 <p>JAI PUR ENGINEERING COLLEGE AND RESEARCH CENTRE</p>	<p>Jaipur Engineering college and research centre, Shri Ram kiNangal, via Sitapura RIICO Jaipur- 302 022.</p>	<p>Academic year-2021-22 (Sem I)</p>
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Pic-a-Speako (12- 02- 2022)

By Applied Science(English and Humanities)

Semester – I (2021-2022)

Dr. Neelu Jain (HOD, E&H)

Ms. Sonia Khubchandani(Event Coordinator, E&H)

As we know that **Department of English and Humanities** carries out Language Lab activities during the respective lab classes as per time table we conduct activities every year this time also during this Pandemic English and humanities took an intuitive to conduct activities which will help students to enhance their Communication skills.

For this, Department of English and Humanities conducted an activity on Saturday 12- 02- 2022 Pic-a-speako for the students of First year students. There were 90 registrations through Google Registration form. Another google form of MCQ's was generated to shortlist the final candidates. The shortlisted candidates were 30 in number. The list was shared with students on group. There was a whatsapp group which was created for the event for time to time with reminders etc. The event kick started at sharp 5:30 pm on google meet platform by introduction to what Pic-a-speako is exactly.

The 30 shortlisted participants were given picture the current participant, he/she given 1 minute to speak on the same. An extension of 10 seconds was given in order to complete the speech. Participants were judged on the following criteria:

- 1) Content
- 2) Delivery
- 3) Fluency

The pictures were:

1. Satirical
2. Tragic



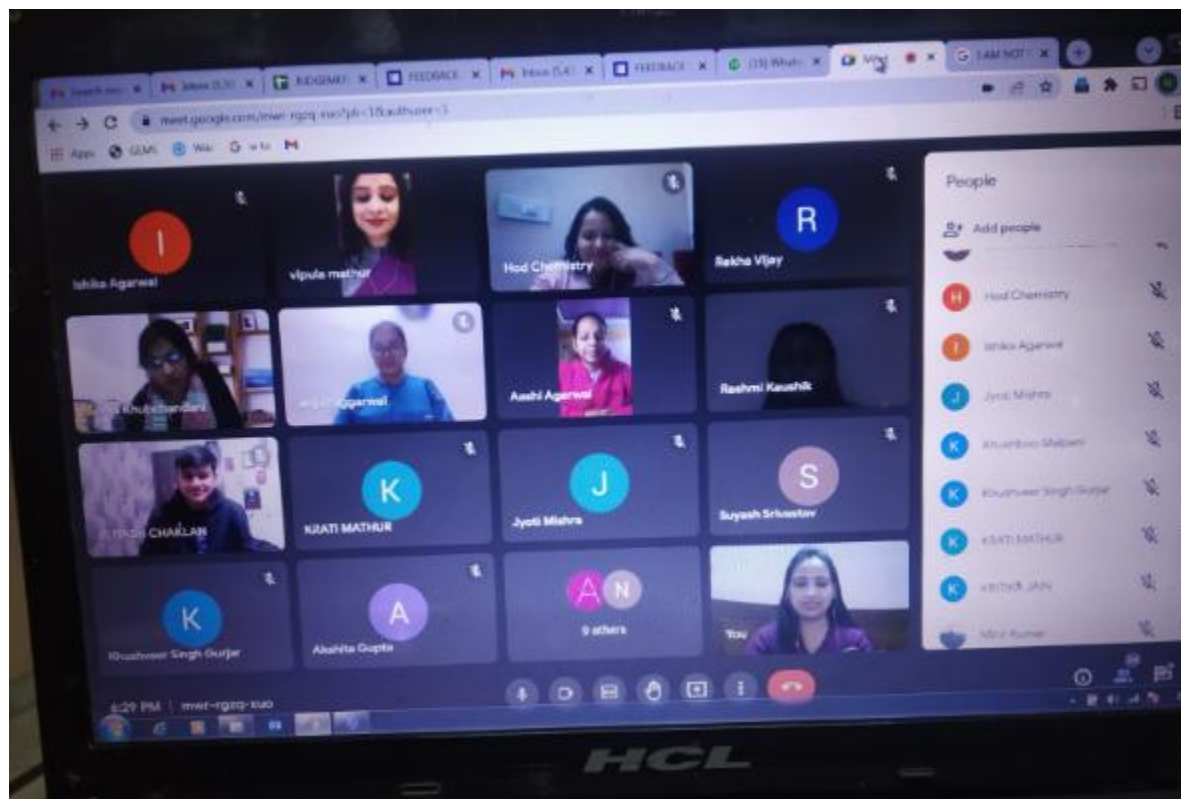
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3. Funny

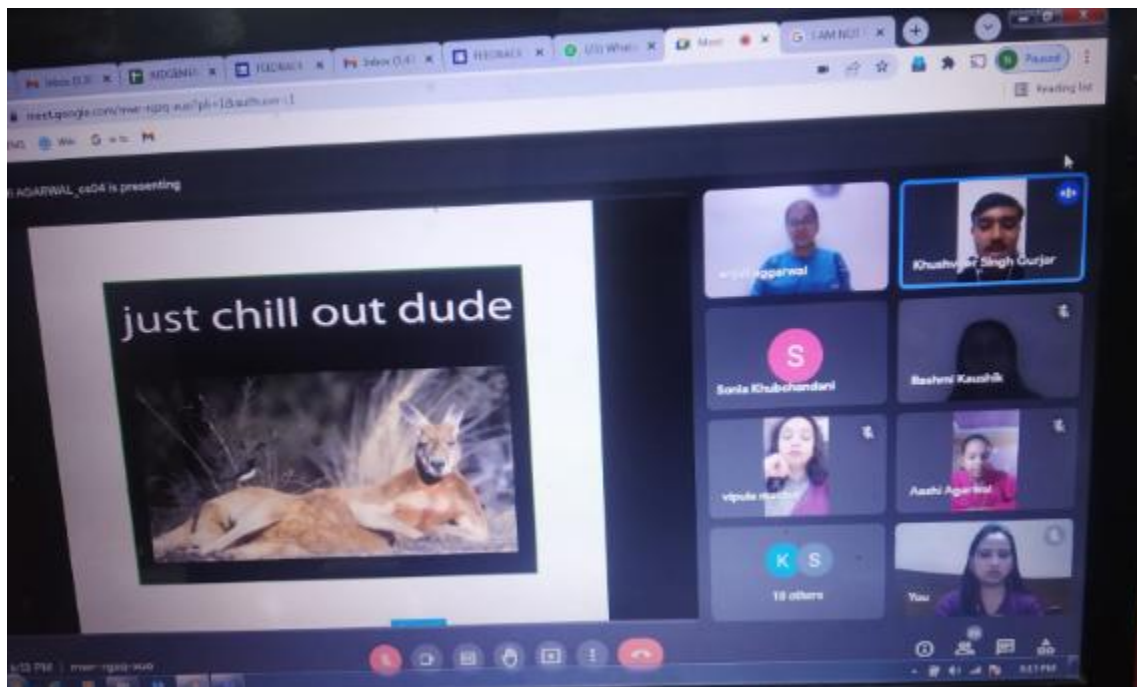
The contestants tried their best to speak, and three participants were finalised as first, second and third positions. The contest was carried forward by the moderators Aashi Agarwal and Anjali. The judges for the contest were Dr. Barkha Srivastava from JECRC, Deputy Dean and Head Dept of Chemistry and Dr. Vipula Mathur, Asso. Prof, RIET College. Dr. Neelu Jain welcomed the shortlisted candidates and wish them luck for the event. Dr. Barkha Srivastava and Dr. Vipula Mathur declared the final results of evaluation and shared their insightful comments on the entire contest, e certificates were also given. The event concluded by vote of thanks by HOD Dr. Neelu Jain.

Keeping the beautiful memories in our Memory lane, we will conduct many more activities.

Some glimpses of the event




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NOTICE FOR LANGUAGE LAB ACTIVITY

Applied Sciences (English&Humanities)

Date: January 10, 2022

Subject: Language Lab activities for Batch 2021-2022

This is to bring to the notice of the students of batch 2020-21 that the Language Lab activities are being conducted during the respective lab classes as mentioned in the time-table.

E- Certificate will be provided to all the participants.

Dr. Ruchi Mathur (Dean, Ist year)

Dr. Barkha Srivastava (Dy Dean, Ist Year)

Dr. Neelu Jain (HOD, E&H)


Whats App flier

Dear Students

Hope you are doing good. Greetings from Department of Applied Science (English and Humanities)!!

As a part of curriculum, we conduct Language Lab Activities in classes.

During pandemic, in order to enhance personality and communication skills of students we are organizing Pic-a-speako competition for students of 2021-2022 batch on **February 12, 2022**.



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Pic-a-Speako:

Pic-a-Speako event is based on the fact that “Every Picture tells a story”. It is a picture description contest which tests the power of observation and the ability to describe it in an effective manner. It shows the potential indulging in an individual for imagination, creativity, presence of mind with visual scenes. Observation of visual clippings creates the new story which should be so much fictional but show the real correlation.

JUDGEMENT CRITERIA:

Participants will be judged on the following criteria:

- 1) Content
- 2) Delivery
- 3) Fluency

Note

E - certificates will be awarded to all the participants along with the first three winners

Best wishes:-


Dr. Neelu Jain (HOD, E&H)

Ms. Sonia Khubchandani (Event Coordinator)

Rules for Pic-a-Speako:

1. The picture allotted to the respective participant will not be changed in any condition once it's assigned.
2. When the picture will be flashed for the current participant, he/she will be given 1 minute to speak on the same. An extension of 10 seconds will be given in order to complete the speech.
3. When the current participants' time is over another picture will be flashed on the screen for the next participant so that he/she can prepare for the same.
4. The name of the next participant will be there in the chat box as well as announced by the moderator. So kindly pay attention towards the same.
5. Any misbehave during the event will disqualify you from the competition.
6. The final decision of judge will not be changed in any circumstances.
7. Everyone has to keep their cameras on throughout the event.

JUDGEMENT CRITERIA



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Participants will be judged on the following criteria:

- 1) Content
- 2) Delivery
- 3) Fluency

Google Meet joining info


Video call link: <https://meet.google.com/mwr-rgzq-xuo>

Applied Sciences and Humanities February 12, 2022

Pic-a-speako Final Contestants List -2021-22

LIST OF FINALISTS PIC-A-SPEAKO 2022

S. No	Name	Roll no	Attendance
1	SuyashChaklan	AIDS52	P
2	Mihir Kumar	IT-79	P
3	Mohitagarwal	IT 83	P
4	Bhavyakhandelwal	AI-20	P
5	Naman Sharma	86	P
6	Ishika Agarwal	IT - 56	P
7	Neha Khandelwal	IT 87	A
8	Vedansh Sharma	IT140	A
9	Sitesh Kumar Singhal	49	A


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10	Kritika jain	EE24	P
11	Kartikbansal	ME18	A
12	KHUSHBOO MALPANI	IT065	P
13	AKASH YADAV	EE-08	P
14	Avinash Tank	AI & DS - 19	P
15	Surajsharma	Electrical engineering-51	A
16	Akshita Gupta	IT08	P
17	Sherly Sharma	AI 50	A
18	Devkinandanmeena	EE-20	A
19	Anurag Tureja	Ai 14	A
20	Devesh Sharma	EE 19	A
21	Khushveer Singh Gurjar	AI&DS35	P
22	Tushar Agarwal	IT 134	P
23	Madhurgoyanka	Ai 36	P
24	Vaibhav Jain	AI-55	A
25	SuyashSrivastav	AI53	P
26	Anant kumar singh	Ce06	A
27	AMAN SHARMA	ME06	A
28	Jyotimishra	IT 59	P
29	Kratimathur	67	P
30	Akshat Goyal	AIDS 06	A

Final three winners of the main round:-

First: Krati Mathur

Second: Suyash Challan

Third: Kritika Jain

Sample certificates:




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Feedback:

[Signature]
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Who has responded?

Email

mihirkumar.it25@jecrc.ac.in

ishikaagarwal.it25@jecrc.ac.in

suyashchaklan.ai25@jecrc.ac.in

kratimathur.it25@jecrc.ac.in

suyashsrivastav.ai25@jecrc.ac.in

tusharagarwal.it25@jecrc.ac.in

jyotimishra.it25@jecrc.ac.in

kritikajain.ee25@jecrc.ac.in

akshitaagrawal.it25@jecrc.ac.in

NAME

24 responses

Naman Sharma

Aryan arya

Krati mathur

Jinesh jain

Mihir Kumar

Ishika Agarwal

Akshita Gupta

Kritika jain

Avinash Tank

ROLL NO

24 responses

IT-86

IT17

67

32

IT-79

IT-56

IT08

EE24

AI & DS - 19

EMAIL ID

24 responses

namansharma.it25@jecrc.ac.in

aryanarya.it25@jecrc.ac.in

Kratimathur.it25@jecrc

jainjinesh774@gmail.com

mihirkumar.it25@jecrc.ac.in

ishikaagarwal.it25@jecrc.ac.in

akshitagupta.it25@jecrc.ac.in

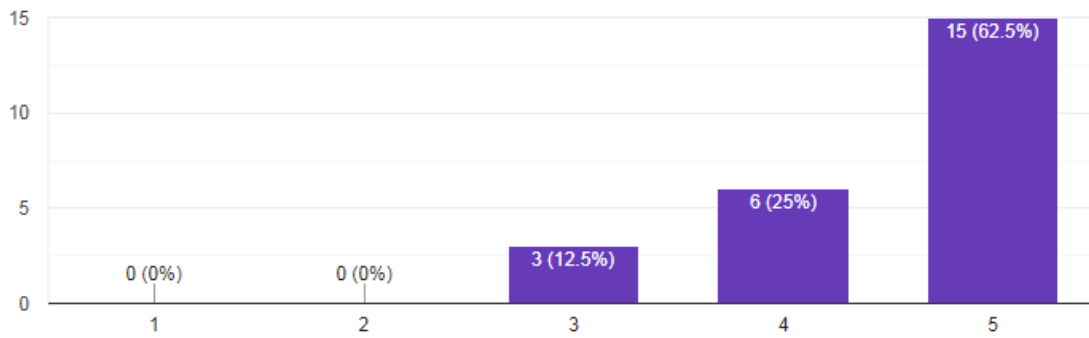
kritikajain. ee25@jecrc.ac.in

avinashtank.ai25@jecrc.ac.in

HOW WAS THE EVENT ?

 Copy

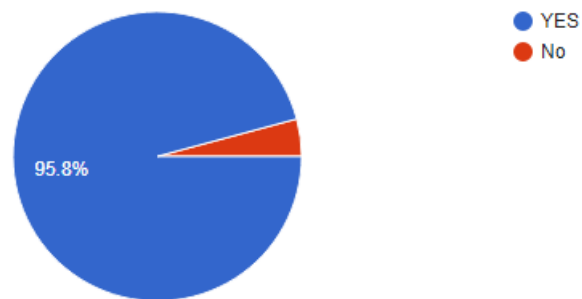
24 responses



Would you like to participate in more such events in the near future?

 Copy

24 responses




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**TWO DAYS
PROGRAM**

ON

ENLIGHTENMENT

5TH - 6TH OCTOBER 2021

REPORT

ORGANISED BY

SPIRITUAL RESEARCH CELL

**JAIPUR ENGINEERING COLLEGE AND
RESEARCH CENTRE , JAIPUR**


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Brochure

 **JAIPUR ENGINEERING COLLEGE AND RESEARCH CENTRE** 

SPIRITUAL RESEARCH CELL
(India's First Rajyoga Thought Laboratory)

invites you in

ENLIGHTENMENT

Online **LIVE** Event

 **Meditation Techniques** |  **Positive Personality** |  **Power of Subconscious Mind** |  **Work Life Balance**

5th-6th October, 2021
10:00 - 11:30 am | 12:00 - 01:30 pm



 **Amitabh Shah**
Founder and CIO
Yuva Unstoppable

 **Sneh Desai**
International Motivational
Speaker & Life Coach

 **BK EV Gireesh**
Dynamic Trainer &
Counselor

 **Ritu Thakkar**
Certified Happiness
Practitioner

 **Suraj Kumar**
Software Engineer
Microsoft

 **zoom**

Certificates will be provided to all the participants.


For more details : **+9196600 53900, 93522 52913**
src@jecrc.ac.in | rajyogathoughtlab@jecrc.ac.in

Scan this QR Code to register





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Schedule



JAIPUR ENGINEERING COLLEGE AND RESEARCH CENTRE


SPIRITUAL RESEARCH CELL
(India's First Rajyoga Thought Laboratory)



ENLIGHTENMENT

Date	10:00 - 11:30		12:00 - 01:30	
5 Oct.	EV Girish Topic: The Power of Doing	BREAK	Ms. Ritu Thakkar Topic: Magic Of Meditation	Sooraj Kumar Topic: How Spirituality Helped Me To Prepare for Microsoft
Date	10:00 - 11:30		12:00 - 01:30	
6 Oct.	Mr. Sneh Desai Topic: Power of Subconscious Mind	BREAK	Mr. Amitabh Shah Topic: Q n A Session	


----- Online Event Schedule -----


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Abstract

"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".

On the occasion of the 5th anniversary of the Spiritual Research Cell, a two days online event ENLIGHTENMENT was organized. In this event, two online session held every day wherein prominent speakers BK EV Gireesh, Ms. Ritu Thakkar, Mr. Amitabh Shah, Mr. Sneh Desai and Mr. Suraj Kumar explained and briefed the audience how we can enlighten ourselves through meditation.



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Speaker's Profile

1. **BK EV Gireesh**



BK EV Gireesh is a Dynamic Trainer and Counsellor with passion for excellence and creativity. With an experience of more than 14 years he is well-known for his unique style and ability to inspire people. He has taken training programs at various institutes including ISRO - Indian Space Research Organization, NPCIL (Nuclear Power Corporation of India Ltd), IITs, NID (National Institute of Design), Indian Army, L&T, ICAI, Tata Motors, TCS, Accenture, Infosys, Cipla, Zydus Research Laboratories, Tata Power etc.

2. **Ms. Ritu Thakkar**



Ms. Ritu Thakkar "A Freelance Trainer and Consultant"

She has an insightful experience of more than 12 years in "Organizational Development and Corporate Learning & Development". She is gifted with higher levels of speaking skills and has a creative and art full personality. She was awarded Outstanding Contribution in T&D in Asian HR Leadership Awards, 2017. She is a plenary speaker at the National Conference on Integrating Human Values in Professional Education, 2018.

3. **Mr. Sneh Desai**



Sneh is an Expert Motivator, Inspirational Coach & Leader for every age group, Businessmen, Corporate executives, Employees, Students, Housewives, Networkers, Sportsmen, and all who wish everlasting Success, Happiness, Peace, and Personal Growth. He helps people to change their beliefs & thought patterns, experience less stress and more success in their lives through better




communication, positive thinking, and spiritual knowledge.

4. Mr. Amitabh Shah

A Yale MBA graduate from Wall street to the real streets of India.

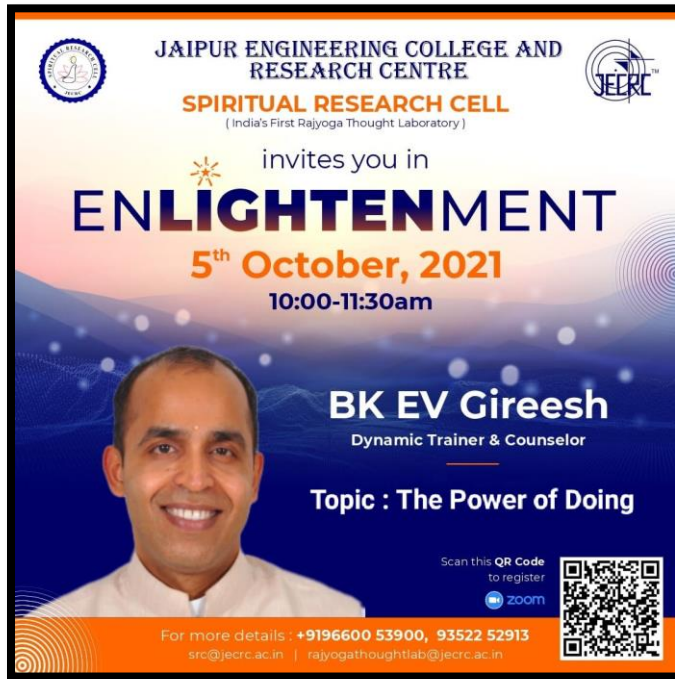
Mr. Amitabh Shah is the founder of Yuva Unstoppable, who give up JP morgan and dedicated his life to serve the society.

He is a celebrated inspirational speaker on kindness, gratitude and the power of self –belief and has been winning hearts with his presence all over the world.


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The Power of Doing: BK EV GIREESH

“This life is yours, take the power to choose what you want to do and do it well.”



It was a matter of great delight to host BK EV Gireesh as the first speaker of our empowering series “Enlightenment” on 5th October, 2021 where he shared his insights on the theme “The Power of Doing”. The first phase of the session unfolded with a light interactive session between the speaker and the audience. Following which Mr. Gireesh sir explained the “power of doing” by dividing it into 7 postulates.

