



A Report of Live Webinar on

“MEDITATION FOR MENTAL WELL-BEING & SUCCESS” ON 29-09-2020

ABOUT WEBINAR:

Shri Sitarambhai Naranjibhai Patel Institute of Technology and Research Centre (S.N.P.I.T & RC), Umrakh-Baben affiliated to Gujarat Technological University (GTU) organized a webinar on "Meditation for Mental well-being & Success ". Ms. Eshita Desai, full time 'Art of Living' faculty, joined us to provide thematic guidance in which more than 89 students as well as teaching staff of different colleges of Vidhyabharti Campus, Umrakh benefitted.

This webinar was organized to develop the knowledge of Meditation among the students. Programme is based on- Meditation and breathing techniques, Techniques for mental focus and concentration, Techniques for overcoming fear and anxiety, Interactive process, team games, Food awareness, Group discussions, Learning through fun and games, service to others, confidence building and leadership.

It gave practical knowledge, techniques and skills that help people cope with stress and stressful situation, remove their influences and handle more efficiently with different tasks and demands in daily life, while at the same time improving health and achieving better quality of life.

In this webinar, the Meditation and breathing techniques are very useful in daily life and the current **COVID -19** Pandemic situations.

The entire program was being conducted under the guidance of Dr. Piyush S. Jain, Principal, S.N.P.I.T & RC.

Expert Speaker: Ms. Eshita Desai, (Full time '**Art of Living**' Faculty)

About Speaker:

"A Successful Person has the following qualities: A smile that doesn't die; patience; fearless mind; love; self-confidence; love for everybody" -- Gurudev Sri Sri Ravishankar



SITARAMBHAI NARANJI PATEL

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A firm believer & follower of the aforementioned quote, Eshita Desai is a scintillating personality who serves as a full time 'Art of Living' faculty. she decided to walk the path of spirituality & be a part to contribute to Gurudev Sri Sri Ravishankar's mission of spreading smiles. She has been a part of the art of living family for more than 21 years (with 10 years of teaching). She has transformed more than 15,000 lives and conducted seminars & sessions for more than 50,000 people across Gujarat.

She is also a Bharatanatyam dancer, Pursued CA entrance gold medal, Painter artist, Singer - formed grace band, NLP Practitioner CST Practitioner, Women of wonder awardee'20, Yoga trainer, Certified life coach mind trainer.

Schedule of program:

1. Welcome Speech: Dr. Piyush S. Jain (Principal, SNPIT&RC): 3 minutes
2. Introductory Speech: Prof. Toral Desai (Assistant Professor , Comp. Dept.): 5 minutes
3. Thematic Guidance: Ms. Eshita Desai: 1 hrs 30 minutes
4. Vote of Thanks: Prof. Hiral Padhiyar (Assistant Professor , Comp. Dept.): 3 minutes

LINK FOR JOING WEBINAR :

<https://www.youtube.com/watch?v=dqDpJeyZGtM>

ANNEXURE I: WEBINAR BANNER

ANNEXURE II: WEBINAR PHOTOGRAPHS

ANNEXURE III: WEBINAR CERTIFICATES




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ANNEXURE I:

WEBINAR BANNER

 **S. N. Patel Institute of Technology
& Research Centre, Umrakh**
(A Vidyabharti Trust Institution)


 **THE ART OF LIVING**

WEBINAR
on

**Meditation for Mental
Well-being & Success**

BE WITH US.....

Date: 29/09/2020
Time: 02:30 pm onwards

...: VIEW ONLINE ON ...:
 <https://snpitrc.ac.in/WEBINAR.aspx>
 **SNPIT&RC Umrakh**

ESHITA DESAI

Vidyabharti Campus, At & Po Baben, Ta: Bardoli, Dist: Surat, Pin: 394601 | Contact No.: 9925 777 117



ANNEXURE II:

WEBINAR PHOTOGRAPHS





The screenshot shows a Google Meet window with a presentation slide titled "What is needed for Being Successful?". The slide features a central blue box labeled "Success" with eight surrounding boxes connected by lines, representing factors for success: Communication, Flexible, Learn New Technologies, Problem Solving, Time Management, Team Player, Knowledge Sharing, and Thinking As End User. The meeting interface includes a list of participants on the right and a video gallery at the bottom.

