



Panipat Institute of Engineering and Technology

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Department of Applied Sciences and Humanities

Ref. No. PIET/ASH/LS/23/10

Dated: 7th Aug. 2023

NOTICE

Meditation and its Educational Values

We are going to organize a session on "Meditation and Its Educational Values." This session aims to introduce you to the practice of meditation and how it can benefit your educational journey.

Details of the Session:

- **Date:** 9th August 2023
- **Time:** 9:45am-10:00am
- **Venue:** Seminar Hall , 3rd Floor between D and E Block
- **Resource Person:** Ms. Deepika Dawar, Founder of Care and Cure Wellness Clinic, Art of Living Faculty

We encourage everyone to attend and learn how meditation can positively impact your studies and overall well-being.

For any queries and participation, please contact the Coordinator Prof. (Dr.) Sanjeev Kumar (Ph. No. - 9416369763) in room no. G-215, RISE Building, First Floor

Head of Department

HOD, Applied Sc.

Panipat Institute of Engineering & Technology
Partikalvana, SAMALKHA (Panipat)

CC:

1. All HODs



Report Meditation and its Educational Values

Date: August 9, 2023

Venue: Seminar Hall, 3rd Floor between D and E Block

Speaker: Ms. Deepika Dawar, Founder of Care and Cure Wellness Clinic, Art of Living Faculty

Attendees: 137 students

The Department of Applied Sciences and Humanities organized a session on "Meditation and its Educational Values" on August 9, 2023. In this session 137 students participated. Ms. Deepika Dawar, the Founder of Care and Cure Wellness Clinic and Art of Living Faculty, was invited as the expert speaker for the session. The session is started with warm welcome of Ms. Deepika Dawar by Ms. Radhika (AP in Dept. ASH). After the lamp Lightening Ceremony Ms. Radhikha invited Ms. Deepika Dawar at stage. Ms. Deepika Dawar began the session by introducing the concept of meditation and its relevance in the context of modern education. Ms. Dawar emphasized the importance of cultivating mindfulness as a tool for enhancing focus, concentration for academic success and personal well-being.

Ms. Dawar guided students through various meditation techniques, including breath awareness, body scanning, and mindfulness meditation. She explained how regular practice of these techniques can lead to reduced stress and enhanced overall mental health.

The Department of Applied Sciences and Humanities extends its gratitude to Ms. Deepika Dawar for her invaluable contribution to the session, enriching the academic experience of the students.

Pics of Meditation and its Educational Values



Pic 1: Session on Meditation and its Educational Values by Ms. Deepika Dawar



Pic 2: Meditation Session



PANIPAT INSTITUTE OF ENGINEERING & TECHNOLOGY

(Approved by AICTE, New Delhi & Affiliated to Kurukshetra University, Kurukshetra)

Attendance (Meditation and its Educational Values)

S.No.	Roll No.	Name	Signature
1	2823007	KARAN KUMAR CHAUDHARY	Karan
2	2823013	ANSHUL SHRIVASTAVA	Anshul
3	2823014	KRISH REWRI	Krish
4	2823019	NITIN	Nitin
5	2823022	HARSH	Harsh
6	2823025	NISHITA	Nishita
7	2823032	AMARJEET KUMAR	Amarjeet
8	2823040	SHYAM	Shyam
9	2823045	GULSHAN	Gulshan
10	2823059	MUSKAN JAIN	Muskan
11	2823063	JYOTI	Jyoti
12	2823066	SANSKAR	Sanskar
13	2823067	PARIKSHIT	Parikshit
14	2823069	ANSH	Ansh
15	2823072	HEMANT	Hemant
16	2823076	LAVISH	Lavish
17	2823077	KARTIKEY	Kartikey
18	2823086	ARYAN	Aryan
19	2823090	VAIBHAV	Vaibhav
20	2823091	NARENDER	Narender
21	2823092	DISHA	Disha
22	2823093	PRYANKA	Pryanka
23	2823096	PARVESH	Parvesh
24	2823104	PRASHANT KUMAR BHUSHAN	Prashant
25	2823109	RISHU	Rishu
26	2823110	TANUSH GAHLAWAT	Tanush
27	2823111	PRATEEK GAUTAM	Prateek
28	2823118	GOURAV KUMAR	Gourav
29	2823119	VASUDEV SHARMA	Vasudev
30	2823121	ANSHIKA	Anshika
31	2823125	SAKSHAM	Saksham
32	2823127	MANISH KUMAR JHA	Manish
33	2823128	ENA	Ena
34	2823131	NAMAN	Naman
35	2823132	SHIVAM	Shivam
36	2823137	ABHJEET KUMAR	Abhjeet
37	2823138	SIYA	Siya