- (i) Effectiveness: He very beautifully put forward his thought that we should always try and do the right things. He co-related it to the various steps that Gandhi Ji had taken to practice satyagraha.
- (ii) Efficiency: He emphasized on the importance of doing the right things in the right way. Even if an individual is doing something that is right, there are chances that he might go the wrong way and so one should try and do the right thing in the rightest way possible.
- (iii) Improvement: One of the most important attributes of the power of doing is the scope for improvement. One should always try and improve upon his/her actions. We should always watch our words before we speak because after that there isn't any scope for improvement. Thus, improvement is the key to learning.
- (iv) Stopping: It's high time that we stop doing the wrong things. We must also stop believing in the wrong beliefs and myths.
- (v) Copying: One of the most incredible thoughts put forward by him was - “Copying is not cheating.” We must try and copy the good/right things that other people are doing. One should

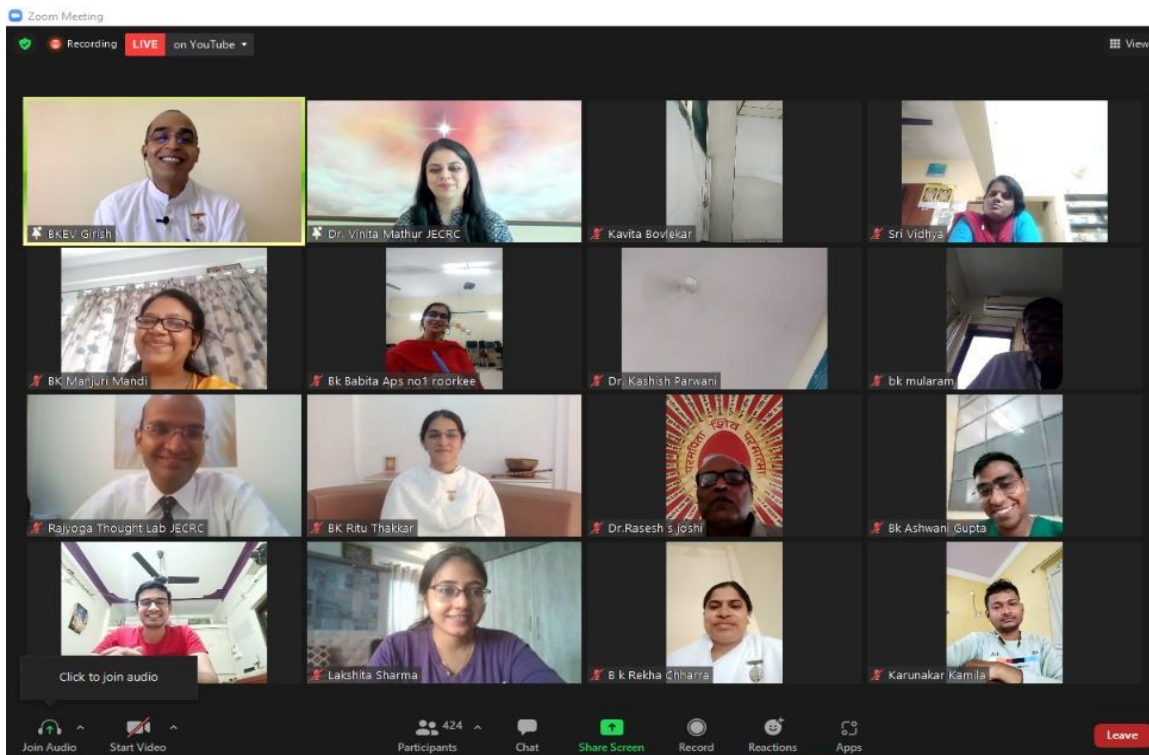

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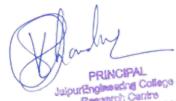
always be neutral in judging individuals. We should ignore the bad traits of others but inculcate the good traits that others possess.

(vi) Affection (sneh): One must always work with love and affection for everyone in his/her heart.

(vii) Impossible: Start transitioning the impossible into the possible. One must take up an oath that he/she will try and do everything that they once believed was impossible.

He quoted that- “The wind may blow in any direction but the direction in which you go depends on how you set the sails”. And so we are very sure that after attending this session all participants embarked on their journey to ultimate contentment and peace. The session ended on a very positive and lucrative note.





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Magic of Meditation: Ms. Ritu Thakkar



The second session of our empowering series “Enlightenment” witnessed Ms. Ritu Thakkar highlighting the importance of meditation. She very beautifully explained that miracles will happen to you too, when you begin using the magic power of meditation. Meditation helps you gain control of your mind. It teaches you a new virtue of being patient at times and increases your ability to focus for longer durations. It is something that will have a positive impact on your relationships -

with yourself and with others. She insisted on the need to meditate on a regular basis and highlighted the importance of a calm and a peaceful mind and soul. She put forward the importance of just being self and letting go of hundreds and thousands of thoughts that bother us. One of the most important things that she mentioned was- “Every moment does not have a problem”. It is the humans who themselves try to treat everything like a problem, thus practicing meditation on a regular basis always helps us channelize the thoughts that come into our mind every now and then. Throughout the session, Ms. Thakkar made the participants experience the different types of musical meditation. She also emphasized on the fact that one should sit with himself/herself and ask about what they can let go of, because carrying everything in our mind is always a tedious task.


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How Spirituality Helped Me to Prepare for Microsoft - Mr. Suraj Kumar



Hosting our very own alumnus Mr. Suraj Kumar as a speaker for our online series “Enlightenment” was a matter of great pride and happiness. The session brought into light his journey from his college days at JECRC to grabbing a spot in one of the most prestigious companies - Microsoft. He shared with the participants, his life at college and the fun he used to have being a part of almost all college activities. He highlights the fact that one should be aware of what he/she wants to achieve in life from the very

beginning and that is exactly what helped him achieve his goal of getting into Microsoft. He shared his experience of attending “Enlightenment” - which is a spiritual event that is hosted as a part of Renaissance (Annual techno-cultural festival of JECRC) every year. He said that being a part of that event was a turning point in his life. It was the first time that he realized that there are things beyond the internet and web.

He addressed the students about how spirituality and meditation helped him lead a peaceful and stress free life. Mr. Suraj described spirituality as the knowledge that cannot be found anywhere but in one’s own self. He urged the students to take out some time for meditation and spiritual activities so that they can experience what he himself felt after embarking on his spiritual journey. All participants were highly motivated after listening to Mr. Suraj Kumar’s inspiring words and we hope that they will all make the most of it in their respective lives.


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Zoom Meeting You are viewing Chitra Khandelwal's screen View Options

Recording LIVE on YouTube 00:28:27 View

Enlightenment

- Meditation
- Visualization
- Affirmation
- Gratitude

Participants: 310 Chat: 74 Share Screen Record Reactions Leave

Unmute Start Video

Type here to search 32°C Haze 13:18 05-10-2021

Power of Subconscious Mind: Mr. Sneh Desai

JAIPUR ENGINEERING COLLEGE AND RESEARCH CENTRE
SPIRITUAL RESEARCH CELL
(India's First Rajyoga Thought Laboratory)

invites you in
ENLIGHTENMENT
6th October, 2021
10:00-11:30am

Sneh Desai
International Motivational
Speaker & Life Coach
Topic: Power of Subconscious Mind

Scan this QR Code to register
zoom

For more details : +9196600 53900, 93522 52913
src@jecrc.ac.in | rajyogathoughtlab@jecrc.ac.in

We felt enraptured in hosting Mr. Sneh Desai (Life & Business coach) as the speaker for the session on “*Power of subconscious mind*” which spectated him highlight the power of the subconscious mind and how changing thought patterns can result in a dramatic improvement in one’s life. He began the session by explaining the difference between the conscious and the subconscious mind to the participants in a very clear and brief way. This was followed by a very

interesting phase where he explained various important mantras by relating them to daily life activities. He urged the participants to never speak negatively, because he believes that once you say it out loud, it starts to manifest and so one should always think and speak positively. He insisted on the need to inculcate in an individual only positive thoughts right from the beginning because deleting the negative thoughts from one’s subconscious mind is a difficult task. Some of the mantras he shared with the audience were:

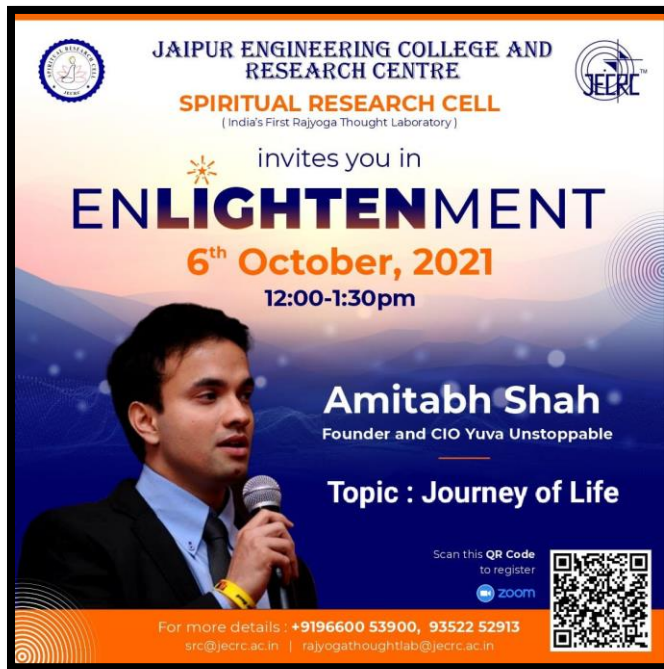
- i. Positively reject what you don't like.
- ii. One should always make real life role models.
- iii. Champion’s recipe: “Believing is seeing”.
- iv. Limits can be physical, but limitations are always mental thus, one should never set any limitations.
- v. Convert “what you believe” into “what you see”.
- vi. Manifest everything that you want to achieve.
- vii. Set positive goals.
- viii. Have a desire to achieve your goals.
- ix. Visualize your goals.

x. Prepare a goal chart.

The session proved to be a life changing experience for all those who were a part of it. It inculcated in them incredible values that will help them achieve all they wish to in their life.



Journey of Life: Mr. Amitabh Shah



GRATITUDE, SELF BELIEF AND COMPASSION ARE THE THREE PILLARS OF MEANINGFUL LIFE.

It was a whole interactive session with Shivani Singh Ma'am and the audience. Amitabh Shah Sir started his session with his life story by which he indulged in social work. When he was returning from the USA he saw a Swadesh Movie and then he drowned in his memories and decided to meet with his nany and after seeing her condition he concluded to take care of her. For this he decided to

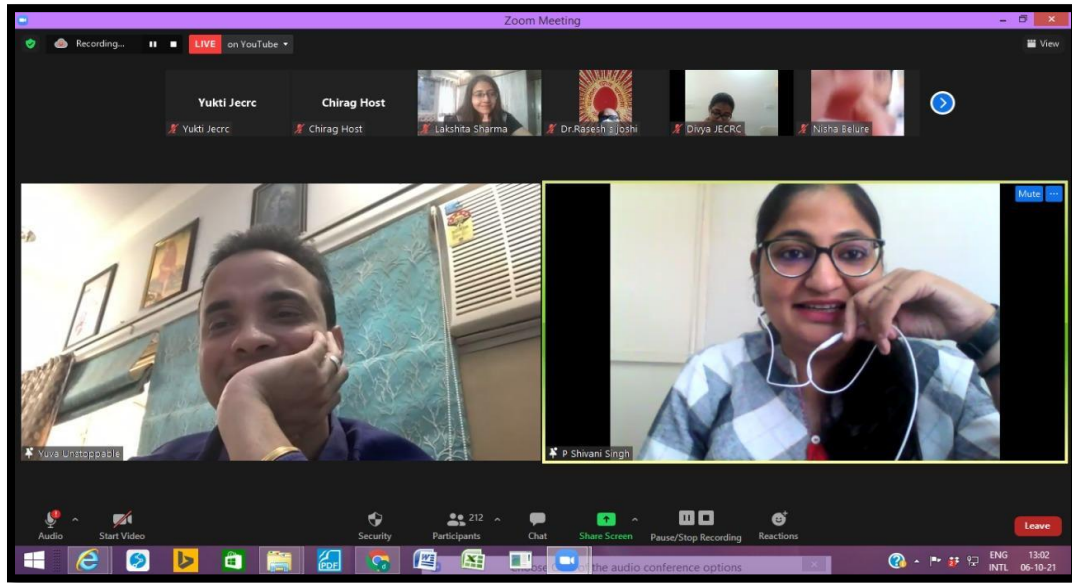
leave the USA and wanted to stay in India to work for needy people. At the session, he shared some thought-provoking views on his role models, gratitude and the idea of giving. He enlightened us with the great magic of life:

- Always appreciate the right thing.
- With Right wisdom, Money will automatically come.
- Always help others as much as you can.
- Provide education to needed ones.
- Always sleep after thanking God (Shukrana to God) for at least 5 things.

Abdul Kalam Sir also helped Amitabh Sir. The Most Admirable thing in the session was that Amitabh Sir announced in the session that whoever knows about any needy whose income is less than 2.5 lakh per annum they can give information to him or their organization via mail. Their organization will help those children and provide proper direction to their talent. This is really a huge commitment which will really prove boon for every child. We have learned so many things and about life miracles from this session. At last the session concluded with lots of smiles and learning. All of us are enlightened with the power of the subconscious mind and

magic of life. He provoked us with their words and enlighten the path of Social work and gives the message that -

GRATITUDE WILL LEAD TO HAPPINESS.



Attendance data

S. No.	Name	Email	Ref. No.
1	KamleshMaharwal	kmaharwal@gmail.com	JECRC/SRC/2021-22/Enl.5.0/001
2	SovanaHati	sovonajanai1993@gmail.com	JECRC/SRC/2021-22/Enl.5.0/002
3	Dr.SurendraKumari	surendrakumari2511@gmail.com	JECRC/SRC/2021-22/Enl.5.0/003
4	Rashmi Gaur	rashmigaur.cse23@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/004
5	Deepika Bhandari	deepikabhandari37@yahoo.com	JECRC/SRC/2021-22/Enl.5.0/005
6	Heena	heenapatel65@gmail.com	JECRC/SRC/2021-22/Enl.5.0/006
7	RavanDhundhara	harishdhundhara@gmail.com	JECRC/SRC/2021-22/Enl.5.0/007
8	Saroj Kumar	sarojkumar.it24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/008
9	Dr.DevikaPandurang Jeeragyal	devikapes12@yahoo.com	JECRC/SRC/2021-22/Enl.5.0/009
10	Anushka Sharma	anushkasharma.cse24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/010
11	SandhyaTomar	sandhyatomar09@gmail.com	JECRC/SRC/2021-22/Enl.5.0/011
12	Deepali Bhandari	deeps.bhan@gmail.com	JECRC/SRC/2021-22/Enl.5.0/012
13	R SudhaSadanand	sudha_sadanand2002@yahoo.com	JECRC/SRC/2021-22/Enl.5.0/013
14	Sanjay Nitharwal	sanjaynitharwal.ee24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/014
15	Niranjan Singh	singh.niranjan164@gmail.com	JECRC/SRC/2021-22/Enl.5.0/015
16	Sri Vidhya	srividhya011326@gmail.com	JECRC/SRC/2021-22/Enl.5.0/016
17	Surya Narayan Kampa	kampasurya@gmail.com	JECRC/SRC/2021-22/Enl.5.0/017
18	RohitChhabra	rohitchhabra.ai@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/018
19	YashiGarg	yashigarg.cse24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/019
20	Tushar Sharma	tusharsharma.ce23@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/020
21	Dr S T Naidu	drstnaidu@gmail.com	JECRC/SRC/2021-22/Enl.5.0/021
22	Opal Jain	opaljain.ai24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/022
23	Lakshita Sharma	lakshita6dec@gmail.com	JECRC/SRC/2021-22/Enl.5.0/023
24	Sachin Meghwanshi	sachinmeghwanshi.ee24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/024
25	T N Nagalakshmi	nagalakshmi0273@gmail.com	JECRC/SRC/2021-22/Enl.5.0/025
26	Saurabhkumar	saurabhkumar.it24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/026
27	Krishna	krishna2908@gmail.com	JECRC/SRC/2021-22/Enl.5.0/027
28	Suprabha Nag	suprabhanag74@gmail.com	JECRC/SRC/2021-22/Enl.5.0/028
29	Rahul	bk.rahul.g@gmail.com	JECRC/SRC/2021-22/Enl.5.0/029
30	SrawanNath	nath.srawan@gmail.com	JECRC/SRC/2021-22/Enl.5.0/030
31	SheetalVijayvargiya	sheetal.vijayvargiya2013@gmail.com	JECRC/SRC/2021-22/Enl.5.0/031
32	Ashutosh Sharma	ashutoshsharma.ce24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/032
33	Jayesh Gupta	jayeshgupta.it23@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/033
34	Monika Vishnoi	monimukesh6@rediffmail.com	JECRC/SRC/2021-22/Enl.5.0/034
35	Harish	venkatramharish@gmail.com	JECRC/SRC/2021-22/Enl.5.0/035

	VenkatramSaripella		
36	Manoj Pathak	manojpathak.phy@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/036
37	SaurabhMandal	saurabhmandal.ece23@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/037
38	Vishal kumar	vishal7.vk52@gmail.com	JECRC/SRC/2021-22/Enl.5.0/038
39	BK Deepika	deepnk24@gmail.com	JECRC/SRC/2021-22/Enl.5.0/039
40	Yajuvendra Singh Rajpoot	yajupitu25@gmail.com	JECRC/SRC/2021-22/Enl.5.0/040
41	Veena Singh	veenasingh1001@gmail.com	JECRC/SRC/2021-22/Enl.5.0/041
42	Dr.UmangPatdiwala	umangpatdiwala.me@indusuni.ac.in	JECRC/SRC/2021-22/Enl.5.0/042
43	DevkaranYadav	devkaraneenanand@gmail.com	JECRC/SRC/2021-22/Enl.5.0/043
44	Lucky Sharma	luckysharma.cse24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/044
45	SunitiChouhan	sunitichouhan.cse@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/045
46	N.Padmapriya	Padmapriya72@gmail.com	JECRC/SRC/2021-22/Enl.5.0/046
47	BkRamchander	ramchanderas@gmail.com	JECRC/SRC/2021-22/Enl.5.0/047
48	Dr.KashishParwani	kashishparwani.maths@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/048
49	Dr. Vishal Saxena	vishalsaxena.math@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/049
50	PiyushMantri	piyush92mantri@gmail.com	JECRC/SRC/2021-22/Enl.5.0/050
51	Priyal Sharma	priyal.sharma@yahoo.com	JECRC/SRC/2021-22/Enl.5.0/051
52	Anima Sharma	animasharma.cse@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/052
53	MeghaKumari	meghakumari.ece23@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/053
54	Pradeep Kumar Jain	pradeepkumar.ce@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/054
55	SnehaBhopalka	snehabhopalka@gmail.com	JECRC/SRC/2021-22/Enl.5.0/055
56	Abhishek Kumar	abhishekkumar.ee24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/056
57	Honey Agarwal	honeyagarwal.ece@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/057
58	ShivaniDutt	sdutt102@gmail.com	JECRC/SRC/2021-22/Enl.5.0/058
59	Ridhimasolet	ridhimasolet.it24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/059
60	Rishabh Sharma	rishabhsharma.cse23@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/060
61	Prachi Sharma	prachisharma.cse24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/061
62	Soundararajan R	autohodtech@sankara.ac.in	JECRC/SRC/2021-22/Enl.5.0/062
63	Dr Tripati Gupta	drtriptigupta.math@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/063
64	ShashikantaMeher	mehershshikanta2004@gmail.com	JECRC/SRC/2021-22/Enl.5.0/064
65	Anmol	Anmolthakur1224@gmail.com	JECRC/SRC/2021-22/Enl.5.0/065
66	Preeti Sharma	preetisharma.cse@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/066
67	AtulAnand	atulanand2000@gmail.com	JECRC/SRC/2021-22/Enl.5.0/067
68	NupurYadav	nupuryadav.ee@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/068
69	Thrilochana Devi K	thrilochanaprakash@gmail.com	JECRC/SRC/2021-22/Enl.5.0/069
70	HemalathaDoddaman i	hemalathadoddamani2000@gmail.com	JECRC/SRC/2021-22/Enl.5.0/070
71	SagarHande	sagarhande123@gmail.com	JECRC/SRC/2021-22/Enl.5.0/071
72	Yuvraj Singh Rajpurohit	yuvrajsinghrajpurohit.ce23@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/072

73	Muskan	muskanrao5614@gmail.com	JECRC/SRC/2021-22/Enl.5.0/073
74	Dr. Vaishali Ayachit	drvaishali.ayachit@gmail.com	JECRC/SRC/2021-22/Enl.5.0/074
75	Kusum Yadav	kusumyadav.it@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/075
76	Subrat Shukla	sandy87321@gmail.com	JECRC/SRC/2021-22/Enl.5.0/076
77	Avika Mour	Avikamour.ce24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/077
78	Dr. Rajesh Kumar Mishra	bd@parchembio.com	JECRC/SRC/2021-22/Enl.5.0/078
79	Hardayal Singh Kachhwaha	khardayalsingh@gmail.com	JECRC/SRC/2021-22/Enl.5.0/079
80	Guruprasadvishwakarma	guruprasadvishwakarma75@gmail.com	JECRC/SRC/2021-22/Enl.5.0/080
81	Mukesh Chandel	mukeshchandel.cse@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/081
82	Pradeep Kumar Jain	pradeepkumar.ce@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/082
83	Charul Yadav	charulyadav.cse24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/083
84	Yumnam Devananda Singh	dayayunam764@gmail.com	JECRC/SRC/2021-22/Enl.5.0/084
85	Richa Sharma	richasharma.cse@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/085
86	Rani Yadav	raniyadav.it24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/086
87	Divya Mangla	dmangla990@gmail.com	JECRC/SRC/2021-22/Enl.5.0/087
88	Pratik Diliprao Kaulkar	pratikkaulkar01@gmail.com	JECRC/SRC/2021-22/Enl.5.0/088
89	Ravindra Karadi	rvkaradi@yahoo.com	JECRC/SRC/2021-22/Enl.5.0/089
90	Sapna Sharma	sapnaloksharma@gmail.com	JECRC/SRC/2021-22/Enl.5.0/090
91	Rohit Sharma	rohitsharma.ce24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/091
92	Saumya Awasthi	samaw2207@gmail.com	JECRC/SRC/2021-22/Enl.5.0/092
93	Abujam Jibankumar Singh	jkabujam12@gmail.com	JECRC/SRC/2021-22/Enl.5.0/093
94	Dr. Ashok Kumar	yadavakdr@gmail.com	JECRC/SRC/2021-22/Enl.5.0/094
95	Kavita Sharma	bkphd12@gmail.com	JECRC/SRC/2021-22/Enl.5.0/095
96	Neeraj Borana	neerajborana.ece24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/096
97	Anjali	anjali0011ku77@gmail.com	JECRC/SRC/2021-22/Enl.5.0/097
98	Ratan Kumar	ratankmr4u@gmail.com	JECRC/SRC/2021-22/Enl.5.0/098
99	Himaniverma	himani.hv11@gmail.com	JECRC/SRC/2021-22/Enl.5.0/099
100	Dr. Sonika Kochhar	srkochhar@nit.edu.in	JECRC/SRC/2021-22/Enl.5.0/100
101	Rekha Vijay	rekhavijay.chem@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/101
102	P Shivani Singh	shivani.singh@jecrcu.edu.in	JECRC/SRC/2021-22/Enl.5.0/102
103	Shoaib	Shoaibggc8@gmail.com	JECRC/SRC/2021-22/Enl.5.0/103
104	Kapil Dadhich	kapildadhich.cse23@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/104
105	Poonam Sapra	poonamsapra18@gmail.com	JECRC/SRC/2021-22/Enl.5.0/105
106	Manju Vyas	manjuvyas.cse@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/106
107	Mukul Palariya	Mukulpalariya.ece23@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/107