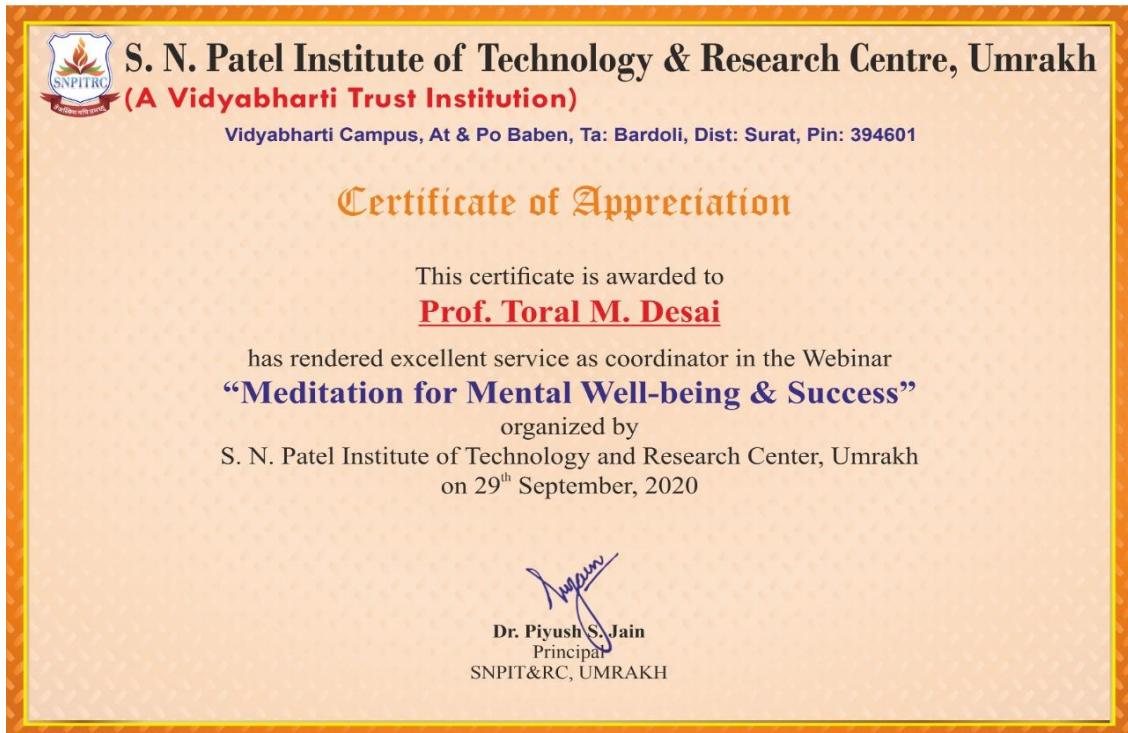
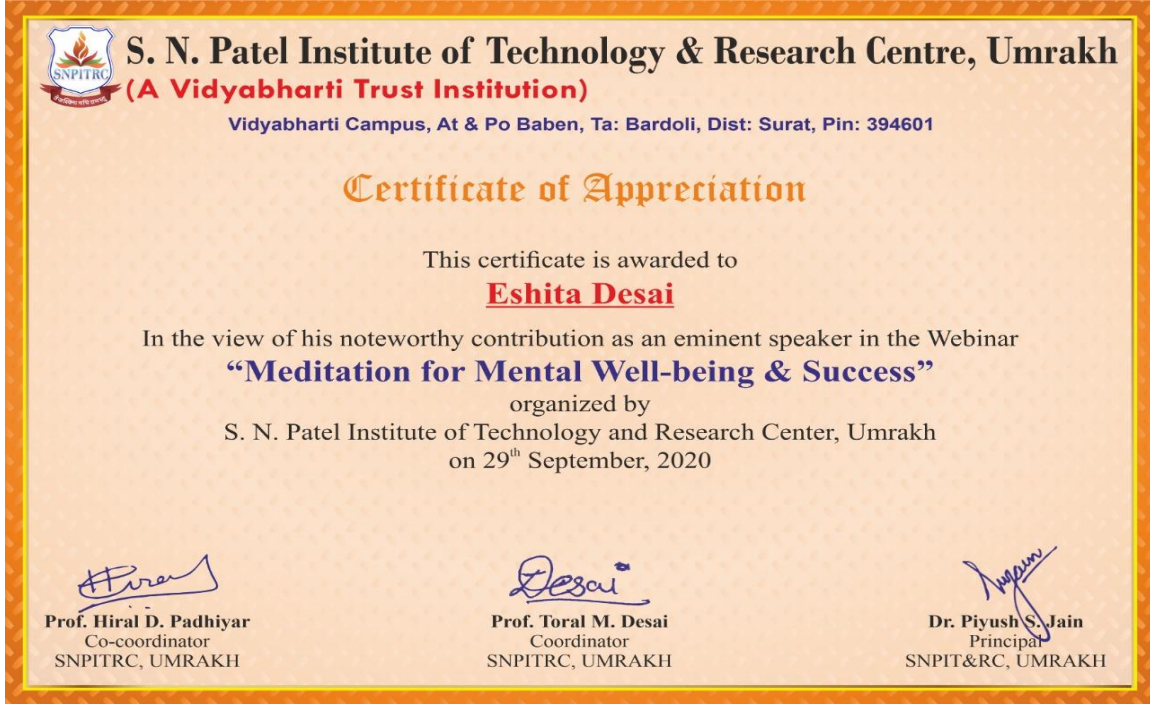
The screenshot shows a Google Meet window with a presentation slide titled "3. Role of Mind". The slide content is as follows:

- 3. Role of Mind**
- 3. a Tendencies of Mind**
- 3. a.1 *Oscillating in Past & Future*
- 3. a.2 *Doubts in Mind*
- 3. a.3 *Negativity in Mind*

The meeting interface includes a list of participants on the right and a video gallery at the bottom.



ANNEXURE III:
WEBINAR CERTIFICATES





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Vidyabharti Campus, At & Po Baben, Ta: Bardoli, Dist: Surat, Pin: 394601

Certificate of Appreciation

This certificate is awarded to

Prof. Hiral D. Padhiyar

has rendered excellent service as co-coordinator in the Webinar
“Meditation for Mental Well-being & Success”
organized by
S. N. Patel Institute of Technology and Research Center, Umrakh
on 29th September, 2020

Dr. Piyush S. Jain
Principal
SNPIT&RC, UMRAKH



S. N. Patel Institute of Technology & Research Centre, Umrakh
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Vidyabharti Campus, At & Po Baben, Ta: Bardoli, Dist: Surat, Pin: 394601

Certificate of Participation

This is to certify that

Mr. Jignesh S. Patel

from

S. N. Patel Institute of Technology and Research Center, Umrakh

has participated in online expert webinar on
“Meditation for Mental Well-being & Success”
organized by
S. N. Patel Institute of Technology and Research Center, Umrakh
on 29th September, 2020

Prof. Hiral D. Padhiyar
Co-coordinator
SNPITRC, UMRAKH

Prof. Toral M. Desai
Coordinator
SNPITRC, UMRAKH

Dr. Piyush S. Jain
Principal
SNPIT&RC, UMRAKH