

**Report on
Meditation Session**

As said by Pema Chodron, Meditation is a process of lightening up, of trusting the basic goodness of what we have and who we are, and of realizing that any wisdom that exists, exists in what we already have. We can lead our life so as to become more awake to who we are and what we're doing rather than trying to improve or change or get rid of who we are or what we're doing. The key is to wake up, to become more alert, more inquisitive and curious about ourselves. Keeping this view in consideration, the Civil Engineering department at G H Patel College of Engineering & Technology (A Constituent College of CVM University) had organized *Meditation Session* on 1st September, 2020. Total of 97 participants (Students and Faculties) have participated.

AIM:

The main aim of the session was to understand why meditation is required and which are the various advantages of meditation in your day to day life. Apart from this another aim was to understand how to perform meditation in proper way.

About the Experts:

Dr. A. K. Verma did his B.E. Civil Engineering from Gauhati University and M.Tech. from IIT Delhi. Sir has also completed his Ph.D. from Anna University, Chennai. He is working as Professor and Head of Structural Department at Birla Vishvakarma Mahavidyalaya Engineering College in Vallabh Vidyanagar. **Prof. B. R. Dalwadi** did his B.E. Civil Engineering from S. P. University and M.Tech. from IIT Delhi. He is working as Associate Professor in Structural Department at Birla Vishvakarm Mahavidyalaya Engineering College in Vallabh Vidyanagar.

About the Talk:

Dr. A. K. Verma commenced the session by discussion what is meditation and why it is important to perform meditation. He showed how meditation impact in your daily life by showing and discussing the effect of music on water crystals before and after. He then highlighted that 60% of our body contains water while discussing about famous Emoto's Theory. He also discussed about how which are the various other advantages of water in human body. After giving brief sense about the feeling of love, joy and calmness he began discussing about the effect of meditation on human brain before and after 10-minute meditation. From one of the researches it was well understood that not only does meditating make the brain sharper, it also helps to make it more harmonious. He also shared the importance and significance of I.Q., E.Q. and S.Q. in human brain. Overall sir gave enough idea in the scientific manner why it is important to meditate and what are the benefits one can earn from it. After this Dr. B. R. Dalwadi

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sir started explaining the correct procedure for meditation and then the meditation for few minutes were performed by all the participants by following the instruction given by Dalwadi sir. Ultimately, it was mesmerizing experience for everyone. At the end both the experts have shared few tips related to meditation and suggested to perform meditation regularly. All the participants were highly benefited from this webinar.