108	SanatanMahakud	sanmahakud@gmail.com	JECRC/SRC/2021-22/Enl.5.0/108
109	AnshuMathur	dr.anshumathur@gmail.com	JECRC/SRC/2021-22/Enl.5.0/109
110	Harsh Vardhan Singh	harshvardhansingh.ece23@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/110
111	Sakshi Sanjay Pandare	sakshipandare3@gmail.com	JECRC/SRC/2021-22/Enl.5.0/111
112	Annu Kumar Gupta	annukumargupta.it24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/112
113	RajatGarg	rajatgarg0785@gmail.com	JECRC/SRC/2021-22/Enl.5.0/113
114	NishaMahadevBelure	sunitabelure09@gmail.com	JECRC/SRC/2021-22/Enl.5.0/114
115	Dr. Dinesh Kumar Gupta	drdkguptadefencedvc@gmail.com	JECRC/SRC/2021-22/Enl.5.0/115
116	Rabindra Kumar Panda	butupanda2007@gmail.com	JECRC/SRC/2021-22/Enl.5.0/116
117	Pandit Sanjay ShahakarGurujee	sanjayshahakar474@gmail.com	JECRC/SRC/2021-22/Enl.5.0/117
118	ShrungeriSundar Kulkarni	shrungeriskulkarni@gmail.com	JECRC/SRC/2021-22/Enl.5.0/118
119	Shruti Anil Chowgule	shrutichowgule1234@gmail.com	JECRC/SRC/2021-22/Enl.5.0/119
120	Agam Das Goswami	agam.goswami@vitap.ac.in	JECRC/SRC/2021-22/Enl.5.0/120
121	ManjuriMandi	manjuri.bec@gmail.com	JECRC/SRC/2021-22/Enl.5.0/121
122	Chandra Shekhar Kumar	lions.shekhar1976@gmail.com	JECRC/SRC/2021-22/Enl.5.0/122
123	PriyaDhama	priyadhama007@gmail.com	JECRC/SRC/2021-22/Enl.5.0/123
124	Spandita Mukherjee	spanditamukherjee@gmail.com	JECRC/SRC/2021-22/Enl.5.0/124
125	Tanuja	tanuja.it24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/125
126	R.Venugopal	rangakamalamvenu@gmail.com	JECRC/SRC/2021-22/Enl.5.0/126
127	Yukti Agarwal	yuktiagarwal.cse24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/127
128	Poojabansal	akki.pooja@gmail.com	JECRC/SRC/2021-22/Enl.5.0/128
129	Sunit Kumar	sunitsaathi@gmail.com	JECRC/SRC/2021-22/Enl.5.0/129
130	AbhilashaVishwakarma	Vabhilashav29@gmail.com	JECRC/SRC/2021-22/Enl.5.0/130
131	Arya chavan	aryachavan04@gmail.com	JECRC/SRC/2021-22/Enl.5.0/131
132	Anujprajapat	anujprajapat.it24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/132
133	BhintadeRenukaRajendra	renukabhintade7@gmail.com	JECRC/SRC/2021-22/Enl.5.0/133
134	Amankabra	amankabra.it24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/134
135	BkJayati	jayatiarora0000@gmail.com	JECRC/SRC/2021-22/Enl.5.0/135
136	Dr SeemaBhadauria	drseema299@gmail.com	JECRC/SRC/2021-22/Enl.5.0/136
137	Dr Srinivas Reddy Atla	online9703935321@gmail.com	JECRC/SRC/2021-22/Enl.5.0/137
138	AkshatVerma	akshatverma.it24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/138
139	Dawn Antony	dawnantony2000@yahoo.co.in	JECRC/SRC/2021-22/Enl.5.0/139

140	Yogita Punjabi	yogitapunjabi.cse@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/140
141	Ritu Soni	ritusoni.ee@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/141
142	Arpit Agarwal	arpitagarwal.it24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/142
143	Rajeev Srivastava	rajeevchitransh@gmail.com	JECRC/SRC/2021-22/Enl.5.0/143
144	PriyaJyotiyana	priyajyotiyana.cse@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/144
145	Devendra Kumar Sharma	devsharma1024@gmail.com	JECRC/SRC/2021-22/Enl.5.0/145
146	Nikhil Agarwal	nikhilagarwal.ece24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/146
147	Divya Jindal	divyajindal.cse23@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/147
148	Reena Solanki	hariramsolanki77@gmail.com	JECRC/SRC/2021-22/Enl.5.0/148
149	Dalchandrayadav	dalchandy856@gmail.com	JECRC/SRC/2021-22/Enl.5.0/149
150	Sneha Gupta	snehagupta.it24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/150
151	Divya Agarwal	divyaagarwal.ece23@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/151
152	Rashmi Gaur	rashmigaur.cse23@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/152
153	Veeranna G Maski	veerannagmaski3@gmail.com	JECRC/SRC/2021-22/Enl.5.0/153
154	Kanan Agarwal	Kanan.20bjmn015@jecrcu.edu.in	JECRC/SRC/2021-22/Enl.5.0/154
155	Dr.Ranbir Singh Rathee	ranbir.rathee46@gmail.com	JECRC/SRC/2021-22/Enl.5.0/155
156	Mamta rani	mamtarani.ece@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/156
157	Naveen Kumar	naveenkumar.ce24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/157
158	Arun Chopra	arunchopra1968@gmail.com	JECRC/SRC/2021-22/Enl.5.0/158
159	Dr SanjeevTyagi	sanjeev.ei@mjpru.ac.in	JECRC/SRC/2021-22/Enl.5.0/159
160	S B Ingole	suryabhansbingole@gmail.com	JECRC/SRC/2021-22/Enl.5.0/160
161	Mohit Kumar Lalwani	mohitkumarlalwani.ai24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/161
162	Ashok Patni	ashok_patni_jecrc@yahoo.co.in	JECRC/SRC/2021-22/Enl.5.0/162
163	Dr Reeta Jain	rtjn132@gmail.com	JECRC/SRC/2021-22/Enl.5.0/163
164	Shivamgarg	shivamgarg.it24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/164
165	Dr.PushpalataKumari	drpushpalatammc@gmail.com	JECRC/SRC/2021-22/Enl.5.0/165
166	Priyanshi Agrawal	priyanshiagrawal.ece23@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/166
167	Himanshumangal	himanshumangal.ce24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/167
168	Pravallika	pravallika6191@gmail.com	JECRC/SRC/2021-22/Enl.5.0/168
169	Anupama rani	rani.anupama7@gmail.com	JECRC/SRC/2021-22/Enl.5.0/169
170	Dr pawanpoonia	Pawanpooniasje@gmail.com	JECRC/SRC/2021-22/Enl.5.0/170
171	Kritikabajaj	Bajajkritika98@gmail.com	JECRC/SRC/2021-22/Enl.5.0/171
172	Roushan Raj	roushanraj324@gmail.com	JECRC/SRC/2021-22/Enl.5.0/172
173	AnjanichandrakantSh ejwal	anjanishejwal@gmail.com	JECRC/SRC/2021-22/Enl.5.0/173
174	Jitendra Kumar Gupta	jetu.gupta@gmail.com	JECRC/SRC/2021-22/Enl.5.0/174
175	Dr.Munish Mehta	munishmehta1@rediffmail.com	JECRC/SRC/2021-22/Enl.5.0/175

176	Manan Gupta	manan.gupta3011@gmail.com	JECRC/SRC/2021-22/Enl.5.0/176
177	AlkaShrivastava	alkams28@gmail.com	JECRC/SRC/2021-22/Enl.5.0/177
178	BrajaGopal Das	brajagopaldas1980@gmail.com	JECRC/SRC/2021-22/Enl.5.0/178
179	PranabDasgupta	flytopranab@gmail.com	JECRC/SRC/2021-22/Enl.5.0/179
180	Sakshi Sanjay Pandare	sakshipandare3@gmail.com	JECRC/SRC/2021-22/Enl.5.0/180
181	Milan Sharma	milansh2002@gmail.com	JECRC/SRC/2021-22/Enl.5.0/181
182	PoonamChoudhary	poonam.soyal.228@gmail.com	JECRC/SRC/2021-22/Enl.5.0/182
183	Divyanshu Jain	divyanshujain.cse23@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/183
184	Apoorv Sharma	apoorvsharma.cse24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/184
185	Chetna Gupta	Chetnagupta108@gmail.com	JECRC/SRC/2021-22/Enl.5.0/185
186	MdAjmal	mdajmal0708@gmail.com	JECRC/SRC/2021-22/Enl.5.0/186
187	Dhanaselvam J	dhanaselvam.j@skct.edu.in	JECRC/SRC/2021-22/Enl.5.0/187
188	Bhavesh Patel	bhaveshsmile@gmail.com	JECRC/SRC/2021-22/Enl.5.0/188
189	Shashibala	shashibala1264@gmail.com	JECRC/SRC/2021-22/Enl.5.0/189
190	Ritikchhipa	ritikchhipa01@gmail.com	JECRC/SRC/2021-22/Enl.5.0/190
191	Apeksha Pandey	apekshapandey.cse23@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/191
192	Anuj Kumar Vijay	anujkumarvijay.ce22@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/192
193	Anupama rani	rani.anupama7@gmail.com	JECRC/SRC/2021-22/Enl.5.0/193
194	Richa Nigam	nigamricha01@gmail.com	JECRC/SRC/2021-22/Enl.5.0/194
195	Abhay Agrawal	abhayagrawal.it24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/195
196	Nishant Kumar Pathak	nishantkumarpathak.ece23@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/196
197	SrashtiRawat	srashtirawat.cse24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/197
198	Muskan Agarwal	muskanagarwal.ece23@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/198
199	AvijitChakraborty	avijitchakraborty.cse23@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/199
200	Nagma E Mohammadi Syed Sadeque	nagmasyed996@gmail.com	JECRC/SRC/2021-22/Enl.5.0/200
201	Parth Sharma	parthsharma.ece22@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/201
202	BkBabita	babita121974@gmail.com	JECRC/SRC/2021-22/Enl.5.0/202
203	ManjuriMandi	manjuri.bec@gmail.com	JECRC/SRC/2021-22/Enl.5.0/203
204	LakshyaTambi	lakshyatambi.cse24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/204
205	Dr PandiamaniSivam	bkpandiamani@gmail.com	JECRC/SRC/2021-22/Enl.5.0/205
206	Arshad Hussain Ansari	arshadhussainansari.cse24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/206
207	Deepmala Chauhan	nmrk0302@gmail.com	JECRC/SRC/2021-22/Enl.5.0/207
208	SalehaFirdous	sawlehasayyad@gmail.com	JECRC/SRC/2021-22/Enl.5.0/208
209	Muskan	muskanrao5614@gmail.com	JECRC/SRC/2021-22/Enl.5.0/209
210	Dr. Vinita Mathur	vinitamathur.ece@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/210
211	Mr.TarunSaraswat	tarun.saraswat@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/211

212	Ms.Shivani Singh	shivani.singh@jecrcu.edu.in	JECRC/SRC/2021-22/Enl.5.0/212
213	Dr.Umeshkumarpareek	ukpareek.math@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/213
214	Dr.Sudhir Kumar Dixit	skdixit.phy@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/214
215	PriyankaHarchandani	priyankaharchandani.ee24@jecrc.ac.in	JECRC/SRC/2021-22/Enl.5.0/215

Certificate



The certificate features a central background with a silhouette of a person in a meditative pose against a warm, glowing sunset. The text is centered and includes logos for the Spiritual Research Cell and JECRC. The title 'ENLIGHTENMENT Certificate' is prominently displayed in the center. Below the title, it states that the recipient has participated in a two-day online event held on October 5th and 6th, 2021, organized by the Spiritual Research Cell at JECRC, Jaipur. Three signatures are present at the bottom, each with a name and title: Mukesh Agarwal (Head, Spiritual Research Cell), Prof. Vinay Kumar Chandna (Principal, JECRC, Jaipur), and Arpit Agarwal (Director, JECRC, Jaipur).

 **SPIRITUAL RESEARCH CELL**
(Centre of Excellence in Science & Spirituality)



ENLIGHTENMENT
Certificate

This is to certify that

has **participated** in the **Two Days** online event **“Enlightenment”**
held during **5th-6th October 2021**, organized by Spiritual Research Cell,
Jaipur Engineering College and Research Centre, Jaipur.


Mukesh Agarwal
Head, Spiritual Research Cell


Prof. Vinay Kumar Chandna
Principal, JECRC, Jaipur


Arpit Agarwal
Director, JECRC, Jaipur

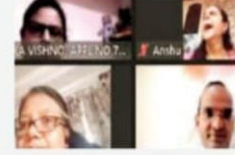
Newspaper cutting

जेईसीआरसी में विद्यार्थियों ने मेडिटेशन से सीखा खुश रहने का तरीका

जयपुर (कासं.)। देश के एकमात्र इंजीनियरिंग कॉलेज में स्थित स्पिरिचुअल रिसर्च सेल (एसआरसी) के पांच साल पूरे हो गए। इस मौके पर 'एनलाइटमेंट' कार्यक्रम हुआ। वक्ताओं ने जयपुर इंजीनियरिंग कॉलेज एंड रिसर्च सेंटर (जेईसीआरसी) के विद्यार्थियों को मेडिटेशन के माध्यम से खुश रहने के तरीके बताए। साथ ही, उन्होंने तनाव मुक्त रहने के लिए भी प्रेरित किया। जेईसीआरसी के वाइस चेयरपर्सन अर्पित अग्रवाल ने बताया कि विद्यार्थी जीवन से ही मेडिटेशन सीखने से सफलता की संभावना बढ़ जाती है। ऐसे कार्यक्रम विद्यार्थियों के जीवन को एक नई दिशा भी प्रदान करते हैं। एसआरसी के को-ऑर्डिनेटर मुकेश अग्रवाल और चित्रा ने बताया कि दो दिवसीय कार्यक्रम में पांच वक्ताओं ने अपने अनुभव को साझा करते हुए विद्यार्थियों को मेडिटेशन के माध्यम से खुश रहने के तरीके बताए। इसमें पहले दिन डायनेमिक ट्रेनर और काउंसलर बीके ईवी गिरीश ने विद्यार्थियों को संबोधित किया। वहीं बिहेवरल एनालिस्ट ऋतु ठक्कर ने द मैजिक ऑफ मेडिटेशन के बारे में जानकारी दी। दूसरे दिन अंतरराष्ट्रीय प्रेरक वक्ता और लाइफ कोच स्नेह देसाई ने विद्यार्थियों को पावर ऑफ सबकाशियस माइंड के बारे में बताया।

मेडिटेशन से सीखा खुश रहने के तरीके

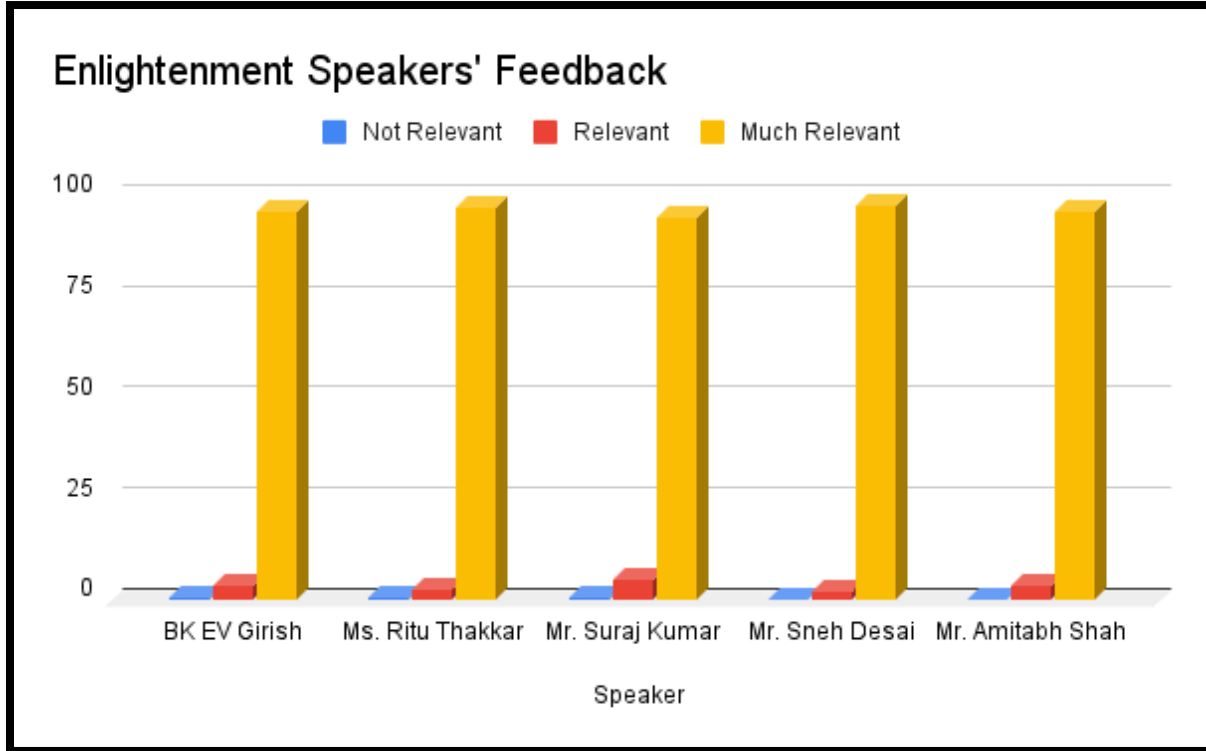
जयपुर। जेईसीआरसी में स्थित स्पिरिचुअल रिसर्च सेल (एसआरसी) के पांच साल पूरे हो गए हैं। इस मौके पर एनलाइटमेंट कार्यक्रम हुआ। कार्यक्रम में वक्ताओं ने जयपुर इंजीनियरिंग कॉलेज एंड रिसर्च सेंटर के विद्यार्थियों को मेडिटेशन के माध्यम से खुश रहने के तरीके बताए। साथ ही उन्होंने छात्रों को तनाव मुक्त रहने के लिए भी प्रेरित किया। वाइस चेयरपर्सन अर्पित अग्रवाल ने बताया कि विद्यार्थी जीवन से ही मेडिटेशन सीखने से सफलता की संभावना



बढ़ जाती है। ऐसे कार्यक्रम विद्यार्थियों के जीवन को एक नई दिशा देते हैं। इस मौके पर एसआरसी के को-ऑर्डिनेटर मुकेश अग्रवाल, चित्रा, काउंसलर बीके ईवी गिरीश, डॉ. विनीता माथुर, तरुण सारस्वत और पी शिवानी सिंह सहित अन्य लोगों ने विचार व्यक्त किए।

Feedback Form and Data Analysis

2-days Enlightenment program got great response in all terms as shown by the data collected through feedback forms:



<p>Very knowledgeable & calming session for students who are busy all day doing different types of activities.</p> <p>- Devesh Kumar, Jaipur Engineering College & Research Centre</p>	<p>I have learned today many things about my mind, how I can stop negative thoughts, and win over my fear. This session is very helpful for me.. Thank u so much for such a good and very amazing session. Thanks a lot!</p> <p>- Anmol, Ignou university</p>
<p>Great session and I would request the respected organizer to have more such sessions a head specially the online Rajyoga meditation course. Thank you so much.</p> <p>Venkatesh Agnihotri ,MPSVV</p>	<p>Both sessions were wonderful, and meditation is the best way to change our life. Thanks JERC team for conducting such types of events, please would request you to conduct more sessions like this that can inspire us to move forward in our life. Thanks</p> <p>- Shrungeri Sundar Kulkarni, Bicol Christian College of Medicine</p>
<p>That is Wonderful event , I learnt a lot from the event...I Would like to attend more such events</p> <p>- Rishabh Sharma, JECRC Foundation</p>	<p>Excellent sessions and good initiative by the organization should be taken from time to time for the betterment of all. Thanks</p> <p>- SURYA NARA YAN KAMPA, Sambalpur, Odisha</p>
<p>Well done and excellent. If it's organized again, please provide me a chance to attend it.</p> <p>- Dr Ramesh Pandurang Tat, Shree Balaji HS & Jr College Aurangabad</p>	<p>Very resourceful faculties, offline programmes should also be started for those who can attend offline too.</p> <p>- Rahul Choudhary, Department of Psychology, RU</p>
<p>Keep doing these kinds of sessions more frequently. God bless you.</p> <p>- Krishna ,Homemaker</p>	<p>In a few words - It was worth every second I spent on this. It has helped me realize how easy life can be if the person knows how to</p>

	<p>keep themselves enlightened and happy.</p> <ul style="list-style-type: none"> - Sachin Meghwanshi, JECRC College
<p>Such types of events are very useful and relevant in handling today's crisis.</p> <ul style="list-style-type: none"> - Dr. Pushpalata Kumari, Magadh Mahila College, Patna University, Patna 	<p>Program content & arrangements are very good. I'm from Tamilnadu, I thought whole program will be in English but in hindi explanations, I can't fully understood.</p> <ul style="list-style-type: none"> - SOUNDARARAJAN R, SANKARA POLYTECHNIC COLLEGE

Feedback Analysis

After analyzing the feedbacks of the participants we have come to know that these sessions are really helpful to everyone and there is a need for such sessions. So, we have planned to organize more such sessions in near future.

Students really got benefitted and they asked for organizing more such two days sessions.

Most of the participants were comfortable with bilingual sessions but some faced language issue..

Participants showed interest in connecting with more such eminent speakers.

The sessions were easy and accessible to all the age groups.

.

The topic of the program “Enlightenment” attracted various kinds of audience and proved to be an important point.

Recommended Actions

- A measure of concern and handling threats digitally has to be maintained properly.
- The sessions are to be held on a globally renowned and secure platform to avoid mishaps.
- More events should be of two days so that students can comfortably attend them fully and the sessions should be continued in Bilingual manner.
- Quiz based on sessions should be provided to the participants to enhance their learning.

