also thanked the organizing team for helping to make the event a huge success.

Pics of Healing Meditation: "A Process of a Determined Focus"



Pic 1: Introduction on Healing Meditation by Sh. Deepak Singhal



Pic 2: Healing Meditation: "A Process of a Determined Focus" by Sh. Deepak Singhal



PANIPAT INSTITUTE OF ENGINEERING & TECHNOLOGY

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Attendance (Healing Meditation: A Process of a Determined Focus)

S. No	Roll No.	Name	Sign	S.No.	Roll No.	Name	Sign
1	2822063	SANTOSH PRASAD BARNAWAL	Santosh	20	2822302	UDAY GOEL	Uday
2	2822065	UTKARSH	Utkarsh	21	2822303	KRITIKA JAIN	Kritika
3	2822066	SEEMA	Seema	22	2822304	AKSHAY	Akshay
4	2822067	MARBIN CHAUDHARY	Marbin	23	2822305	SHIV KUMAR	Shiv
5	2822069	AKSHAY	Akshay	24	2822306	RINKU	Rinku
6	2822070	DIPANSHU DAHIYA	Dipanshu	25	2822307	ANKIT	Ankit
7	2822071	KAJAL	Kajal	26	2822308	DIPANSHU	Dipanshu
8	2822072	DIKSHA	Diksha	27	2822309	VANSH AHUJA	Vansh
9	2822074	SAUGAT KAPRI	Saugat	28	2822310	SANJU	Sanju
10	2822075	KHUSHI CHOUDHARY	Khushi	29	2822311	HARSH	Harsh
11	2822076	RITIK BALIYAN	Ritik	30	2822314	ARUN	Arun
12	2822077	SURAJ BADESRA	Suraj	31	2822315	KHUSHI TYAGI	Khushi
13	2822078	LAKSHAY	Lakshay	32	2822316	DEEPANSHU	Deepanshu
14	2822228	YUVRAJ SINGH	Yuvraj	33	2822317	SHUBHAM	Shubham
15	2822292	OJAS GOYAL	Ojas	34	2822318	MOHAMMAD SAIF	Mohammad
16	2822293	SAHIL	Sahil	35	2822319	SATYAM GUPTA	Satyam
17	2822079	AKSHIT ARORA	Akshat	36	2822320	UDIT KWATRA	Udit
18	2822080	KAMAL	Kamal	37	2822322	PARAS	Paras
19	2822081	AAYUSH	Aayush	38	2822323	AAROHAN	Aarohan
39	2822488	VINEET	Vineet	63	2822108	PARTH SARDA	Parth
40	2822489	ANJALI KHARB	Anjali	64	2822110	PREMJEET KUMAR GUPTA	Premjeet

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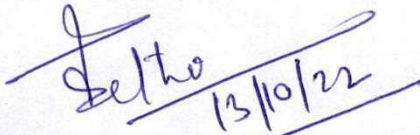
41	2822492	LAVANAY PANDITA	<u>Lavanay</u>	65	2822111	AMAN	<u>Aman</u>
42	2822493	VAIBHAV GAUR	<u>Vaibhav</u>	66	2822112	NIKHIL KUMAR	<u>Nikhil</u>
43	2822455	BINIT DEVKOTA	<u>Binit</u>	67	2822113	ANKIT SHARMA	<u>Ankit</u>
44	2822485	SHIVAM SRIVASTAVA	<u>Shivam</u>	68	2822114	SHIV NARAYAN RAJ	<u>Shiv</u>
45	2822490	DIYA	<u>Diya</u>	69	2822116	CHIRANJIBI YADAV	<u>Chiranjibi</u>
46	2822491	DEEPANSHU	<u>Deepanshu</u>	70	2822118	SAMRIDHI	<u>Simi Rithi</u>
47	2822494	KHUSHI	<u>Khushi</u>	71	2822119	KAMAL	<u>Kamal</u>
48	2822495	NEHA DEVI	<u>Neha</u>	72	2822120	SIDDHANT	<u>Siddhant</u>
49	2822503	ANIL PANERU	<u>Anil</u>	73	2822121	VEDANT KUMAR	<u>Vedant</u>
50	2822504	MAHESH KARKI	<u>Mahesh</u>	74	2822122	ASHWANI ARORA	<u>Ashwani</u>
51	2822506	PANKAJ KUMAR	<u>Pankaj</u>	75	2822124	AYUSH SINGH	<u>Ayush</u>
52	2822527	SATYAM	<u>Satyam</u>	76	2822125	JAHNVI	<u>Jahnvi</u>
53	2822530	KARTIK	<u>Kartik</u>	77	2822127	SALONI	<u>Saloni</u>
54	2822543	AMIT	<u>Amit</u>	78	2822128	RITIK	<u>Ritik</u>
55	2822556	MONTY	<u>Monty</u>	79	2822129	SAMEER	<u>Sameer</u>
56	2822559	RAHUL MISHRA	<u>Rahul</u>	80	2822130	SUJAL	<u>Sujal</u>
57	2822560	SIDDHARTH ARYAN VATS	<u>Siddharth</u>	81	2822131	PALAK	<u>Palak</u>
58	2822572	ADARSH SRIVASTAVA	<u>Adarsh</u>	82	2822132	MAYANK	<u>Mayank</u>
59	2822583	ARCHIT KUMAR	<u>Archit</u>	83	2822133	TAUKEER KHAN	<u>Taukeer</u>
60	2822584	MANVI	<u>Manvi</u>	84	2822134	VISHAL KAUSHIK	<u>Vishal</u>
61	2822586	VANSH	<u>Vansh</u>	85	2822136	SHUDHANSHU JHA	<u>Shudhanshu</u>
62	2822482	JAI RATHEE	<u>Jai</u>	86	2822141	KUNAL BHARDWAJ	<u>Kunal</u>
87	2822489	ANJALI KHARB	<u>Anjali</u>	111	2822104	RISHU KUMAR	<u>Rishu</u>
88	2822056	RITIK	<u>Ritik</u>	112	2822105	SACHIN KUMAR	<u>Sachin</u>
89	2822057	MEHUL	<u>Mehul</u>	113	2822107	JITISHA VIJ	<u>Jitisha</u>
90	2822059	YASH SAINI	<u>Yash</u>	114	2822225	ARJIT PATEL	<u>Arjit</u>
91	2822060	SACHIN	<u>Sachin</u>	115	2822226	SHIVAM KUMAR	<u>Shivam</u>

