

REPORT

INVITED SESSION ON "LET GO"

DATE: 10TH AUGUST 2022

G H PATEL COLLEGE OF ENGINEERING &
TECHNOLOGY,
CVM UNIVERSITY



INTRODUCTION

G H Patel College of Engineering & Technology, a constituent college of CVM University, aims to deliver value-based education to its students and develop moral values in them. With at-par technical educational facilities since its establishment in 1996, GCET has also provided students with numerous events and seminars to keep up with different facets of life. One such invited session with a distinguished personality, Dr. E V Swaminathan, organized by GCET and coordinated by Dr. Maulika Patel, Head of Department of the Computer Engineering Department, was held on 10th August 2022 on the topic “Let Go”.

ABOUT THE SESSION

On August 10, 2022, G H Patel College of Engineering & Technology hosted a session featuring a talk on "Let Go" by guest speaker Dr. E. V. Swaminathan. The session was coordinated by Dr. Maulika Patel, Head of Department of the Computer Engineering Department of GCET. Brahma Kumari Jagruti ma'am, the Center In-charge of the Vallabh Vidyanagar Brahma Kumaris Center, also graced the event. The session was held at Smt. K. S. Patel Auditorium, GCET and was attended by over 150 individuals including Dr. Himanshu Soni (Principal, GCET), professors as well as students from GCET, and various other attendees from outside of GCET.

The event commenced at 3:00 PM with a prayer followed by the introduction and felicitation of the respected guests. Dr. Himanshu Soni took to the stage to say a few words. Dr. E V Swaminathan's talk began after this. The talk primarily focused on 'letting go of anxiety, anger, and ego'; and how this can solve many complications - be it physical or mental, and lead us towards a healthier life! Dr. Swaminathan emphasized not letting these negative thoughts and emotions consume us, and instead how letting go of them can be beneficial. The session also consisted of various exercises led by Dr. Swaminathan. The attendees did a small meditation exercise guided by the speaker during the session that helped clear their minds off of unwanted worries, and establish a positive thought pattern.

In light of the approaching 75th Independence Day of India, he also shared about his time at the Siachen battlefield where he delivered some sessions, and how the soldiers gallantly encounter all the obstacles there, keeping a calm mind in the process. The talk lasted for 45 minutes, and all the attendees thoroughly absorbed the knowledge imparted by the speaker. The talk was followed by the National Anthem and salutation to the brave Indian soldiers.

After the talk, B K Jagruti ma'am shared her thoughts on the talk and also about the upcoming pious festival of Rakshabandhan. She also reflected on the times before and after the pandemic and explained the importance of prioritizing our mental health during these times.

The session was deemed fruitful as all the attendees participated in the various exercises led by Dr. Swaminathan, learned about the influence of their thoughts and perceptions, and realized the profound impact that simply 'letting go' can have on their life. The thought-provoking and true-to-life words of B K Jagruti ma'am also added value to the event. Everyone eventually left with a greater grasp of how to perceive day-to-day things and how the simple act of "Let Go" can improve our lives manifold.

Dr. Maulika Patel presented Dr. E V Swaminathan with a memento. After a vote of thanks, the session concluded at 4:15 PM.

ABOUT THE SPEAKER

Dr. E V Swaminathan

Education:

B.Tech - Mechanical Engineering
DDH - Diploma in Delta Healing
PGDH - Post Graduate Diploma in Health
MSc - Masters in Psychology
MSc - Masters in Counselling
MSc - Masters in Yoga
MBA - Masters in Crisis Management
PhD - Emotional & Quantum Intelligence

Dr. E. V Swaminathan is a Life Coach, Trainer, Teacher, Counsellor, and Consultant with a clear focus on creating a value-based society. He has been associated with the Brahmakumaris for the last 26 years. With more than two decades of experience, he has spoken at over 100 national conferences for professionals in the field of engineers, doctors, spiritualists, and other disciplines.

Dr. Swaminathan has conducted sessions in corporate industries like TATA Motors Ltd, Life Insurance Corporation (LIC), State Bank of India (SBI), Bhabha Atomic Research

Centre, Gujarat Refineries, Airport Authority of India, Infosys, Reliance Industries, ONGC, Larsen and Toubro (L&T), DRDO (ITR, DMSRTE & CEPTAM) and many more.

Moreover, he has given talks in universities all across the world including the IITs and IIMs, sharing his expertise on a variety of topics like Emotional Engineering, Make Mind your Best Friend, Dealing with Today's Stress, Purpose of Life, Enhancing Work Efficiency, Dealing with Covid - Mental & Emotional issues, Total Quality Life, The Art of Leadership, Empathetic Communication and many more!

Dr. Swaminathan is the recipient of the Sunrise Peace Award, the Rotary Club's Award of Excellence, and the Nation Builder Award. One of his most distinctive endeavors is leading training exercises at the highest battlefield of the world at Siachen Battle School, at the India - Pakistan - China border.

Special Guest: B K Jagruti

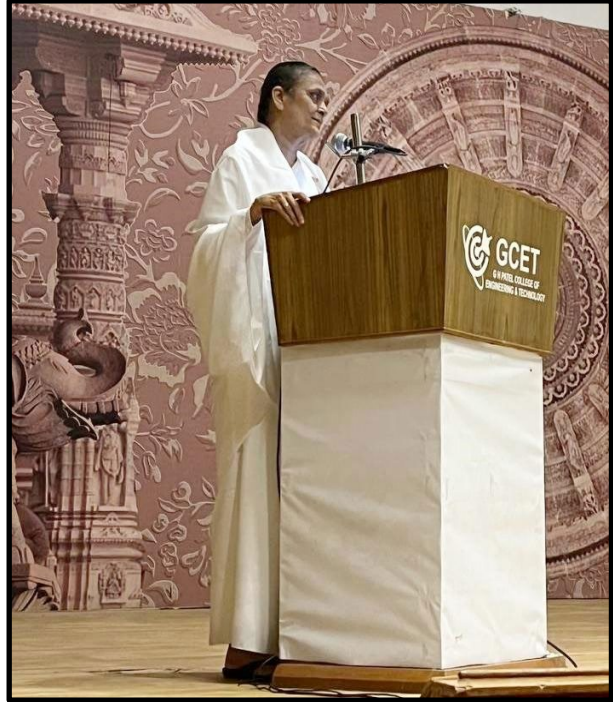
The Vallabh Vidyanagar Brahma Kumaris center was established in August 1994. BK Jagruti ma'am is the Center In Charge and has committed herself to divine service in 1985 and has been practicing Raja Yoga meditation for almost 45 years. She is currently involved with the Youth Wing of the Raja Yoga Education and Research Foundation (RERF). At present, she is the Gujarat Zone's Coordinator of the Wing.

She has guided several national programs, and her impeccable rhetorical skills and innovative spirit have won over the young and the old alike. A total of 10 Branches of Brahma Kumaris are rendering spiritual service under her care, guidance, and leadership.

Her priority area at present is research work under the Spiritual Application and Research Center (SpARC), Mt. Abu. The selected areas of research are Value Education, Serving Nature through Yogic Vibrations, and Medical Applications of Vibration Theory.

The institutions that have benefited from her include primary to post-doctoral education institutions, national level organizations, regional and state level public and private organizations, NGOs, multinational companies, etc. Her versatility led her to serve Brahma Kumaris Centers in Singapore, Myanmar, Malaysia, Thailand, Bangladesh, U.A.E., Nepal, UK, USA, China & Mauritius.

EVENT PHOTOGRAPHS:



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