Organizing Team

S.No.	Name	Designation	Event Role
1	Mukesh Agarwal	Head, Spiritual Research Cell, JECRC	Faculty Coordinator
2	ChitraKhandelwal	Counsellor, Spiritual Research Cell	Faculty Coordinator
3	Dr. Vinita Mathur	Asso. Prof., ECE, JECRC	Faculty Coordinator
4	Mr.TarunSaraswat	Incubation Manager, JIC, JECRC	Faculty Coordinator
5	Ms.Shivani Singh	Asst. Prof., MBA Dept. JU	Faculty Coordinator
6	Aastha Agarwal	CSE 4th Year	Student Coordinator
7	Dewang Agarwal	IT 4th Year	Student Coordinator
8	AkshatMangal	ME 4th Year	Student Coordinator
9	Shashwat Jain	CSE 4th Year	Student Coordinator
10	Chirag Nagar	CSE 4th Year	Student Coordinator
11	Rohan Mathur	CSE 3rd Year	Student Coordinator
12	Divya Jindal	CSE 3rd Year	Student Coordinator
13	Ashutosh Mishra	ECE 3rd Year	Student Coordinator
14	AshutoshLawania	ECE 3rd Year	Student Coordinator
15	JatinPareek	ECE 3rd Year	Student Coordinator
16	Saumya Sharma	CSE 3rd Year	Student Coordinator
17	Diya Porwal	CSE 3rd Year	Student Coordinator
18	IshuParihar	CSE 3rd Year	Student Coordinator
19	Yukti Agarwal	CSE 2nd Year	Student Coordinator
20	SakshiNaruka	CSE 2nd Year	Student Coordinator
21	JatinLalwani	CSE 2nd Year	Student Volunteer
22	Rimjhim Sharma	CSE 2nd Year	Student Volunteer
23	Sagar Jain	CSE 2nd Year	Student Volunteer
24	SaloniVijayvargiya	CSE 2nd Year	Student Volunteer
25	SonaliVijayvergia	IT 2nd Year	Student Volunteer
26	Riya Sharma	IT 2nd Year	Student Volunteer
27	Gaurav Thanvi	CSE 2nd Year	Student Volunteer
28	Harshita Agarwal	CSE 2nd Year	Student Volunteer
29	Ishita Jain	IT 2nd Year	Student Volunteer
30	Ayushi George	AI & DS 2nd Year	Student Volunteer
31	KalashKshetija	ECE 2nd Year	Student Volunteer
32	Praveen Goliya	ECE 2nd Year	Student Volunteer
33	PriyanshuGarg	IT 2nd Year	Student Volunteer
34	RadhikaDhoot	CSE 2nd Year	Student Volunteer

35	Sarthak Jain	CSE 2nd Year	Student Volunteer
36	Khushboo	ECE 2nd Year	Student Volunteer
37	Apoorv Sharma	CSE 2nd Year	Student Volunteer
38	Sanskar Sharma	CSE 2nd Year	Student Volunteer



**TWO DAYS
STUDENT DEVELOPMENT PROGRAM**

ON

MEDITATION FOR EMOTIONAL STABILITY

27TH - 28TH AUGUST 2021

REPORT

ORGANISED BY

SPIRITUAL RESEARCH CELL

**JAIPUR ENGINEERING COLLEGE AND
RESEARCH CENTRE , JAIPUR**

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Brochure



JAIPUR ENGINEERING COLLEGE AND RESEARCH CENTRE



SPIRITUAL RESEARCH CELL

(Centre of Excellence in Science & Spirituality)



STUDENT DEVELOPMENT PROGRAM ON

Meditation for Emotional Stability

27th - 28th August, 2021



BK EV Gireesh

Dynamic Trainer & Counselor,
Mumbai



Ms. Monica Gupta

Brand Story Teller,
Delhi



Ms. Ritu Thakkar

Corporate Trainer,
Mumbai



Ms. Ansuya Sunku

Meditation Expert,
Bahrain

Click here to register



Open for all students (School & College)

For more details please contact: Divya: 96600 53900 | Ashutosh: 93522 52913

Schedule



Meditation for Emotional Stability

27th-28th August, 2021

Schedule



DATE	09:30 - 11:00	11:00-11:30	11:30 - 01:00	01:00-2:00	02:00 - 03:30
27th August 2021	BK EV Gireesh Dynamic Trainer & Counselor, Mumbai <hr/> Experience Positive Emotions	BREAK	Mr. Mukesh Vyas Director, Winner Academy of Excellence, Jalpur <hr/> BK Sister Deepa Senior Rajyoga Expert, Mumbai	BREAK	Ms. Ritu Thakkar Corporate Trainer & Consultant, Mumbai <hr/> Emotional Well-Being
28th August 2021	Ms. Ansuya Sunku Vice-President, Meditation Centre, Bahrain <hr/> Healing your Emotions	BREAK	Ms. Monica Gupta Director, Interactive Bees, Delhi <hr/> Creating stable mind in challenging times	BREAK	Panel Discussion Mr. Ramprakash Singhal Founder, 7 Billion act of Goodness, USA <hr/> Ms. Supriya Agarwal Executive Member, Education Wing, RERP, M. Abu

For more details please contact: Divya: 96600 53900 | Ashutosh: 93522 52913

Abstract

“Meditation is the golden key to all the mysteries of life”

The 2-day long SDP program including 6 sessions explained and briefed the audience on “MEDITATION FOR EMOTIONAL STABILITY”, where prominent speakers like Ms. Monika Gupta, EV Gireesh, Ms. Ritu Thakkar, Ms. Ansuya Sunku, Mr. Mukesh Vyas, Sister Deepa, Ms. Supriya Agarwal and Mr. Ram Prakash gave much deep insight on how to gain emotional stability through meditation to the audience.

The series of sessions started with the first session Experience Positive Emotions by BK EV Gireesh. This was followed by the 2nd session where the audience was emotionally tested by Mukesh sir and Sister Deepa gave simple yet much influential tips on how to increase emotional stability and how to attain spiritual wellness. The 3rd session by another prominent speaker Ritu ma'am was very interesting as well as important. She gave the positivity mantra - “Always create a new pattern by observing positive thoughts. “

The event was preceded further with three more sessions on 28th august for filling the minds of young buds with positive and useful facts, tips and solutions. The very first session on ‘Healing your emotions’ by Ms. Ansuya Sunku presented all the mind blowing tricks that we all need today to heal the wounds and pain of the soul. The vibes of positivity and emotional power spreaded even with more force when Ms Monica Gupta got on the stage to explain how keeping our mind stable is possible even in these challenging times. “The most important ability that we have today is attention. Brain is the fantastic filter and attention is its gate” - these lines are magical which turn all our attention towards attention.

The last and much important session of the second day was a panel discussion with fabulous speakers Ms. Supriya Agarwal and RamPrakash Singhal Sir. They both were like sparkling stars showering the rays of knowledge on everyone.

Speaker's Profile

1. EV Gireesh



BK EV Gireesh is a Dynamic Trainer and Counsellor with passion for excellence and creativity. With an experience of more than 14 years he is well-known for his unique style and ability to inspire people. He has taken training programs at various institutes including ISRO - Indian Space Research Organization, NPCIL - Nuclear Power Corporation of India Ltd, IITs, NID (National Institute of Design), Indian Army, L&T, ICAI, ICSI, Tata Motors, TCS, Accenture, Infosys, Cipla, Zydas Research Laboratories, Tata Power etc.

2. Sister Deepa



She has dedicated her life in spiritual services for the last 25 years. She is serving Society at large to impart spiritual knowledge and teach Rajyoga Meditation. She has given many lectures and conducted workshops at different forums on Self Development. She has also conducted several Workshops and programs at the National conferences, Dialogues at Mount Abu.

3. Mukesh Vyas



Shri Mukesh Vyas Sir is a Start-up enthusiast, running 3 Organizations with Profit from inception, 3 years of entrepreneurial experience after working in. Apart from this he is also an active thought leader and his papers have been published in many National/International Journals and he has been a part of many National/International Conferences.

4. Ritu Thakkar



Ms. Ritu Thakkar "A Freelance Trainer and Consultant"

She has an insightful experience of more than 12 years in "Organisational Development and Corporate Learning & Development".

She is gifted with higher levels of speaking skills and has a creative and art full personality. She was awarded Outstanding Contribution in T&D in Asian HR Leadership Awards,2017. She is a plenary speaker at the National Conference on Integrating Human Values in Professional Education, 2018.

5. Ansuya Sunku



Ms. Ansuya Sunku is a Practitioner and experienced teacher of Rajyoga Meditation of the Brahmakumaris World Spiritual University. She played a pivotal role in organizing the following conferences and retreats:

- A Retreat 'Touch the Light' in 2009 in Amwaj Islands in Kingdom of Bahrain
- A Retreat 'Coming into the Light in 2010 in Amwaj islands in Kingdom of Bahrain
- Awakening Your Inner Power and Potential' in 2011
- Awakening Your Inner Power and Potential in 2012 under the patronage of the Deputy Prime Minister of the Kingdom of Bahrain

- Road to Peace in 2015

6. Monika Gupta



Monika Gupta is "A Brand Story Teller" and "Strategy & Transformation Leader".

She has worked with reputed brands as a professional and rose in rank from marketing executive to "Country Head".

She is gifted with higher levels of Marketing Communication Skills and has a unique way to see life. She was honoured with the Eminent Achiever Award in Integrated Marketing Communication by Indian Conventions, a media consortium. She strongly believes that "The biggest gift that we have got in our lives is the thought power!"

7. Ramprakash Singhal



Ram Prakash Singhal is the initiator of the 7 Billion Acts of Goodness program. Currently he is in the US. He had become a votary of the Brahma Kumaris when he had been in college at the age of 21 and never strayed far from their centres in the US or from his deep spiritual beliefs. He also teaches meditation and stress management during his off hours as a type of volunteer work.

8. Supriya Agarwal



Born in 1981, B.K Supriya came in contact with the Brahma Kumaris in 1992 at the tender age of 12. Her interest in spirituality led her to study Rajyoga Meditation and since then she has been associated with the organizational services. She is a qualified Company Secretary. She has taken classes for students preparing for professional exams of Chartered accountancy, Company Secretary-ship and Cost Accountancy on the subjects of Indirect taxation and Corporate Law. She has made presentations in various Colleges, Universities, Associations and Corporate Sector on varied topics such as Self-Management, Stress Management, Positive Thinking, Power of Goodness, Anger Management, Purpose of Life, Values in Life and Raja Yoga Meditation etc. Some of them include CMC Ltd, SBI, Punjab & Sind Bank, Canara Bank, PGI, Lucknow, RTC of Armed Forces, Power Corporation, U.P.I.D, IMRT Institute, and KRIBHCO, Jaipuria Institute of Management, Biyani Group of Colleges etc.

Experience Positive Emotions - BK EV Gireesh

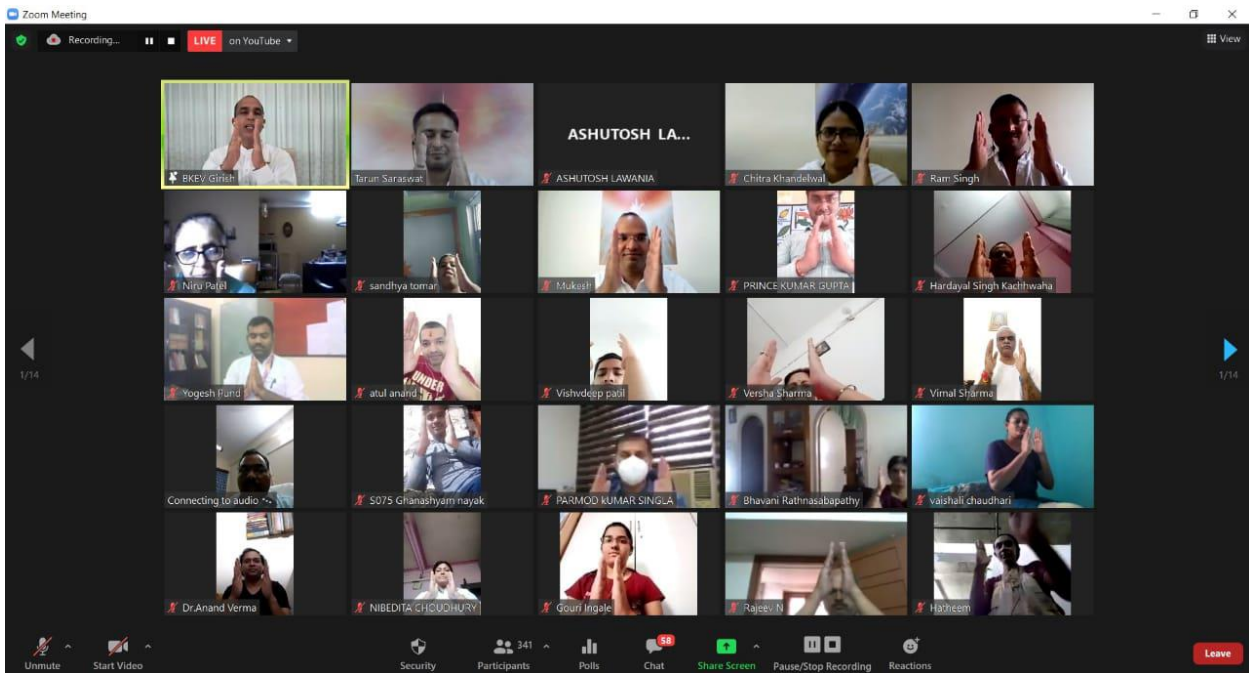


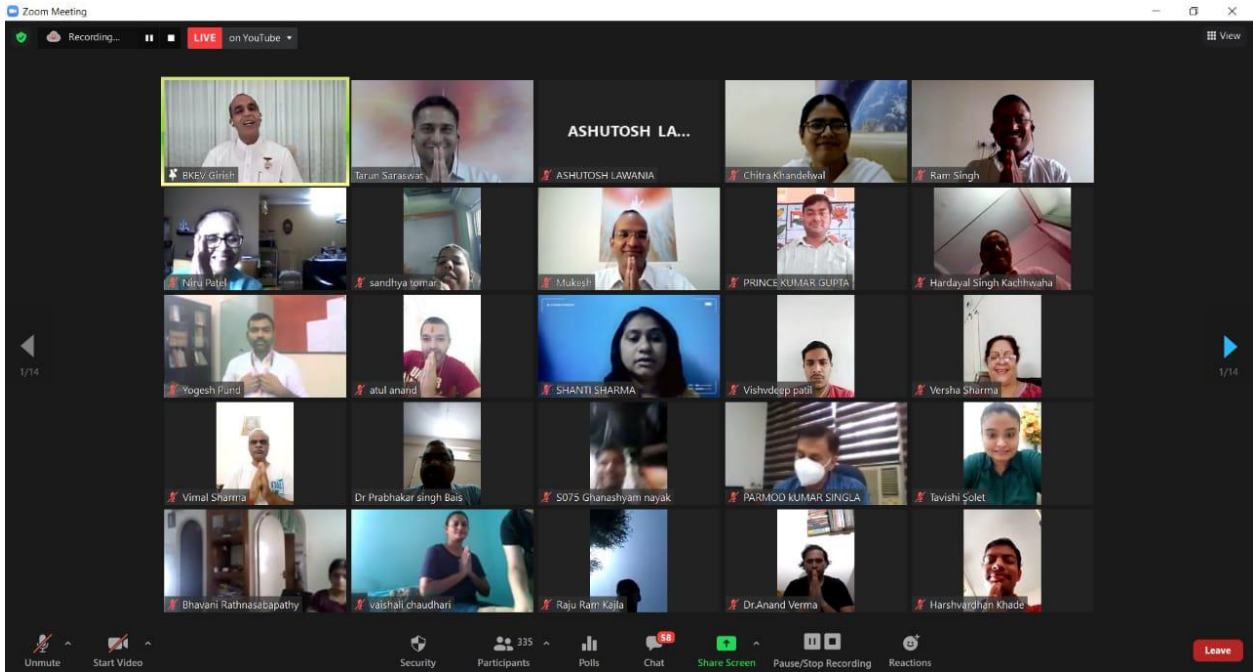
JAIPUR ENGINEERING COLLEGE AND RESEARCH CENTRE
SPIRITUAL RESEARCH CELL
(Centre of Excellence in Science & Spirituality)
Meditation for Emotional Stability
27th-28th August, 2021

Welcome
BK EV Gireesh
Dynamic Trainer & Counselor, Mumbai

Topic: **Experience Positive Emotions**

In the first session, BK EV Gireesh Sir explained the important concepts of spirituality and also clarified the relation between meditation and emotions. He told the importance of practicing meditation for emotional stability by saying that human being consists of two words human which is derived from humus and being which means soul. Thus it is very crucial to take care of the soul.





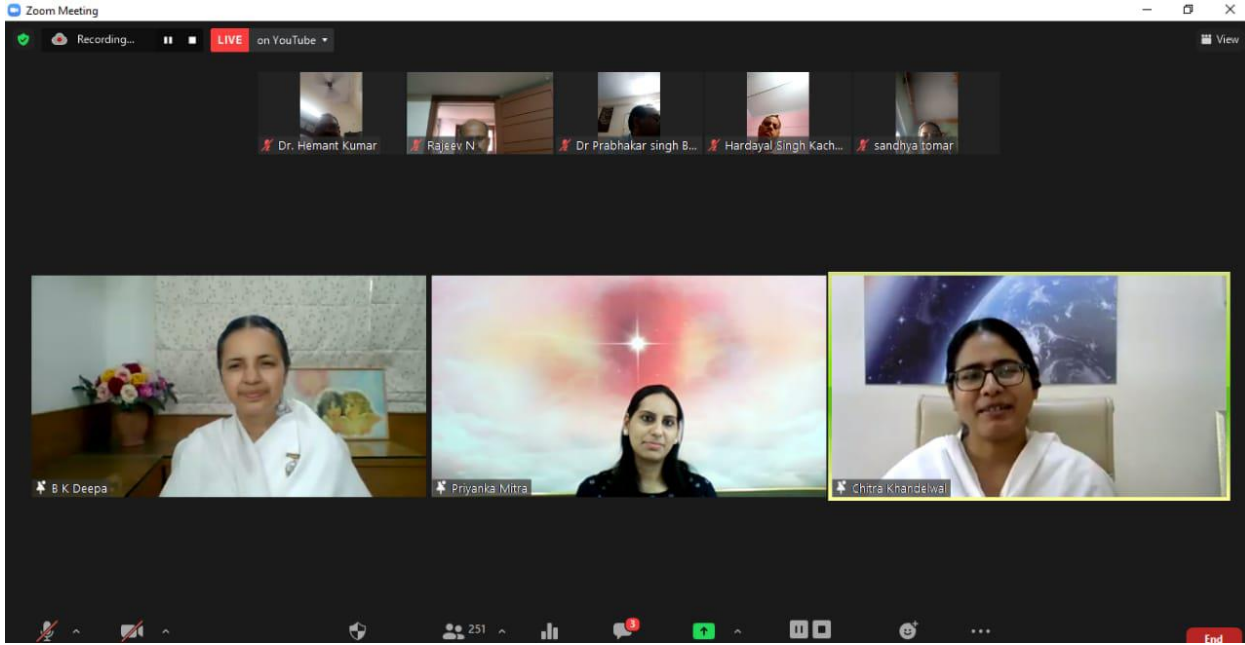
Emotional Stability Test and Spiritual Wellness - BK Sister Deepa and Mukesh Vyas

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Mr. Mukesh Vyas
Director, Winner Academy of Excellence, Jaipur

BK Sister Deepa
Senior Rajyoga Expert, Mumbai

In the second session, Mukesh Vyas took the emotional stability test. Bk Sister Deepa explained the six dimensions of emotional style and also clarified the difference between the person's reaction and response for a particular task. They explained to us how spiritual wellness helps in making our busy life easy. According to them, human beings have three powers: Thought power, Will power and Experience power. They also explained that with positive thoughts and meditation we can recharge our soul battery. At last they conclude that 'The soul is a point of divine light'.



You are viewing Mukesh Vyas-WAE's screen

1	2	3	4	5	6	7
Strongly Disagree	Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree	Strongly Agree

22. Usually, I am not attentive to what is going on in my body.
 आमतौर पर मैं इस बात पर ध्यान नहीं देता कि मेरे शरीर में क्या चल रहा है।

23. Oftentimes, when other people think something is inappropriate, I disagree.
 अक्सर, जब दूसरे लोग सोचते हैं कि कुछ अनुचित है, तो मैं असहमत हूँ।

24. If I get distracted by something, it takes me a long time to refocus.
 अगर मैं किसी चीज से विचलित हो जाता हूँ, तो मुझे फिर से ध्यान केंद्रित करने में काफी समय लगता है।

Mukesh Vyas-WAE



Emotional Well-Being – Ms. Ritu Thakkar



The banner features a dark blue background with a large white circle on the left containing a portrait of Ms. Ritu Thakkar. Text is centered in white and yellow. Logos for the Spiritual Research Cell and JECRC are in the top corners.