Dr. Sanyeev Kumar
9/8/23

38	2823147	DHIRAJ KUMAR	Dhiraj
39	2823148	ANKESH KUMAR	Ankesh
40	2823149	NILESH KUMAR	Nilesh
41	2823152	BHUPESH KUMAR YADAV	Bhupesh
42	2823153	ISHANI YADAV	Ishani
43	2823154	SAKSHI SAH	Sakshi
44	2823161	SANTOSH	Santosh
45	2823164	KARTIK	Kartik
46	2823167	RAUSHAN KUMAR VERMA	Raushan
47	2823176	SIDHARTH	Sidharth
48	2823184	AASHISH SHARMA	Aashish
49	2823188	GURDARSHAN	Gurdarshan
50	2823189	YASH SINGH	Yash
51	2823196	SHUBHAM KUMAR	Shubham
52	2823287	BIBEK CHAUDHARY	Bibek
53	2823288	SIMRAN PATEL	Simran
54	2823289	DEEPAK KUMAR	Deepak
55	2823290	ARJUN KUMAR SHAH	Arjun
56	2823802	RITESH	Ritesh
57	2823805	EKANSH	Ekansh
58	2823807	SHUBHAM KHARB	Shubham
59	2823811	AARINI GUPTA	Aarini
60	2823819	SUHAAN ARORA	Suhaan
61	2823824	CHHAVI JAIN	Chhavi
62	2823825	BHUMI JAIN	Bhumi
63	2823829	NITIN	Nitin
64	2823830	PRIKSHIT CHOUDHARY	Priksht
65	2823831	MANAN GROVER	Manan
66	2823832	KANAN	Kanan
67	2823835	NAMAN DHULL	Naman
68	2823836	NEHA	Neha
69	2823838	VANSH MALIK	Vansh
70	2823841	LAKSHAY CHUGH	Lakshay
71	2823701	KHUSHHAL	Khushhal
72	2823703	VANSH	Vansh
73	2823704	NAVNEET	Navneet
74	2823705	UDAY	Uday
75	2823707	MITTALI	Mitali
76	2823708	PINTU KUMAR	Pintu
77	2823709	KHUSHBU	Khushbu
78	2823713	RONAK	Ronak
79	2823714	ANSHUMAN RAJ	Anshuman
80	2823715	SAMEER	Sameer
81	2823716	ANSHUL	Anshul
82	2823717	BHUWAN	Bhuvan
83	2823718	RAJAT SHARMA	Rajat

Dr. Sanjeev Kumar
9/8/23

84	2823719	BHUMIKA	Bhumika
85	2823720	SUBHAM PANCHAL	Subhes
86	2823721	VARSHA	Varsha
87	2823741	SUMANT BHAGAT	S
88	2823742	HARSH	Jash
89	2823747	HARSHIT LAKHINA	Harshita
90	2823748	ABHISHEK RAJ	Abhishek
91	2823749	MD SAHWAJ ANSARI	Anwar
92	2823753	GITESH KUMAR YADAV	Gitesh Koi
93	2823722	GOURAV	Gaurav
94	2823723	SANDHYA	Sandhya
95	2823724	TRIPTI	Tripti
96	2823725	CHANCHAL KUMAR	Chanchal
97	2823726	VARSHA KAUSHIK	Varsha
98	2823801	ABHILASH	Abhilash
99	2823803	NITIN	Nitin
100	2823804	PARAS	Paras
101	2823806	ARMAN SHARMA	Arman
102	2823809	PRINCE	Pradyan
103	2823812	SHRIYANSH RAJ	S
104	2823813	KUNAL	Kunal
105	2823814	MEET BATHLA	Meet
106	2823817	HITIKA VIJ	Hitika
107	2823818	KRISH GUPTA	Krish
108	2823821	KANISHKA	Kanishka
109	2823822	KASHISH	Kashish
110	2823826	TUSHAR SINHA	Tushar
111	2823827	MAHAK RATHEE	Mahak
112	2823828	ABHAY	Abhay
113	2823834	YUKTA	Yukta
114	2823837	SHIVAM	Shivam
115	2823839	ADITYA	Aditya
116	2823842	ABHINAV ARORA	Abhinav
117	2823843	AYSHI	Ayshi
118	2823848	NITIN SHARMA	Nitin
119	2823849	SUNAKSHI	Sunakshi
120	2823850	YASH CHAUHAN	Yash
121	2823851	SOURABH	Sourabh
122	2823853	HARPREET SINGH	Harpreet
123	2823854	HANSIKA	Hansika
124	2823859	SRISHTHI	Srishti
125	2823861	SIMRAN	Simran
126	2823001	DHARMENDRA MANDAL	Dharmendra
127	2823004	MUSKAN	Muskan
128	2823005	GANISHA	Ganisha
129	2823008	DIPAK KUMAR GUPTA	Dipak

Dr. Sanjeev Kumar

9/8/23

130	2823009	TANISH	Tanish
131	2823750	AMARJEET KUMAR SINGH	Amarjeet
132	2823021	RITIKA	Ritika
133	2823027	AMANDEEP	Amandeep
134	2823034	KARTIK	Kartik
135	2823036	ANSHUL	Anshul
136	2823213	ASHISHI KUMAR SINGH	Ashishi
137	2823214	AYUSH RAJ	Ayush Raj

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