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92	2822061	ISHAN SHARMA	Ishan	116	2822227	ANIKET KUMAR	Aniket
93	2822062	MOHAMMAD IJHARUL ANSARI	M. D Ansari	117	2822230	AAKASH	Aakash
94	2822063	SANTOSH PRASAD BARNAWAL	Santosh Barnawal	118	2822231	ANKIT KUMAR	Ankit
95	2822065	UTKARSH	Utkarsh	119	2822235	SAHIL	Sahil
96	2822066	SEEMA	Seema	120	2822334	PRIYANSHU SACHDEVA	P. Sachdeva
97	2822067	MARBIN CHAUDHARY	M. Chaudhary	121	2822341	AJAY	Ajay
98	2822069	AKSHAY	Akshay	122	2822355	TARUN OHLYAN	Tarun
99	2822070	DIPANSHU DAHIYA	D. Dahiya	123	2822356	KANISH KUMAR	Kanish
100	2822071	KAJAL	Kajal	124	2822376	SANJEEV	Sanjeev
101	2822072	DIKSHA	Diksha	125	2822801	ANKIT KUMAR	Ankit
102	2822074	SAUGAT KAPRI	Saugat	126	2822802	VISHAL	Vishal
12	2822075	KHUSHI CHOUDHARY	Khushi	127	2822803	SAHIL	Sahil
103	2822076	RITIK BALIYAN	Ritik	128	2822804	NISHANT	Nishant
104	2822077	SURAJ BADESRA	Suraj	129	2822807	VINAY BAINS	Vinay
105	2822078	LAKSHAY	Lakshay	130	2822808	EKTA	EKTA
106	2822228	YUVRAJ SINGH	Yuvraj	131	2822809	RISHIPAL	Rishipal
107	2822292	OJAS GOYAL	Ojas	132	2822810	SUJAL SHARMA	S. Sharma
108	2822293	SAHIL	Sahil	133	2822811	NIKHIL	Nikhil
109	2822079	AKSHIT ARORA	Akshit Arora	134	2822383	SAKSHAM KUMAR	Saksham
110	2822301	VIBHAV KUMAR MISRA	V. Krishna	135	2822384	ASMI	Asmit
136	2822701	RONAK	Ronak				
137	2822702	MUKUL	Mukul				
138	2822704	SUMIT	Sumit				
139	2822705	ROBIN YADAV	Robin				
140	2822706	YASH	Yash				

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141	2822707	NIKHIL	Nikhil
142	2822708	KHUSHAL SINGH JAGLAN	Khushal
143	2822709	NIKHIL	Nikhil
144	2822710	ASHUTOSH YADAV	Ashutosh
145	2822711	ANKUSH	Ankush
146	2822713	SOURABH	Sourabh
147	2822715	NISHANT VERMA	Nishant
148	2822716	NITISH	Nitish
149	2822717	SUBHRANSHU KAUSHIK	Subhranshu
150	2822301	VIBHAV KUMAR MISRA	Vibhav
151	2822378	SIMRAN KAUR	Simran
152	2822379	CHHAVI SHARMA	Chhavi
153	2822380	KUNAL SAINI	Kunal
154	2822382	ANJU YADAV	Anju
155	2822378	SIMRAN KAUR	Simran
156	2822388	SHYAM SUNDER	Shyam
157	2822068	SAUBHAGY	Saubhagy


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 Pamanna Sethi