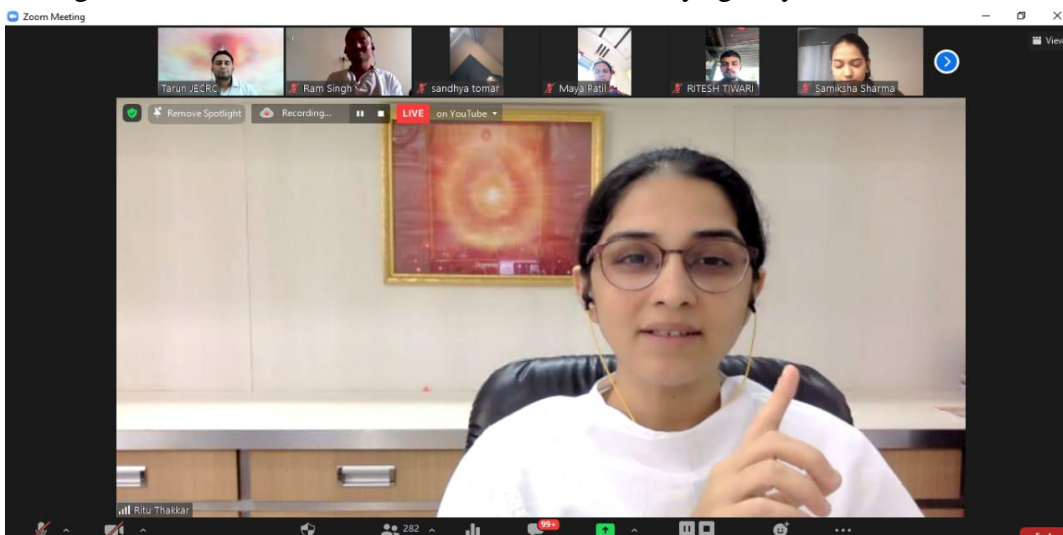
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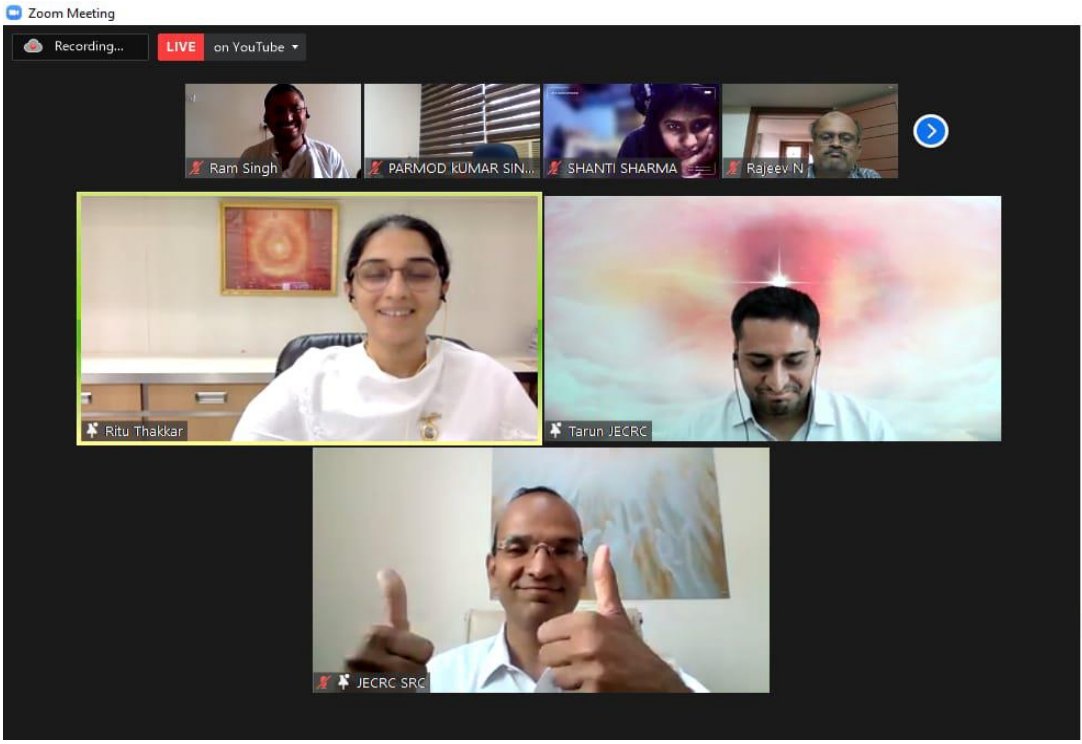
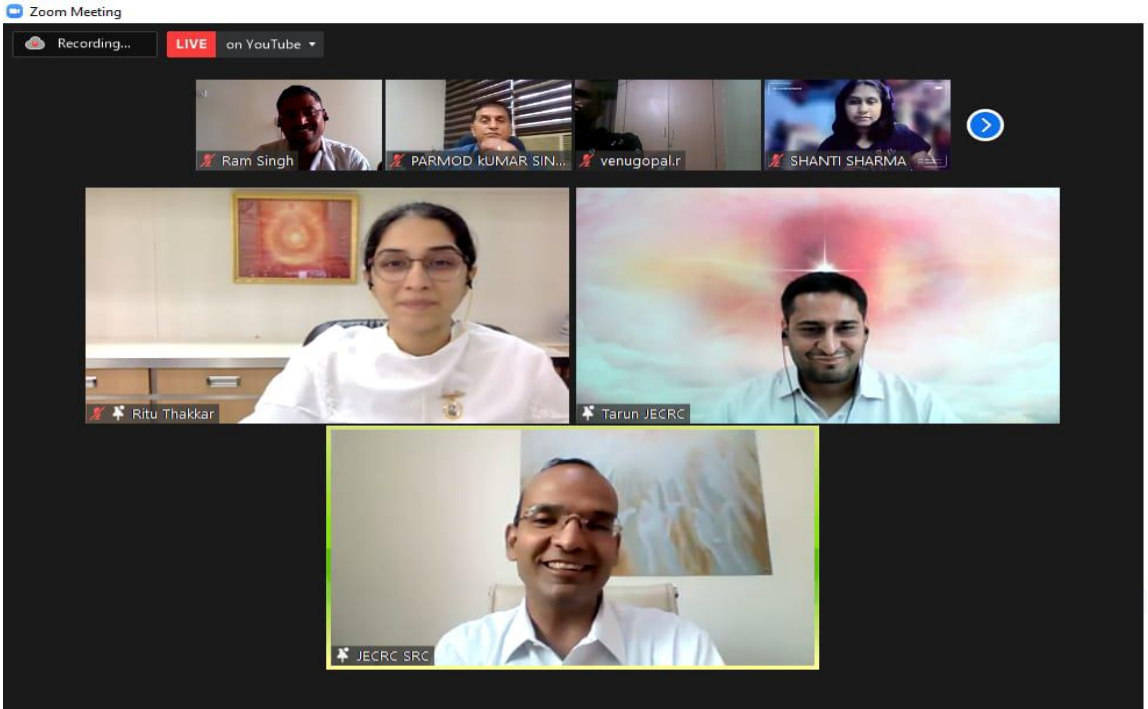
Meditation for Emotional Stability
27th-28th August, 2021

Welcome
Ms. Ritu Thakkar
Corporate Trainer, Mumbai

Topic: **Emotional Well-Being**

In the third session Ms Ritu Thakkar Ma'am explained the importance of happiness and relaxation exercise. Happiness helps in decreasing stress and performing relaxation exercise in a day helps in removing negative thoughts. She asked us to create a new pattern by observing positive thoughts. She also explained that emotional well-being have ability to produce positive emotions, thoughts and feelings. At last she concluded with the words "Always give your 100% for success in life".



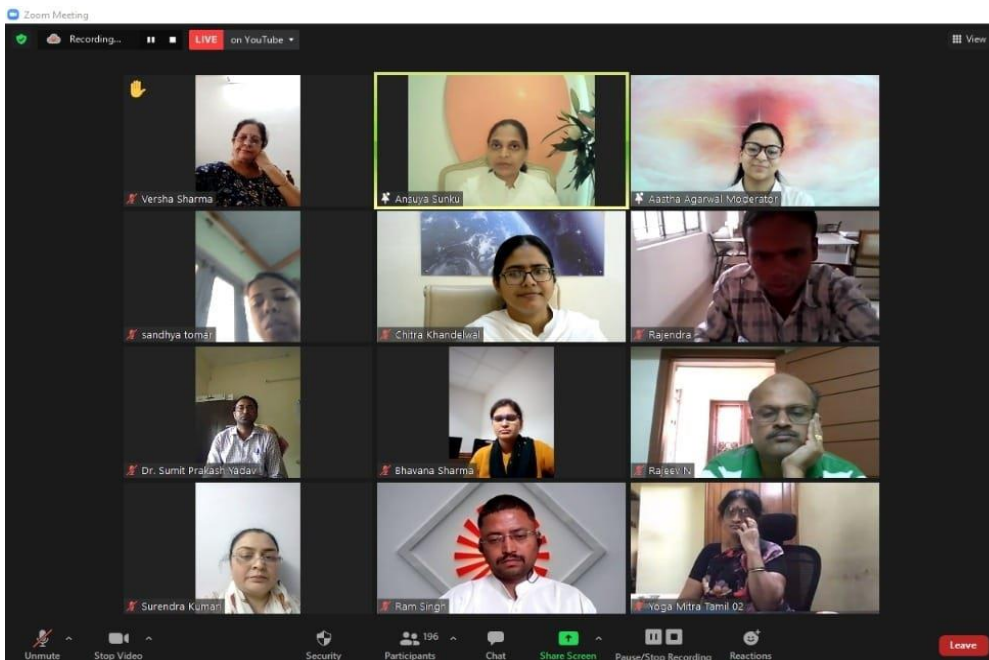


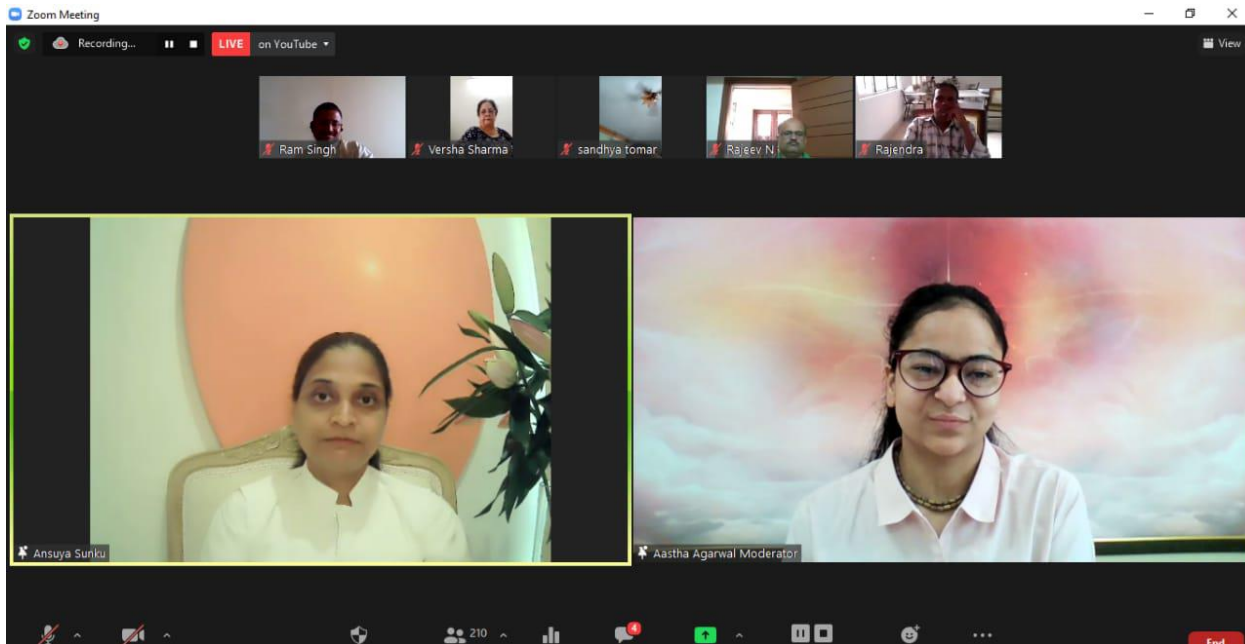
Healing your Emotions- Ms Ansuya Sunku



The banner is for a Zoom meeting titled "Meditation for Emotional Stability" held from August 27th to 28th, 2021. It features the logo of the Spiritual Research Cell (SRC) and the Jaipur Engineering College and Research Centre (JECRC). The text on the banner includes: "JAIPUR ENGINEERING COLLEGE AND RESEARCH CENTRE", "SPIRITUAL RESEARCH CELL (Centre of Excellence in Science & Spirituality)", "Meditation for Emotional Stability", "27th-28th August, 2021", a circular portrait of Ms. Ansuya Sunku, "Welcome Ms. Ansuya Sunku", "Vice-president, Bahrain Meditation Centre", and "Topic: Healing your Emotions".

In the first session Ms Ansuya Sunku Ma'am explained how we can heal our emotions. She said emotion means energy in motion, every thought we have is a feeling so the deeper state of feeling is emotion. According to them 'aura' is nothing but an invisible energy. She explained how meditation connects the soul to supreme and meditation is the way to shower your soul under the energy of god.



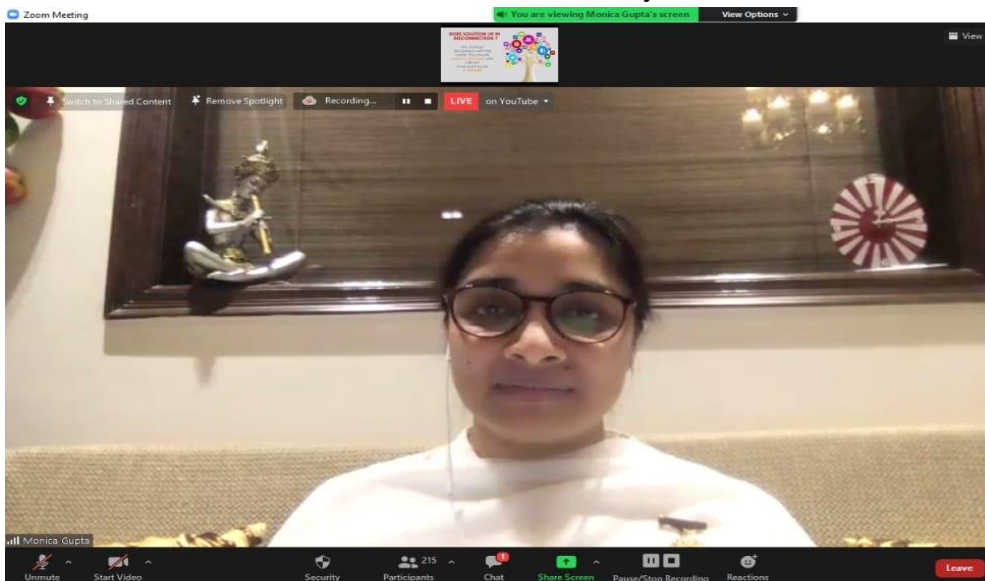


Creating Stable Mind in Challenging Times - Ms Monika Gupta



The banner is set against a dark blue background. At the top left is the logo of the Spiritual Research Cell (SRC), which includes a circular emblem with a lotus and the text 'SPIRITUAL RESEARCH CELL' and 'SRC'. To the right of this is the text 'JAIPUR ENGINEERING COLLEGE AND RESEARCH CENTRE' and 'SPIRITUAL RESEARCH CELL' in large, bold, yellow letters. Below this, in smaller white text, is '(Centre of Excellence in Science & Spirituality)'. On the far right is the logo for JEEPC, featuring a stylized 'J' and 'E' with a grid pattern. The main title 'Meditation for Emotional Stability' is written in large, bold, yellow letters, with the dates '27th-28th August, 2021' below it. A circular portrait of Ms. Monica Gupta, wearing glasses and a dark blue shirt, is on the left. To her right, the word 'Welcome' is written in a large, elegant, yellow cursive font, followed by 'Ms. Monica Gupta' in large, bold, white sans-serif font. Below her name is her title 'Director, Interactive Bees Pvt. Ltd, Delhi' in a smaller white font. At the bottom, the topic 'Topic: Creating stable mind in challenging times' is written in bold yellow text.

In the second session Ms Monika Gupta Ma'am explained the challenges we face in the form of her thoughts, which are both positive and negative. She explained how we deal with any situation. According to her a weak mind sees it as a problem, a stable mind considers it a challenge and a strong mind as an opportunity. She described how growing technology leads to depression. She concluded with the words "Think less, think slowly and think better".



Panel Discussion - Mr Ramprakash Singhal & Bk Supriya

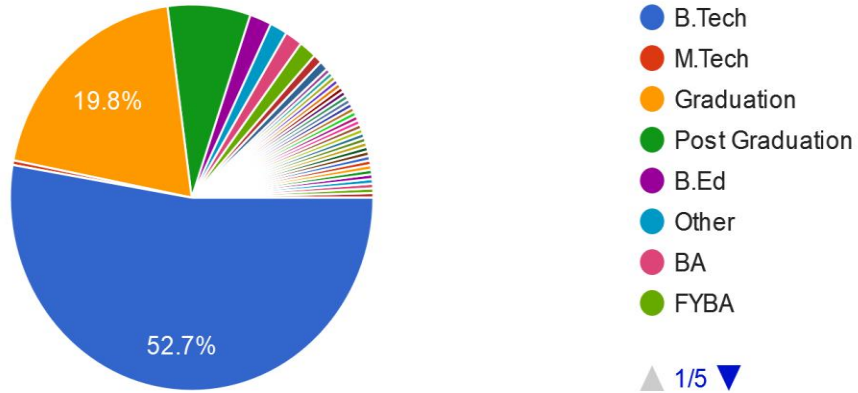
The banner is for an event titled "Meditation for Emotional Stability" held from August 27th to 28th, 2021. It is organized by the Spiritual Research Cell (SRC) at Jaipur Engineering College and Research Centre (JECRC), which is a Centre of Excellence in Science & Spirituality. The banner features two speakers: Mr. Ramprakash Singhal, Founder of 7 Billion Act of Goodness, USA, and Ms. Supriya Agarwal, Executive Member of the Education Wing at RERF, Mt. Abu. Both are listed as participants in a panel discussion. The banner includes the SRC and JECRC logos and a large "Welcome" message in the center.

In the third session, Shri Ramprakash Singhal sir explained the importance of stability. There are two types of stability: static stability and dynamic stability. He explained that always do more than your ability. By doing extra work we get dynamic stability. BK Sister Supriya answered many questions of the participants. She explained about depression: - Depression is nothing but the state of our mind which comes due to focusing on one negative thought and she gave the solution of depression which is that we have to start focusing on positive thoughts.

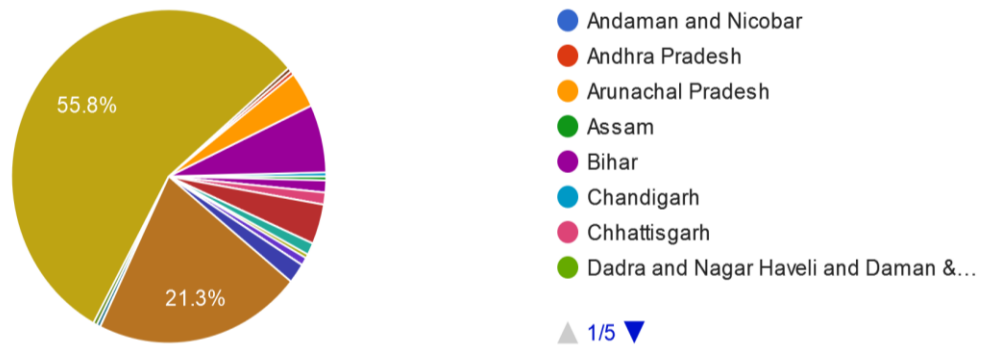


Registration Data Analysis

Students pursuing different courses were able to get benefitted.



People from 28 states took the benefit of sessions



Attendance data

After analysing the registration as well as participation data, the data was then correlated with the defined eligibility criterion for certification.

The list of eligible participants who received the certificates was generated and is as follows:

S.No.	Name	Ref.No.	E-mail id
1	Vandana Verma	JECRC/SRC/2021-22/SDP/MES/001	Vandana.bms6556@rla.du.ac.in
2	Ram Singh	JECRC/SRC/2021-22/SDP/MES/002	raammath@gmail.com
3	Dr. Ashok Kumar Gupta	JECRC/SRC/2021-22/SDP/MES/003	ashokgagorni@gmail.com
4	Pramod Kumar Singhal	JECRC/SRC/2021-22/SDP/MES/004	pks_65@yahoo.com
5	Hardayal Singh Kachhwaha	JECRC/SRC/2021-22/SDP/MES/005	khadayalsingh@gmail.com
6	Dr.Anand Verma	JECRC/SRC/2021-22/SDP/MES/006	Dranandvermaconsulting@gmail.com
7	Bhavesha Dhondu Shinde	JECRC/SRC/2021-22/SDP/MES/007	Bhaveshashinde60@gmail.com
8	Anshul sepat	JECRC/SRC/2021-22/SDP/MES/008	anshusepat.cse24@jecrc.ac.in
9	Deepmala Chauhan	JECRC/SRC/2021-22/SDP/MES/009	nmrk0302@gmail.com
10	Aditya Sikhwal	JECRC/SRC/2021-22/SDP/MES/010	adityasikhwal.cse24@jecrc.ac.in
11	Nibedita Choudhury	JECRC/SRC/2021-22/SDP/MES/011	nibeditachoudhury001@gmail.com
12	Priyanka Harchandani	JECRC/SRC/2021-22/SDP/MES/012	priyankaharchandani.ee24@jecrc.ac.in
13	Pradip Kumar Dutta	JECRC/SRC/2021-22/SDP/MES/013	pradipkrdutta81@gmail.com
14	Tumpa Gorai	JECRC/SRC/2021-22/SDP/MES/014	goraitumpa1@gmail.com
15	Pampa Gorai	JECRC/SRC/2021-22/SDP/MES/015	pamyoga50@gmail.com
16	Geeta Rawat	JECRC/SRC/2021-22/SDP/MES/016	geetarawat17@gmail.com
17	Ekta Menghani	JECRC/SRC/2021-22/SDP/MES/017	ekta.menghani@jecrcu.edu.in
18	Reena kumari	JECRC/SRC/2021-22/SDP/MES/018	reenakr53@gmail.com
19	Vineet Kumar Sinha	JECRC/SRC/2021-22/SDP/MES/019	vineetsinha15@gmail.com
20	DR. Gannu Praveen Kumar	JECRC/SRC/2021-22/SDP/MES/020	ghalo2010@gmail.com
21	Harish Venkatram Saripella	JECRC/SRC/2021-22/SDP/MES/021	venkatramharish@gmail.com
22	Ravan Dhundhara	JECRC/SRC/2021-22/SDP/MES/022	harishdhundhara@gmail.com

23	Rajeev N	JECRC/SRC/2021-22/SDP/MES/023	rajeevmaliyil@gmail.com
24	Shivani Agarwal	JECRC/SRC/2021-22/SDP/MES/024	shivaniagarwal.ece24@jecrc.ac.in
25	Raju Ram Kajla	JECRC/SRC/2021-22/SDP/MES/025	rajuramkajla.2cse20@jecrc.ac.in
26	Sandhya Tomar	JECRC/SRC/2021-22/SDP/MES/026	sandhyatomar09@gmail.com
27	Hemlata	JECRC/SRC/2021-22/SDP/MES/027	hema10_1987@yahoo.com
28	Shivam Gupta	JECRC/SRC/2021-22/SDP/MES/028	Sbdshivam@gmail.com
29	Surendra Kumari	JECRC/SRC/2021-22/SDP/MES/029	surendrakumari2511@gmail.com
30	Rashmi sharma	JECRC/SRC/2021-22/SDP/MES/030	bktashmi55@gmail.com
31	Purvi Saraswat	JECRC/SRC/2021-22/SDP/MES/031	swetasaraswat75@gmail.com
32	Debarati Paul	JECRC/SRC/2021-22/SDP/MES/032	debaratipaul24@gmail.com
33	Subash Chandra Sarangi	JECRC/SRC/2021-22/SDP/MES/033	schsarangi@gmail.com
34	Dr. Snehal Waykos	JECRC/SRC/2021-22/SDP/MES/034	prof.snehal14@gmail.com
35	Abhilasha vishwakarma	JECRC/SRC/2021-22/SDP/MES/035	Vabhilashav29@gmail.com
36	Payal Garg	JECRC/SRC/2021-22/SDP/MES/036	payal.20cse382@rtu.ac.in
37	Harshit Bhardwaj	JECRC/SRC/2021-22/SDP/MES/037	harshitb1605@gmail.com
38	Milan Sharma	JECRC/SRC/2021-22/SDP/MES/038	milansh2002@gmail.com
39	Emeema Joe Teresa	JECRC/SRC/2021-22/SDP/MES/039	emeemajoe@gmail.com
40	Lakshana Venkatraman	JECRC/SRC/2021-22/SDP/MES/040	lakshana1111@gmail.com
41	Om Moudgil	JECRC/SRC/2021-22/SDP/MES/041	moudgilom@gmail.com
42	Amit Neogi	JECRC/SRC/2021-22/SDP/MES/042	aneogi@lnmiit.ac.in
43	Radhika baheti	JECRC/SRC/2021-22/SDP/MES/043	radhikabaheti.ai24@jecrc.ac.in
44	Piyali Dhua	JECRC/SRC/2021-22/SDP/MES/044	piyalighosh9732@gmail.com
45	Hritik tomar	JECRC/SRC/2021-22/SDP/MES/045	hritiktomar007@gmail.com
46	Dr. Arti Mehrotra	JECRC/SRC/2021-22/SDP/MES/046	mehrotraarti2013@gmail.com
47	Vimal Sharma	JECRC/SRC/2021-22/SDP/MES/047	vimbio57@gmail.com
48	Renu Saini	JECRC/SRC/2021-22/SDP/MES/048	ajmer.saini@gmail.com
49	Rishabh Gupta	JECRC/SRC/2021-22/SDP/MES/049	rg210701@gmail.com
50	Ghanashyam nayak	JECRC/SRC/2021-22/SDP/MES/050	bharasagarghana143@gmail.com
51	Shavanam kumari	JECRC/SRC/2021-22/SDP/MES/051	Yadavshavanam14@gmail.com
52	Sapna Sharma	JECRC/SRC/2021-22/SDP/MES/052	sapnaloksharma@gmail.com
53	Saurav kumar	JECRC/SRC/2021-22/SDP/MES/053	sauravkumar.cse24@jecrc.ac.in
54	Srishti	JECRC/SRC/2021-22/SDP/MES/054	srishti.bms6544@rla.du.ac.in

55	Harshvardhan Khade	JECRC/SRC/2021-22/SDP/MES/055	harshvardhankhade0@gmail.com
56	Varun Prakash Mittal	JECRC/SRC/2021-22/SDP/MES/056	varunprakashmittal.ce22@jecrc.ac.in
57	Savita Savita	JECRC/SRC/2021-22/SDP/MES/057	savita20.slas@modyuniversity.ac.in
58	Dr Sat Narain	JECRC/SRC/2021-22/SDP/MES/058	Chhillarsn@gmail.com
59	Dr Fauzia Siddiqui	JECRC/SRC/2021-22/SDP/MES/059	fauziasiddiqui.me@jecrc.ac.in
60	Saloni Goyal	JECRC/SRC/2021-22/SDP/MES/060	salonigoyal.ece24@jecrc.ac.in
61	Pratiksha kishor jadhav	JECRC/SRC/2021-22/SDP/MES/061	jpratiksha828@gmail.com
62	Surbhi Mathur	JECRC/SRC/2021-22/SDP/MES/062	surbhimathur.cse24@jecrc.ac.in
63	NIMA	JECRC/SRC/2021-22/SDP/MES/063	bosenima@gmail.com
64	Atul Kumar	JECRC/SRC/2021-22/SDP/MES/064	atulkumar80551@gmail.com
65	Niranjan Singh	JECRC/SRC/2021-22/SDP/MES/065	singh.niranjan164@gmail.com
66	Vijaysinh Dhandhukiya	JECRC/SRC/2021-22/SDP/MES/066	vijaysinh.dhandhukiya@sxca.edu.in
67	Dayakant Kashyap	JECRC/SRC/2021-22/SDP/MES/067	dayakant.19bscn021@jecrcu.edu.in
68	Sejal Mandalik	JECRC/SRC/2021-22/SDP/MES/068	sejalbhore02@gmail.com
69	Maria Madiha	JECRC/SRC/2021-22/SDP/MES/069	maria.madiha@gmail.com
70	Arjun Kumar	JECRC/SRC/2021-22/SDP/MES/070	arjunkumarprl88@gmail.com
71	Shanti Sharma	JECRC/SRC/2021-22/SDP/MES/071	Pub.journal1990@gmail.com
72	B.L.SHARMA	JECRC/SRC/2021-22/SDP/MES/072	poornima.sharma07@gmail.com
73	Ashok Singh Chundawat	JECRC/SRC/2021-22/SDP/MES/073	ashoksingh.ee@jecrc.ac.in
74	S. Rama	JECRC/SRC/2021-22/SDP/MES/074	studentcounsellor@avmc.edu.in
75	Reena Solanki	JECRC/SRC/2021-22/SDP/MES/075	hariramsolanki77@gmail.com
76	Arti Oza	JECRC/SRC/2021-22/SDP/MES/076	arti.oza@sxca.edu.in
77	Kilaru Jaya Lakshmi Narayana	JECRC/SRC/2021-22/SDP/MES/077	kjlnar@gmail.com
78	pankaj upadhyay	JECRC/SRC/2021-22/SDP/MES/078	pankaj.20ce115@rtu.ac.in
79	chetna Patidar	JECRC/SRC/2021-22/SDP/MES/079	patelchetna572@gmail.com
80	Sandeep Kumar	JECRC/SRC/2021-22/SDP/MES/080	Sandeep.bms6587@rla.du.ac.in
81	Neelam Gangwar	JECRC/SRC/2021-22/SDP/MES/081	neelam.bcomp3058@rla.du.ac.in
82	Sagar Jain	JECRC/SRC/2021-22/SDP/MES/082	Sagarjain.ece23@jecrc.ac.in
83	Tanvi Parab	JECRC/SRC/2021-22/SDP/MES/083	tanvi23parab@gmail.com
84	Anjani Shejwal	JECRC/SRC/2021-22/SDP/MES/084	anjanishejwal@gmail.com
85	Sutapa Mondal	JECRC/SRC/2021-22/SDP/MES/085	iamsutapa01@gmail.com

86	Hemalata U Mukane	JECRC/SRC/2021-22/SDP/MES/086	ghema.mukane@gmail.com
87	Mugdha Mishra	JECRC/SRC/2021-22/SDP/MES/087	mugdha1990@gmail.com
88	Nishant Bansal	JECRC/SRC/2021-22/SDP/MES/088	nbnishantbansal123@gmail.com
89	Divyanshu Jain	JECRC/SRC/2021-22/SDP/MES/089	divyanshujain.cse23@jecrc.ac.in
90	Ayush	JECRC/SRC/2021-22/SDP/MES/090	ayushi12meena@gmail.com
91	Versha Sharma	JECRC/SRC/2021-22/SDP/MES/091	sharma.versha 77@gmail.com
92	Titli Das	JECRC/SRC/2021-22/SDP/MES/092	titlidas2504@gmail.com
93	Bhakti More	JECRC/SRC/2021-22/SDP/MES/093	bhaktimore1805@gmail.com
94	R.Venugopal	JECRC/SRC/2021-22/SDP/MES/094	rangakalamvenu@gmail.com
95	Anmol Jain	JECRC/SRC/2021-22/SDP/MES/095	anmolgw1123@gmail.com
96	Sharavanan. S	JECRC/SRC/2021-22/SDP/MES/096	sharanmani@gmail.com
97	Pankaj Sharma	JECRC/SRC/2021-22/SDP/MES/097	ps242133@gmail.com
98	Amit Kumar	JECRC/SRC/2021-22/SDP/MES/098	amitkumar.ece24@jecrc.ac.in
99	Deepika Nagar	JECRC/SRC/2021-22/SDP/MES/099	deepikanagar86@gmail.com
100	atul anand	JECRC/SRC/2021-22/SDP/MES/100	atulanand2000@gmail.com
101	Aryan Sharma	JECRC/SRC/2021-22/SDP/MES/101	aryansharma.cse24@jecrc.ac.in
102	Mohar Singh Gurjar	JECRC/SRC/2021-22/SDP/MES/102	moharsinghhariyana@gmail.com
103	Harshit kabra	JECRC/SRC/2021-22/SDP/MES/103	harshitkabra.cse24@jecrc.ac.in
104	Dr. Sumit Prakash Yadav	JECRC/SRC/2021-22/SDP/MES/104	vetsumit36@gmail.com
105	Ingale Gouri Sanjaykumar	JECRC/SRC/2021-22/SDP/MES/105	gourisingale@gmail.com
106	Prince Kumar Gupta	JECRC/SRC/2021-22/SDP/MES/106	princekumarfdz@gmail.com
107	Bhavana Shrivastava	JECRC/SRC/2021-22/SDP/MES/107	bhavanasharma610@gmail.com
108	Monisha Jhanwar	JECRC/SRC/2021-22/SDP/MES/108	jmonisha289@gmail.com
109	Tanushri Bharat Aundhakar	JECRC/SRC/2021-22/SDP/MES/109	aundhakar@gmail.com
110	Ipsita Chakraborty	JECRC/SRC/2021-22/SDP/MES/110	chakrabortyipsita448@gmail.com
111	Dipmala Bhagwat Trimukhe	JECRC/SRC/2021-22/SDP/MES/111	dtrimukhe@gmail.com
112	Seema Jangid	JECRC/SRC/2021-22/SDP/MES/112	seema.18bdin021@jecrcu.edu.in
113	Pratiksha Pudale	JECRC/SRC/2021-22/SDP/MES/113	pratikshapudale@gmail.com
114	Preeti Kashyap	JECRC/SRC/2021-22/SDP/MES/114	dekapreety33146094@gmail.com

115	Geeta R. Bharamagoudar	JECRC/SRC/2021-22/SDP/MES/115	geetatotad@yahoo.co.in
116	Pallavi Gudwal	JECRC/SRC/2021-22/SDP/MES/116	pallavi.bcomh3569@rla.du.ac.in
117	Bhuwan Chandra	JECRC/SRC/2021-22/SDP/MES/117	bcd_hald@yahoo.com
118	Aarzo	JECRC/SRC/2021-22/SDP/MES/118	19ucs075@lnmiit.ac.in
119	Sapna Meena	JECRC/SRC/2021-22/SDP/MES/119	sapnameena.ee24@jecrc.ac.in
120	Atiuttam Prasad Singh	JECRC/SRC/2021-22/SDP/MES/120	atiuttamsingh@gmail.com
121	Kuldip Singh Sekhon	JECRC/SRC/2021-22/SDP/MES/121	kuldeep.singh@pimt.info
122	Km Mani vatsa	JECRC/SRC/2021-22/SDP/MES/122	manivatsa0814@gmail.com
123	Muskaan Arora	JECRC/SRC/2021-22/SDP/MES/123	muskaan.stats5043@rla.du.ac.in
124	Kavita Sharma	JECRC/SRC/2021-22/SDP/MES/124	bkphd12@gmail.com
125	kusum yadav	JECRC/SRC/2021-22/SDP/MES/125	manivatsa0814@gmail.com
126	Dilip Kumar Suthar	JECRC/SRC/2021-22/SDP/MES/126	dilipkumarsuthar.cse24@jecrc.ac.in
127	Rohini Bodhale	JECRC/SRC/2021-22/SDP/MES/127	rohini2780@gmail.com
128	Ritika Prasad	JECRC/SRC/2021-22/SDP/MES/128	ritika.bms6558@rla.du.ac.in
129	Pradnya Chavan	JECRC/SRC/2021-22/SDP/MES/129	pradnyaclass1999@gmail.com
130	Sitaram Devanda	JECRC/SRC/2021-22/SDP/MES/130	sitaramdevanda.cse24@jecrc.ac.in
131	Maya Patil	JECRC/SRC/2021-22/SDP/MES/131	patilmaya698@gmail.com
132	Gaurav Singh	JECRC/SRC/2021-22/SDP/MES/132	gauravsingh@iitg.ac.in
133	Khushi Gelera	JECRC/SRC/2021-22/SDP/MES/133	khushigelera28@gmail.com
134	Priyal Sharma	JECRC/SRC/2021-22/SDP/MES/134	priyal.sharma@yahoo.com
135	akshita sharma	JECRC/SRC/2021-22/SDP/MES/135	29akshitasharma@gmail.com
136	Chinmaya Sahoo	JECRC/SRC/2021-22/SDP/MES/136	Chinmayasahoo.20082000@gmail.com
137	Sriraman Kothuri	JECRC/SRC/2021-22/SDP/MES/137	sriramankothuri@veltech.edu.in
138	Ashish Sharma	JECRC/SRC/2021-22/SDP/MES/138	ashishsharma.ece@jecrc.ac.in
139	Bhavesha Dhondu Shinde	JECRC/SRC/2021-22/SDP/MES/139	Bhaveshashinde60@gmail.com
140	Anukta Singh	JECRC/SRC/2021-22/SDP/MES/140	anuktasingh.as16@gmail.com
141	Nikhil Agarwal	JECRC/SRC/2021-22/SDP/MES/141	nikhilagarwal.ece24@jecrc.ac.in
142	Shirsat Ajinkya Sanjay	JECRC/SRC/2021-22/SDP/MES/142	shirsatajinkya14@gmail.com
143	Patil Harshvardhan Rajesh	JECRC/SRC/2021-22/SDP/MES/143	harshpatil252004@gmail.com

144	Vasant Chavan	JECRC/SRC/2021-22/SDP/MES/144	samikshavpatil2005@gmail.com
145	Shruti Singh	JECRC/SRC/2021-22/SDP/MES/145	shrutisingh.ce24@jecrc.ac.in
146	Bikas Kumar Sinha	JECRC/SRC/2021-22/SDP/MES/146	bikasksinha118@gmail.com
147	Akshita Arora	JECRC/SRC/2021-22/SDP/MES/147	akshitaarora.cse24@jecrc.ac.in
148	V ARUN REDDY	JECRC/SRC/2021-22/SDP/MES/148	vakitiarunreddy939@gmail.com
149	Shano Solanki	JECRC/SRC/2021-22/SDP/MES/149	shanocse2019@gmail.com
150	Saleha Firdous Syed Qamar	JECRC/SRC/2021-22/SDP/MES/150	sawlehasayyad@gmail.com
151	Roshani Chandrakar	JECRC/SRC/2021-22/SDP/MES/151	roshanichandrakar1989@gmail.com
152	Rohit	JECRC/SRC/2021-22/SDP/MES/152	Smartyrohit556@gmail.com
153	Rohit Sharma	JECRC/SRC/2021-22/SDP/MES/153	myselfrohitsharma557@gmail.com
154	Mayuresh Patil	JECRC/SRC/2021-22/SDP/MES/154	mayuresh9198@gmail.com
155	PRIYANSHU JATOLIA	JECRC/SRC/2021-22/SDP/MES/155	anshujatolia@gmail.com
156	B Rupla Naik	JECRC/SRC/2021-22/SDP/MES/156	bruplanaiksku@gmail.com
157	Nasir Hussain	JECRC/SRC/2021-22/SDP/MES/157	nasir.ps2088@rla.du.ac.in
158	Shubham	JECRC/SRC/2021-22/SDP/MES/158	shubhamnayak01644@gmail.com
159	Maittraye Mishra	JECRC/SRC/2021-22/SDP/MES/159	maittrayemishra@gmail.com
160	B Manjunath	JECRC/SRC/2021-22/SDP/MES/160	manzunaatha@gmail.com
161	Shraddha Sahu	JECRC/SRC/2021-22/SDP/MES/161	shraddhasahu7247@gmail.com
162	Pritam Mohite	JECRC/SRC/2021-22/SDP/MES/162	ppmohite23@gmail.com
163	Aakash Mall	JECRC/SRC/2021-22/SDP/MES/163	aakashmall.cse23@jecrc.ac.in

Certificate



JAI PUR ENGINEERING COLLEGE AND RESEARCH CENTRE

Spiritual Research Cell

(Centre of Excellence in Science & Spirituality)



Meditation for Emotional Stability

— *Certificate* —

Ref. No.:

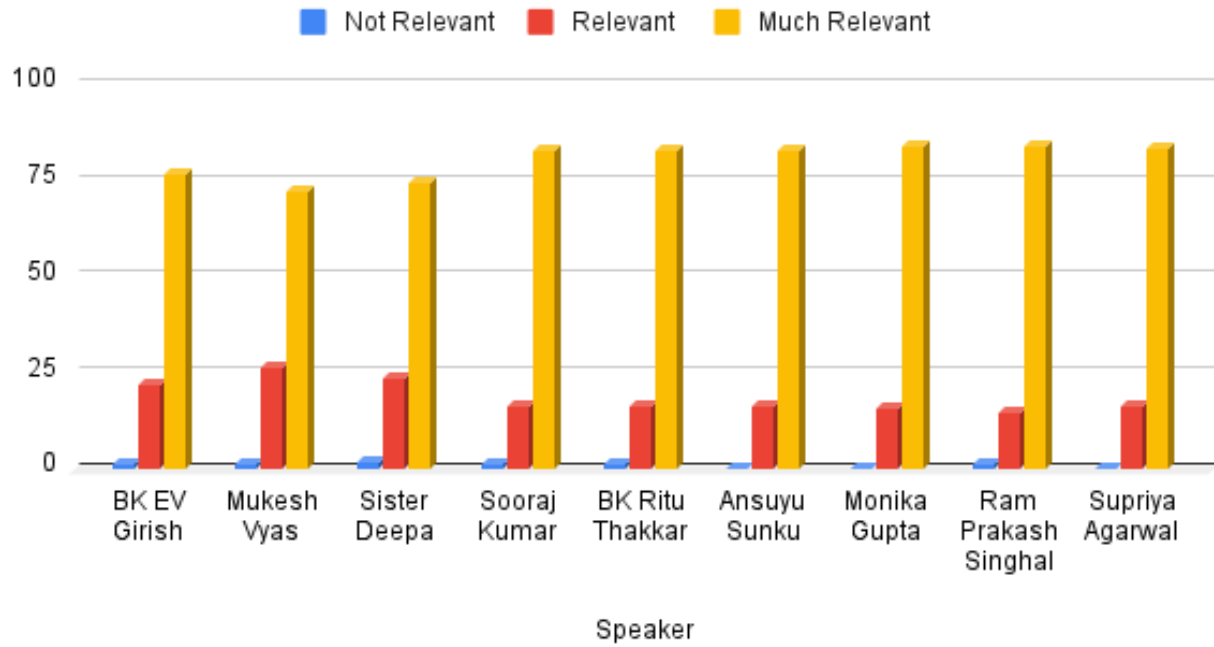
This is to certify that _____ has participated in the **Two Days** online Student Development Program on **Meditation for Emotional Stability** held during **27th-28th August, 2021** organized by Spiritual Research Cell, Jaipur Engineering College and Research Centre, Jaipur.

Mukesh Agarwal
Head, Spiritual Research Cell

Prof. Vinay Kumar Chandna
Principal, JECRC, Jaipur

Feedback Form and data Analysis

Meditation For Emotional Stability Speakers' Feedback



<p>I feel honoured to be a part of this workshop. I feel a part of me is healed. I'll definitely practice meditation for emotional as well as mental well-being. Looking forward to more such events. I'll highly recommend my friends about future webinars like this. Thank you so much. It was a pleasure</p> <p>- Khushi Jain, JECRC Foundation , Jaipur</p>	<p>Life is as good as our mind-set. It's very helpful event for me I am totally satisfied with this event. Thank you for organizing this event.</p> <p>- Rishabh Gupta, Dev Sanskriti Vishwa-vidhyalaya, Haridwar Uttarakhand</p>
<p>Thank you so much for this!. I felt really moved by the depth of what I experienced in my body and Heart during the mediation and will seek out more of this in my life as a result I really feel like this is the beginning of something new and important for me & Ritu ma'am is really good speaker</p> <p>- Rishita Markande, SVCAET & RS</p>	<p>Thank you so much 😊 I feel very calm and peaceful</p> <p>- Khade Harshvardhan Nivas - Government polytechnic Kolhapur</p>
<p>It was great and I would like to attend more such events in future if I got a chance. .</p> <p>- DEEPAK KUSHWAHA, RAMLAL ANAND COLLEGE</p>	<p>You focus your attention and eliminate the stream of jumbled thoughts</p> <p>- Sutar Abhishek Babaso, Government Polytechnic, Kolhapur</p>
<p>I am blessed to attend this event .literally there is so much to learn .although we know these things but this is an amazing. I really like third session held by miss Ritu Thakkar ma'am...best part is that musical vibes</p> <p>- Nishant Bansal, R.K.S.D.PG.COLLEGE,KAITHAL</p>	<p>Today's event was very wonderful and satisfying. It deals with the real problems that we face in our day to day life but do not pay any importance to it.</p> <p>- Nidhi kumari, Swami Vivekanand college of agriculture engineering and technology and research station</p>
<p>It was very helpful in this stressful situation. Hoping to participate in the future sessions too.</p> <p>- Sejal D M, Yenepoya Institute of Art, Science, Commerce and Management</p>	<p>Overall the session was quite good and felt glad to be in the session</p> <p>- Aryaman sharma ,JECRC COLLEGE</p>

Feedback Analysis

After analysing the feedbacks of the participants we have come to know that these sessions are really helpful to everyone and there is a need for such sessions. So, we have planned to organize more such sessions in near future.

Students really got benefitted and they asked for organising more such two days sessions.

Participants were comfortable with bilingual sessions.

Participants showed interest in connecting with more such eminent speakers.

The sessions were easy and accessible to all the age groups.

The topic of the program “Meditation for Emotional Stability” attracted various kinds of audience and proved to be an important point.

Recommended Actions

- A measure of concern and handling threats digitally has to be maintained properly.
- The sessions are to be held on a globally renowned and secure platform to avoid mishaps.
- More events should be of two days so that students can comfortably attend them fully and the sessions should be continued in Bilingual manner.
- Quiz based on sessions should be provided to the participants to enhance their learning.

Organizing Team

S.No.	Name	Designation	Event Role
1	Mukesh Agarwal	Head, Spiritual Research Cell, JECRC	Faculty Coordinator
2	Chitra Khandelwal	Counselor, Spiritual Research Cell	Faculty Coordinator
3	Mr. Tarun Saraswat	Event Coordinator	Faculty Coordinator
4	Ms. Priyanka Mitra	Event Coordinator	Faculty Coordinator
5	Mr. Arvind Sharma	Chief Designer	Faculty Coordinator
6	Aastha Agarwal	CSE 4th Year	Student Coordinator
7	Dewang Agarwal	IT 4th Year	Student Coordinator
8	Akshat Mangal	ME 4th Year	Student Coordinator
9	Shashwat Jain	CSE 4th Year	Student Coordinator
10	Chirag Nagar	CSE 4th Year	Student Coordinator
11	Divya Jindal	CSE 3rd Year	Student Coordinator
12	Ashutosh Mishra	ECE 3rd Year	Student Coordinator
13	Ashutosh Lawania	ECE 3rd Year	Student Coordinator
14	Rohan Mathur	CSE 3rd Year	Student Coordinator
15	Saumya Sharma	CSE 3rd Year	Student Coordinator
16	Sakshi Naruka	CSE 2nd Year	Student Coordinator
17	Yukti Agarwal	CSE 2nd Year	Student Coordinator
18	Jatin Pareek	ECE 3rd Year	Student Volunteer
19	Diya Porwal	EE 3rd Year	Student Volunteer
20	Ishu Parihar	ECE 3rd Year	Student Volunteer
21	Sagar Jain	CSE 2nd Year	Student Volunteer

22	Saloni Vijayvargiya	CSE 2nd Year	Student Volunteer
23	Saurav Kumar	CSE 2nd Year	Student Volunteer
24	Surbhi Mathur	CSE 2nd Year	Student Volunteer
25	Rimjhim Sharma	CSE 2nd Year	Student Volunteer
26	Jatin Lalwani	CSE 2nd Year	Student Volunteer
27	Sonali Vijayvargiya	CSE 2nd Year	Student Volunteer



One Week Online Meditation Course

3rd - 7th March, 2022

REPORT

Organised By: **Centre of Excellence
in Science & Spirituality**
(Recognized by Rajasthan Technical University, Kota)


PRINCIPAL,
Jagadgurukul College &
Research Centre,
Tank Road, Jaipur-302002

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PRINCIPAL
Jaipur Engineering College &
Research Centre
Tonk Road, Jaipur-302022

Brochure



Centre of Excellence in Science & Spirituality

(Recognized by Rajasthan Technical University, Kota)



Invites

you in

☪ One Week Online ☪

Meditation Course

3rd - 7th March , 2022

Timings: 03:00 – 04:00 pm



For more details, please call


894 9451 045, 759 7579 906

Write us at src@jecrc.ac.in | rajyogathoughtlab@jecrc.ac.in



Scan the Q.R code
for registration

Organiser: Spiritual Research Cell, Jaipur Engineering College & Research Centre, Jaipur


PRINCIPAL
Jaipur Engineering College &
Research Centre
Tonk Road, Jaipur-302022

Abstract

“Meditation is the golden key to all the mysteries of life”

The 5-days Meditation Course helped the participants to understand what meditation is and what is the process of meditation. Ms. Chitra Khandelwal who is a spiritual counselor in Spiritual Research Cell, JECRC also explained various Spiritual Concepts including the true self and the Supreme to the audience. Participants also got to know about various benefits of meditation and how to bring them practically in one's own life.

With all this learning everyone learned ways to enhance emotional immunity in a practical sense.



PRINCIPAL
Jalpur Engineering College &
Research Centre
Tank Road, Jalpur-501002

Speaker's Profile

Ms. Chitra Khandelwal is a Rajyoga Meditation Practitioner who has been studying spiritual knowledge and practicing Rajyoga since her teenage. After completing B.Sc. (Hons) from University Maharani's College, Jaipur she completed her Masters in Botany and Value Education & Spirituality. She has also held a PG Diploma in Values in Health Care. She is a faculty member for Value Education Courses run by Annamalai University. She had been to England and Thailand to present her research outcomes. Her research paper titled "A comparative analysis of mindfulness between meditators and non-meditators" is presented in the Third ICICT 2018 international conference held at London in February, 2018.

She is currently looking after Spiritual Research Cell- A Unique Thought Laboratory established in the premises of one of the premier engineering colleges of Rajasthan. She also acts as Spiritual Counselor for Engineering Students. With her creative and innovative ideas, she guides the students for developing techno-spiritual projects. Presently based at Jaipur, she organizes and conducts trainings on Thought Management, Rajyoga Meditation Basic Course, Self Esteem, Understanding MIS, Stress Free Lifestyle, Self-Empowerment, Meditation for Emotional Stability, Stress and Anger Management, Thought Management etc..

Day - 1 Understanding the Self



On the first day of the Meditation Course, participants got to learn about the true understanding of the self.

Following points were touched:

- 1.) 'I' - the self is the master of the body which is made up of 5 elements.
- 2.) 'I' refers to the soul which is a conscious point of energy residing in the center of the forehead.
- 3.) Mind, Intellect and Impressions are the three faculties of the soul.
- 4.) Working of each faculties:
 - Mind :- Soul creates thoughts using MIND
 - Intellect :- Soul takes decision using INTELLECT
 - Impressions :- Record of the actions performed by us which are carried forward by the soul.
- 5.) Thoughts are of mainly 4 types:
 - Positive
 - Negative
 - Waste
 - Required

Day - 2 Innate Qualities of Self



On the second day of the Meditation Course, participants got to learn about the innate qualities of the soul.

Soul has seven innate qualities.

- 1.) Knowledge
- 2.) Purity
- 3.) Peace
- 4.) Love
- 5.) Happiness
- 6.) Bliss
- 7.) Power

These qualities or virtues of the soul can be experienced by becoming 'Soul Conscious' which means creating every thought, word and action being in the awareness that I am a soul and by practicing meditation.

Day - 3 Understanding the Divine

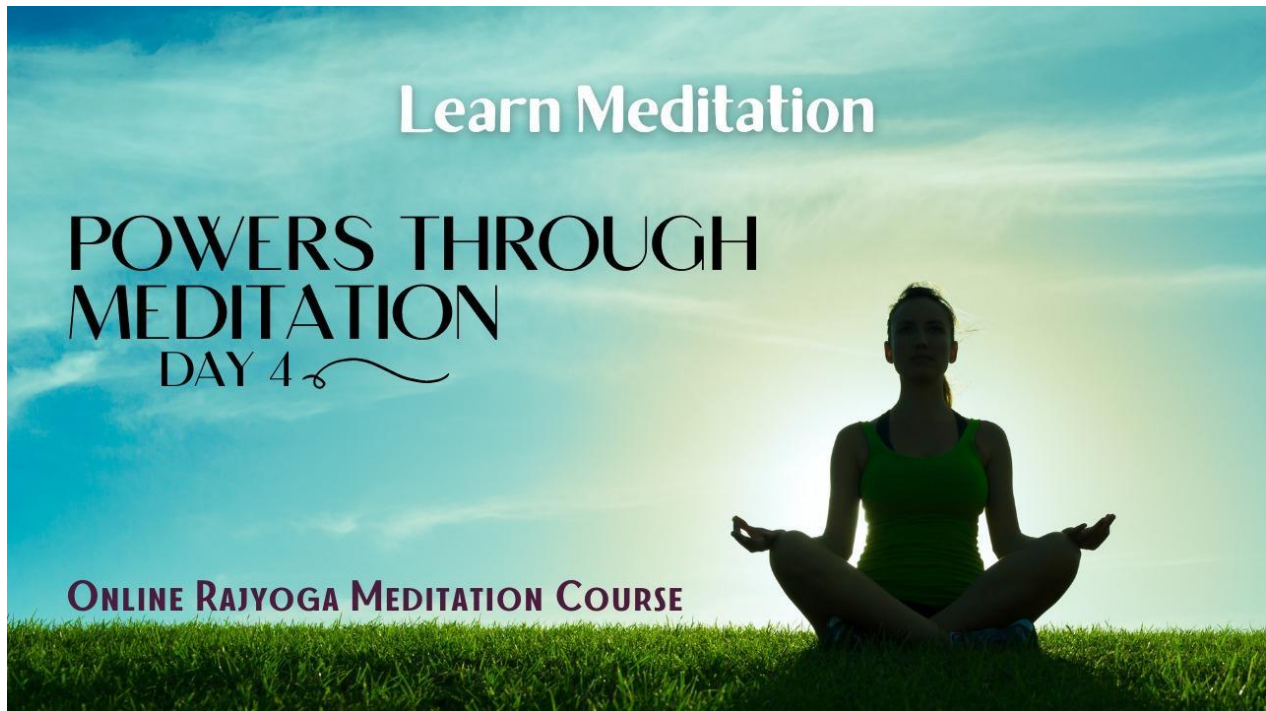


Meditation is also known as 'Yog' which means connection between two or more entities. When we understand that we are souls and not this body we can connect ourself with the Supreme Soul (GOD) and can experience all His virtues and powers. For that the Introduction of the Supreme Soul is also necessary.

So, on the third day participants attended the session on Understanding the Supreme. GOD, who is the source of all the virtues and powers is also a conscious point of energy, soul, but is Supreme among all the souls. He is also known as Omnipotent and Highest of all. We souls have a beautiful relationship of child and parent with HIM.

At the end of the session participants also practiced meditation in the form of guided commentaries and felt peaceful and calm.

Day - 4 Powers through Meditation



On the fourth day of the meditation course, participants got to know about the base and steps of Meditation. They also learned the powers gained by practicing meditation which we all use in almost every day-to-day task in our life.

Base of Meditation:

- Introduction to Supreme
- Relation with Supreme
- Affection
- Attainments

Steps of Meditation;

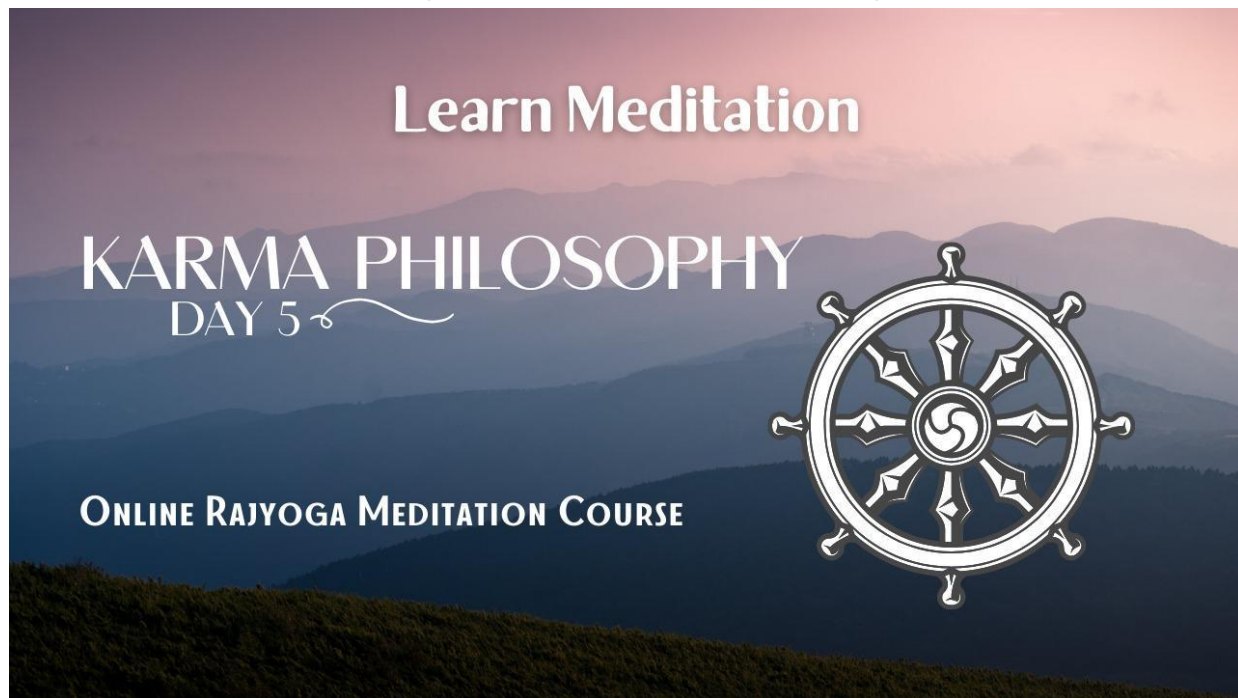
1. Contemplation
2. Concentration
3. Attainments

Powers through Meditation:

1. Power to Discriminate
2. Power to Judge
3. Power to Accommodate
4. Power to Tolerate
5. Power to Face
6. Power to Pack Up

7. Power to Cooperate
8. Power to Withdraw

Day - 5 Karma Philosophy



The fifth and the last day of the course was dedicated to the 'Karma Philosophy'. With the understanding of our true self and our relation with the Supreme Soul when we practice Rajyoga Meditation our actions automatically start becoming good.

Karmas are divided into three categories:

1. Akarma – Actions being performed in Soul Consciousness
2. Sukarma - Actions being performed in Soul Consciousness and in the remembrance of Supreme Soul.
3. Vikarma - Actions being performed in Body Consciousness

After this categorization major laws of Karmas were discussed. They are:

- Each of my actions is accountable.
- My past affects my present.
- I get what I deserve.
- Nothing happens by chance.
- No one can snatch others' fortune.
- I am responsible for my present state.

Two other major points that were discussed are:

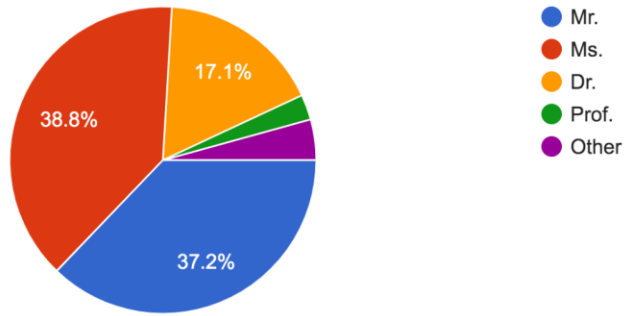
1. Cleansing negative karma depends upon our choice of either through experiencing punishments or penance (Rajyoga) but not through charitable activities.
2. Two things happen simultaneously - eating the fruits of past sown seeds and sowing the seeds for future fruits.

Registration Data Analysis

Total of 374 participants registered for the meditation course among which 153 were students and 107 were teachers.

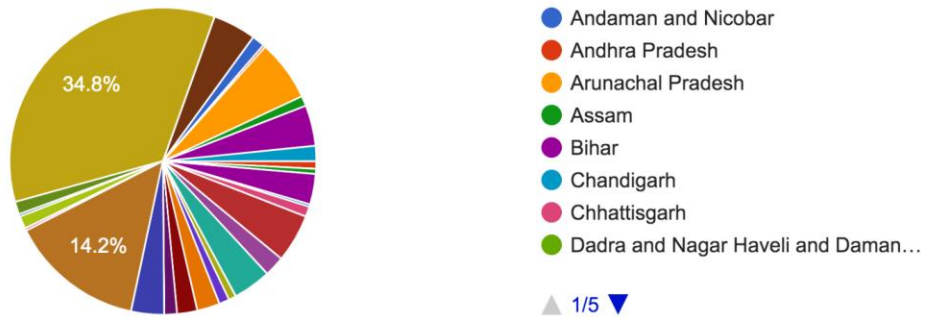
Title

374 responses



State

374 responses



Attendance Data

S. No.	Name	Reference No.	Email ID
1	Aayush bansal	JECRC/SRC/2021-2022/CoE/MC1/001	aayushbansal.it24@jecrc.ac.in
2	Aditi gupta	JECRC/SRC/2021-2022/CoE/MC1/002	Khandelwalshankar139@gmail.com
3	Akash Priyadarshi	JECRC/SRC/2021-2022/CoE/MC1/003	sainiakash07@gmail.com
4	Aman Garg	JECRC/SRC/2021-2022/CoE/MC1/004	ag770089@gmail.com
5	Amit Mithal	JECRC/SRC/2021-2022/CoE/MC1/005	amitmithal.cse@jecrc.ac.in
6	Anil kumar	JECRC/SRC/2021-2022/CoE/MC1/006	anilsharm1992@gmail.com
7	Apurva katewar	JECRC/SRC/2021-2022/CoE/MC1/007	apurvakatewar408@gmail.com
8	Aryan Arya	JECRC/SRC/2021-2022/CoE/MC1/008	aryanarya.it25@jecrc.ac.in
9	Aryan Jindal	JECRC/SRC/2021-2022/CoE/MC1/009	aryanjindal455@gmail.com
10	Beena Puthillath	JECRC/SRC/2021-2022/CoE/MC1/010	beena.ajit1998@gmail.com
11	Bhavtosh Awasthi	JECRC/SRC/2021-2022/CoE/MC1/011	bhavtosh13@gmail.com
12	Brij Mohan Mehta	JECRC/SRC/2021-2022/CoE/MC1/012	mehtabm58@gmail.com

13	chintan engineer	JECRC/SRC/2021-2022/CoE/MC1/013	cbengineer@yahoo.com
14	Dhanshree Vaidya	JECRC/SRC/2021-2022/CoE/MC1/014	dhanshreevaidya237@gmail.com
15	Dr Seema	JECRC/SRC/2021-2022/CoE/MC1/015	seema.bme@dcrustm.org
16	Dr Sheetal Agarwal	JECRC/SRC/2021-2022/CoE/MC1/016	agarwalcitm@gmail.com
17	Dr. A. Malleswari Devi	JECRC/SRC/2021-2022/CoE/MC1/017	malleswaridevi1967@gmail.com
18	Dr. Anil Kumar	JECRC/SRC/2021-2022/CoE/MC1/018	anilkumar1380@gmail.com
19	Dr. Harishchander Anandaram	JECRC/SRC/2021-2022/CoE/MC1/019	a_harishchander@cb.amrita.edu
20	Dr. Mahima Gupta	JECRC/SRC/2021-2022/CoE/MC1/020	mgupta2@amity.edu
21	Dr. Man Mohan Siddh	JECRC/SRC/2021-2022/CoE/MC1/021	manmohansiddh@gmail.com
22	Dr. Niraj Gupta	JECRC/SRC/2021-2022/CoE/MC1/022	nirajg261@gmail.com
23	DR. Piyush K	JECRC/SRC/2021-2022/CoE/MC1/023	drpiy1@gmail.com
24	Dr. Pushpalata Kumari	JECRC/SRC/2021-2022/CoE/MC1/024	drpushpalatammc@gmail.com
25	Dr. Rekha Mithal	JECRC/SRC/2021-2022/CoE/MC1/025	rekhamithal.chem@jecrc.ac.in
26	Dr. Sushil	JECRC/SRC/2021-2022/CoE/MC1/026	upadhyay.k.sushil@g

	Kumar Upadhyay		mail.com
27	Dr.Arunachalam P	JECRC/SRC/2021-2022/CoE/MC1/027	arunachalam@smkfo mra.net
28	Dr.Sharad Kumar Goel	JECRC/SRC/2021-2022/CoE/MC1/028	Director.iihs@gmail.com
29	Er. Deepak Tiwari	JECRC/SRC/2021-2022/CoE/MC1/029	tiwari.ritik.9831@gmail.com
30	G. Mythili	JECRC/SRC/2021-2022/CoE/MC1/030	mythilig35@gmail.com
31	Hansraj Marwal	JECRC/SRC/2021-2022/CoE/MC1/031	hansrajmarwal4@gmail.com
32	Harsha Vipul More	JECRC/SRC/2021-2022/CoE/MC1/032	moreharshavipul@gmail.com
33	Harshita Jaiswal	JECRC/SRC/2021-2022/CoE/MC1/033	harshitajaiswal.cse25@jecrc.ac.in
34	Hemant Kumar Bhawariya	JECRC/SRC/2021-2022/CoE/MC1/034	br.with.tripple.10@gmail.com
35	Jatin Rathod	JECRC/SRC/2021-2022/CoE/MC1/035	jatinrathod309@gmail.com
36	Jayshree Asaram Bagul	JECRC/SRC/2021-2022/CoE/MC1/036	Shindejaya89@gmail.com
37	Jeena Ramesh	JECRC/SRC/2021-2022/CoE/MC1/037	drjeena3987@gmail.com
38	Jyotsana Agarwal	JECRC/SRC/2021-2022/CoE/MC1/038	joe_9@rediffmail.com
39	Kabita Sharma	JECRC/SRC/2021-2022/CoE/MC1/039	kabitasharma63870@gmail.com

40	Kalpita Agrawal	JECRC/SRC/2021-2022/CoE/MC1/040	kk.agrawal18052000@gmail.com
41	Karishma Jagdishprasad Agrawal	JECRC/SRC/2021-2022/CoE/MC1/041	karishmaagrawal818@gmail.com
42	Khawaish Gupta	JECRC/SRC/2021-2022/CoE/MC1/042	sanjeevpreeti1978@gmail.com
43	Kiran Shankar Das	JECRC/SRC/2021-2022/CoE/MC1/043	dask35083@gmail.com
44	Kuldeep Choudhary	JECRC/SRC/2021-2022/CoE/MC1/044	kuldeepatel850@gmail.com
45	M S . Palash Singh	JECRC/SRC/2021-2022/CoE/MC1/045	miss.palashsingh@gmail.com
46	M Sivaguru	JECRC/SRC/2021-2022/CoE/MC1/046	msivaguru2001@yahoo.com
47	Madhura Babasaheb Desai	JECRC/SRC/2021-2022/CoE/MC1/047	madhuradesai333@gmail.com
48	Mahanor shivam sanjay	JECRC/SRC/2021-2022/CoE/MC1/048	mahanorshivam@gmail.com
49	Minati Behera	JECRC/SRC/2021-2022/CoE/MC1/049	minatibehera64@gmail.com
50	Monika Tomar	JECRC/SRC/2021-2022/CoE/MC1/050	monikatomar680@gmail.com
51	Mukesh Kumar	JECRC/SRC/2021-2022/CoE/MC1/051	choudharym521@gmail.com
52	Nandini pathare	JECRC/SRC/2021-2022/CoE/MC1/052	monicapathare9354@gmail.com
53	Neeta Vijay Kumar	JECRC/SRC/2021-2022/CoE/MC1/053	nvk333@gmail.com

54	Neha Sharma	JECRC/SRC/2021-2022/CoE/MC1/054	nehasharma220397@gmail.com
55	Neha Sunil Thorat	JECRC/SRC/2021-2022/CoE/MC1/055	nehathorat368@gmail.com
56	Nunavath Chanti	JECRC/SRC/2021-2022/CoE/MC1/056	nunavathchanti77@gmail.com
57	Padmaja Rukmini	JECRC/SRC/2021-2022/CoE/MC1/057	padmajarukmini16@gmail.com
58	Pemila Viresh Badadapure	JECRC/SRC/2021-2022/CoE/MC1/058	Pvbadadapure1981@gmail.com
59	Prabha Alladwar	JECRC/SRC/2021-2022/CoE/MC1/059	Prabhaalladwar@gmail.com
60	R. Latha	JECRC/SRC/2021-2022/CoE/MC1/060	latha201180@gmail.com
61	Raghuraj Singh Khangarot	JECRC/SRC/2021-2022/CoE/MC1/061	
62	Ragini Liladhar Sutrapwar	JECRC/SRC/2021-2022/CoE/MC1/062	rsutrapwar@gmail.com
63	Ranjeet	JECRC/SRC/2021-2022/CoE/MC1/063	RC0508549@GMAIL.COM
64	Ranjita Gupta	JECRC/SRC/2021-2022/CoE/MC1/064	ranjitanitingupta@gmail.com
65	Renu Ma;hotra	JECRC/SRC/2021-2022/CoE/MC1/065	renumalhotra195@gmail.com
66	Ruchi Sharma	JECRC/SRC/2021-2022/CoE/MC1/066	ruchisarma90@gmail.com
67	Sadhana Mishra	JECRC/SRC/2021-2022/CoE/MC1/067	nature.sadhana@gmail.com

68	Sanjay Mandlapure	JECRC/SRC/2021-2022/CoE/MC1/068	svmandlapure@gmail.com
69	Sanjeev Gupta	JECRC/SRC/2021-2022/CoE/MC1/069	fdpsanjeevpreeti@gmail.com
70	Sarat kumar ojha	JECRC/SRC/2021-2022/CoE/MC1/070	saratojha1@gmail.com
71	Seema	JECRC/SRC/2021-2022/CoE/MC1/071	rsy635@gmail.com
72	Seema sharma	JECRC/SRC/2021-2022/CoE/MC1/072	sharmaseema4851@gmail.com
73	Senthil Kumar K	JECRC/SRC/2021-2022/CoE/MC1/073	kskumar1964@gmail.com
74	Shakambhari Inde	JECRC/SRC/2021-2022/CoE/MC1/074	shakambhariinde28@gmail.com
75	Shalvi Swaroop	JECRC/SRC/2021-2022/CoE/MC1/075	shalviswaroop@gmail.com
76	Shelly Goel	JECRC/SRC/2021-2022/CoE/MC1/076	shellygoel225@gmail.com
77	shiny gupta	JECRC/SRC/2021-2022/CoE/MC1/077	shinygupta.1836@gmail.com
78	Shobha Tanwar	JECRC/SRC/2021-2022/CoE/MC1/078	Shobhatawar2000@gmail.com
79	Simarpreet Kaur	JECRC/SRC/2021-2022/CoE/MC1/079	simarpreet21995@gmail.com
80	Sri vidhya	JECRC/SRC/2021-2022/CoE/MC1/080	srividhya011326@gmail.com
81	Sujita Netri	JECRC/SRC/2021-2022/CoE/MC1/081	sujitanetri@gmail.com
82	Sulekha Bose	JECRC/SRC/2021-2022/CoE/MC1/082	boosesulekha91@gmail.com

83	Suman Biswas	JECRC/SRC/2021-2022/CoE/MC1/083	skysearch5@gmail.com
84	Suneeta Rani	JECRC/SRC/2021-2022/CoE/MC1/084	suneetarani010@gmail.com
85	Sunit Kumar	JECRC/SRC/2021-2022/CoE/MC1/085	sunitsaathi@gmail.com
86	Sunita	JECRC/SRC/2021-2022/CoE/MC1/086	beniwals101@gmail.com
87	Supriya Rani	JECRC/SRC/2021-2022/CoE/MC1/087	Supriyar05.hzb@gmail.com
88	Sushma Rajendra Samel	JECRC/SRC/2021-2022/CoE/MC1/088	sushsmel@gmail.com
89	Swarnadeep Choudhury	JECRC/SRC/2021-2022/CoE/MC1/089	choudhury2012@gmail.com
90	Swati Batabyal	JECRC/SRC/2021-2022/CoE/MC1/090	batabyalswati@gmail.com
91	Swetambari Rahul Shinde	JECRC/SRC/2021-2022/CoE/MC1/091	drswetashinde@gmail.com
92	T Sushma	JECRC/SRC/2021-2022/CoE/MC1/092	SNART7589@GMAIL.COM
93	Tila Rupa Dangal	JECRC/SRC/2021-2022/CoE/MC1/093	laxmandangal@gmail.com
94	Vaishali Sahu	JECRC/SRC/2021-2022/CoE/MC1/094	lalimini97@gmail.com
95	Varun Shukla	JECRC/SRC/2021-2022/CoE/MC1/095	varun.shuklaa@gmail.com
96	Vidya Sagar Kumar	JECRC/SRC/2021-2022/CoE/MC1/096	vsagar.du07@gmail.com

97	Virendrakumar M. Thakkar	JECRC/SRC/2021-2022/CoE/MC1/097	virendrakumarthakkar@gmail.com
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Certificate

Centre of Excellence in Science and Spirituality
(Recognized by Rajasthan Technical University, Kota)



CERTIFICATE OF PARTICIPATION

THIS CERTIFICATE IS AWARDED TO

for successfully completing One Week Online Meditation Course
held during *3rd - 7th March, 2022* by Centre of Excellence in Science & Spirituality
organized at Jaipur Engineering College and Research Centre, Jaipur.

We wish him/her a great success in all future endeavors.

PROF. V. K. CHANDANA

Principal,
JECRC



MUKESH AGARWAL

Head, Spiritual Research
Cell

Feedbacks

The overall course was very beneficial for everyone where everyone learned spirituality and practiced meditation. Following feedbacks were written by few of our participants:

Thank you so much for arranging this course. I gained insights on meditation and I am wishing to learn at the next level. Special thanks to your technical team for arranging the slides for better understanding to all the participants.

PADMAJA RUKMINI

Excellent workshop. Want to do this type of course in order to change my own self.

Minati Behera

Yes, of course. This course is a must for everyone. It tells us all what we were not knowing at all. To start with Who Am I? Soul, Supreme Soul, Rajyoga and everything. When taught by amazing mentors like Sister Chitra so affectionately. This course cleared my many doubts and is a very informative one. These types of quizzes also help us to check how much we have actually learnt. Thanks to God Father, the team the host and Chitra ji our mentor. Om shanti.

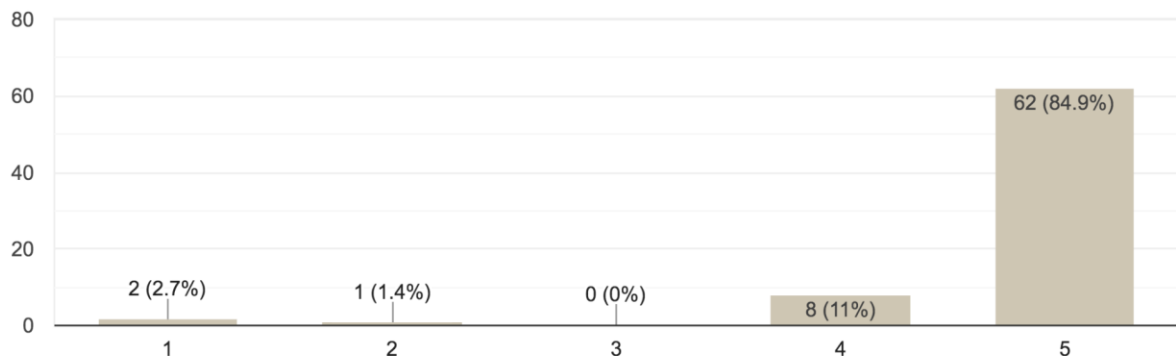
Neeta Vijay Kumar

This kind of program is very helpful for mental, physical and spiritual health. So keep the good work.

Dr. Anil Kumar

How would you rate the course ? सत्र को आप कैसे रेट करेंगे?

73 responses



Feedback Analysis

After analyzing the feedback of the participants following observations were found.

1. These types of courses are very much effective in providing mental and emotional stability.
2. Practicing meditation helps everyone to feel peace and happiness in their life.
3. Participants were comfortable with the morning timings but they asked for the sessions to be of more time so that they can ask questions also.
4. Participants asked for the course to take place in the English language also.

Recommended Actions

Following actions should be taken in order to enhance the productivity of the course.

1. The sessions should include extra minutes for Q&A sessions.
2. Interpretation should be provided in the English language.
3. Summary of sessions should be provided so that participants can cover it in case they missed and also they can revise easily.
4. The number of days can be increased to teach meditation.

Organizing Team

Faculty Coordinators

S.No.	NAME	DESIGNATION
1.	Mr. Mukesh Agarwal	Event Coordinator
2.	Ms. Ritambhara	Event Coordinator

Student Coordinators

S.No.	NAME	DESIGNATION
1.	Shashwat Jain	Computer Science Engineering - 4th Year
2.	Dewang Agarwal	Information Technology - 4th Year
3.	Chirag Nagar	Computer Science Engineering - 4th Year
4.	Ashutosh Mishra	Electronics and Communication Engineering - 3rd Year
5.	Ashutosh Lawania	Electronics and Communication Engineering - 3rd Year
6.	Yukti Agarwal	Computer Science Engineering - 2nd Year
7.	Aayush Bansal	Computer Science Engineering - 2nd Year



Online Session on

Study Techniques & Time Management

18th April, 2022

REPORT

Organised By:
**Centre of Excellence
in Science & Spirituality**
(Recognized by Rajasthan Technical University, Kota)

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Office Order

Jaipur Engineering College & Research Centre

Spiritual Research Cell

From : Spiritual Research Cell	To : Principal
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13 April, 2022

Note Sheet

Using the right study technique and proper time management is the key to success in any examination. So, keeping this in mind, Spiritual Research Cell JECRC is organizing a special online session on **Study Techniques and Time Management on 18th April, 2022 at 6:00 to 07:30 pm**. This program is specifically designed for students of both schools and colleges and would definitely help them manage their studies.

Speaker: Mr. Mukesh Agarwal (Head, Spiritual Research Cell)

AM
13/4/22

Chitra Khandelwal
Chitra Khandelwal
Co-ordinator

Brochure



**Centre of Excellence
in Science & Spirituality**
(Recognized by Rajasthan Technical University, Kota)

invites you
in

**Special Online Session
on**

STUDY TECHNIQUES & TIME MANAGEMENT

18th April, 2022

6:00 - 7:30 PM



Join us live



Please scan the QR Code to register



For more details, please call :-
Ashutosh Mishra - 9352899059
Shashwat Jain - 7229917955


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Jaipur Engineering College &
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Tonk Road, Jaipur-302002

Abstract

"The key is in not spending time, but in investing it."

So, to help the students in studying and make them use their time well, a special online session was organized on the topic 'Study Techniques and Time Management'. The session was taken by Mr. Mukesh Agarwal, Alumni MNIT Jaipur & Director, Training division, JECRC, Jaipur. A total of 21 different tips were shared which were very practical and easy to implement. After the session Q&A session took place where students got the solution to their problems.

Speaker's Profile

1. Mukesh Agarwal



Mukesh Agarwal is a Rajyoga Meditation practitioner and Rajyoga Faculty. He has been following the principles of Rajyoga since his student life. He is also a faculty of Value Education and Spirituality Courses offered by many Universities. He has completed his B. Tech. from MNIT, Jaipur and M. Tech. from BITS, Pilani. Other than this he has also completed M. Sc. in Value Education & Spirituality and MBA in Self-Management & Crises Management. He is currently working as associate professor at the computer science department, JECRC, Jaipur. He is also heading the Training division of JECRC, Jaipur. He has been sponsored by AICTE & DST for many projects such as Entrepreneurship Development Cell, Industry Institute Partnership Cell, MODROB and a research project on meditation & cognitive science. He has delivered many lectures on Values, Healthy lifestyle, High Impact Teaching Skills, Stress Management etc... at various organizations across India. His keen interest areas are Entrepreneurship, Techno-Spiritual Projects, Value Education, Spirituality and Practicing Meditation


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Summary of Session - 18/04/2022 - Mr. Mukesh Agarwal

One day online session which was organized on the topic 'Study Techniques and Time Management' by Center of Excellence in Science and Spirituality, JECRC, Jaipur was focused on providing easy-to-implement practical tips to the students to help them study and prepare well in the exams.

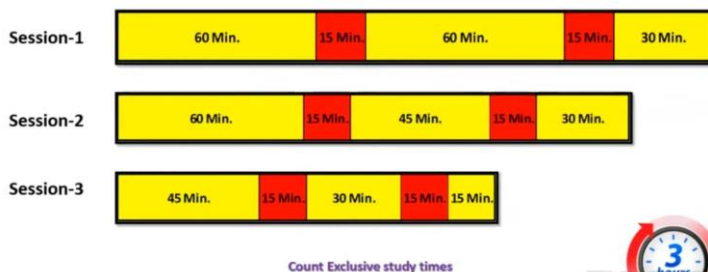
Mr. Mukesh Agarwal shared 21 tips with the participants which were all practically implemented and experienced by him. These tips were:

1. Time bound or task bound -

Study should always be bounded either by time or tasks. No bound study is never suggested. We should respect our promises by following the bounds and it is better to keep only that amount of time and tasks which we can easily fulfill.

2. Study in Sessions

We should study in sessions. The first session should always be bigger than the other two.



3. Study sequence

- Readily read the subject.
- Study with moderate speed to understand the subject.
- Prepare one pager notes
- Active Recall / Write

4. Story Book

Make your study interesting by discussing the beauty of the subject instead of complaining and create a story from the chapter.

5. Should I prepare notes?

Avoid making detailed notes. Instead prepare one pager notes or highlight important notes in the books.

6. Unavoidable Circumstances

If due to any reason we are unable to follow our study sessions then instead of getting disheartened we should shorten down the session's length to make use of our rest of the time.

7. Give Reward to the self

Whenever we complete our targets we should provide ourselves with some rewards to encourage and motivate ourselves.

8. Characteristics of student life

A student should be focused, hardworking, attentive, light and healthy and dedicated to his studies.

9. Team Work


It results in less effort and fast results. Is successful when there is tolerance and cooperation in team members.

10. Switch off your mobile

Mobile provides distractions. So, we should keep all notifications off and fix the screen time.

11. One Minute Meditation

It helps us in recharging the mind which increases our efficiency and maintains our enthusiasm.


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12. Journaling

We should do the checking of our whole day before going to bed whether we have utilized it properly as per our planning or not. It helps us in removing the waste spots.

13. Extra Mile

Only a little step forward everyday will take us to our destination.


14. Complete 75% in first 50% of Time

Morning till noon hours are energetic in terms of mind and body. So, we should try to cover most of our goals in that period.

15. Time Management

		High Urgency	Low Urgency
High Importance		Do First	Do Later
Low Importance		Do Next	Don't Do X

16. Ergonomics


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- Sitting Posture
- Posters, Frames
- Table Management
- Book Shelf Management
- Maintain Silence

17. I am the child of Almighty

A student should be full of powerful, pure and positive thoughts. This helps him be energetic and become a good student.

18. Give help-Take help

This pattern helps in doing cooperative study and creates positive competition among members.

19. Start your day early

Our morning routine provides the foundation for the whole day. So, we should wake up early . A 5 minutes contemplation and daily bath refreshes the mind. Also we should take exercise breaks.

20. Deep work Vs. Shallow work

Golden Rules:

- Single Tasking
- Zero Distraction
- Intense Focus
- Extended period of time

How to do?



Monastic Approach



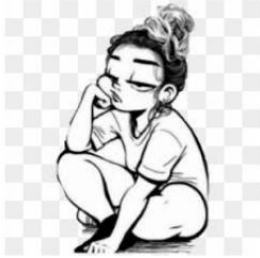
Bi Modal Approach



Rhythmic Approach



Journalistic Approach



Embrace Boredom



Quit Social Media



Drain the Shallows



How much time you Waste

21. Learn Meditation

Zoom Meeting You are viewing Yukti's screen View Options

LIVE on Custom Live Streaming Service

#8 Characteristics of student life

MR From Madhuri. R to Everyone

How to increase willpower & how to be an optimistic even after failure in achieving goal???

Chitra Khandelwal

Mukesh Agarwal Chitra Khandelwal Laxmi

Yukti Sakshi Tuhin kanti pal

Kanak kanika G-39 Ravina Jākhar Deb Rajan

Bollewar Laxman Bk siddesh Kusum

Abhishek Sharma Mukesh Beniwal shweta Panday

Unmute Start Video Security Participants 424 Chat Share Screen Record Reactions Apps Leave

6:37 PM 4/18/2022

LIVE on Custom Live Streaming Service You are viewing RTL's screen View Options

#11 One Minute Meditation

- Every Hr. one minute meditation
- Do at least 12 times in a day.
- Learn meditation
- Use daily slogan of self esteem daily

Remove Spotlight

Mukesh Agarwal

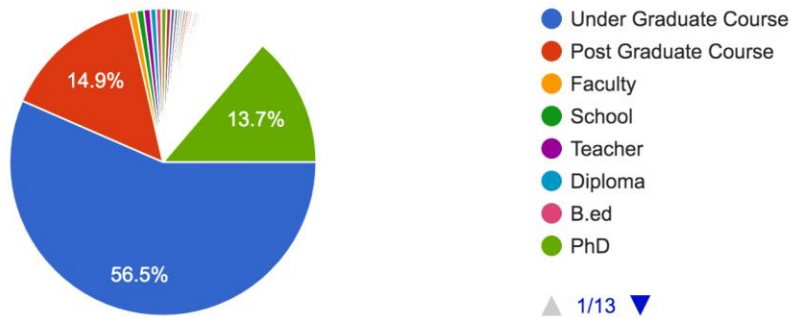
Unmute Start Video Security Participants 427 Chat Share Screen Record Reactions Apps Leave

Registration Data Analysis

Students pursuing different courses were able to get benefitted. Total of 1470 respondents were there from almost every state of the nation.

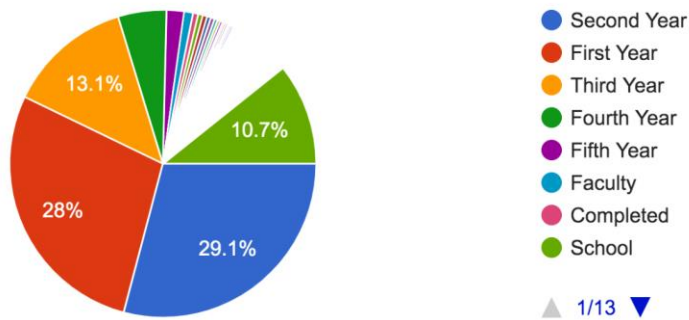
You are studying in

1,470 responses



Year

1,470 responses



Attendance Data

After analyzing the registration as well as participation data, the data was then correlated with the defined eligibility criterion for certification.

The list of eligible participants is as follows:

S. No.	Name	Ref-Id	Email
1	Aakash Mall	JECRC/SRC/2021-2022/SDP/STTM/001	aakashmall.cse23@jecrc.ac.in
2	Aayush Bansal	JECRC/SRC/2021-2022/SDP/STTM/002	aayushbansal.it24@jecrc.ac.in
3	Abhay Sharma	JECRC/SRC/2021-2022/SDP/STTM/003	abhaysharma.it25@jecrc.ac.in
4	Abhilasha Vishwakarma	JECRC/SRC/2021-2022/SDP/STTM/004	vabhilashav29@gmail.com
5	Abhipsha	JECRC/SRC/2021-2022/SDP/STTM/005	jigyashaseventhD@gmail.com
6	Aditya	JECRC/SRC/2021-2022/SDP/STTM/006	adi1997bhu@gmail.com
7	Advika Pareek	JECRC/SRC/2021-2022/SDP/STTM/007	advikapareek077@gmail.com
8	Akash	JECRC/SRC/2021-2022/SDP/STTM/008	saakash357@gmail.comq1
9	Akshat Shrimal	JECRC/SRC/2021-2022/SDP/STTM/009	akshatshrimal.ai25@jecrc.ac.in
10	Alka Dubey	JECRC/SRC/2021-2022/SDP/STTM/010	Alka.21GsOE1010016@galgotiasuniversity.edu.in
11	Anjali kabra	JECRC/SRC/2021-2022/SDP/STTM/011	anjelukabra2002@gamil.com
12	Ankita Sarkar	JECRC/SRC/2021-2022/SDP/STTM/012	sarkar.anku99@gmail.com
13	Ansh Shukla	JECRC/SRC/2021-2022/SDP/STTM/013	shuklasansh99@gmail.com
14	Anuj Kumar Vijay	JECRC/SRC/2021-2022/SDP/STTM/014	anujkumarvijay.ce22@jecrc.ac.in
15	Anupama P Kumar	JECRC/SRC/2021-2022/SDP/STTM/015	anukrp1996@gmail.com

16	Anushri Gaur	JECRC/SRC/2021-2022/SDP/STTM/016	anushrigaur1995@gmail.com
17	Aradhika Chauhan	JECRC/SRC/2021-2022/SDP/STTM/017	sumitrachauhan76@gmail.com
18	Aryan Jain	JECRC/SRC/2021-2022/SDP/STTM/018	aryanjain.it25@jecrc.ac.in
19	Asha Patel	JECRC/SRC/2021-2022/SDP/STTM/019	ashapatel3285@gmail.com
20	Aviraj	JECRC/SRC/2021-2022/SDP/STTM/020	aviraj.3585@gmail.com
21	Avinish Kumar	JECRC/SRC/2021-2022/SDP/STTM/021	avinishkumar692@gmail.com
22	Ayush Mohanty	JECRC/SRC/2021-2022/SDP/STTM/022	ayushmohanty0709@gmail.com
23	Ayushi Bansal	JECRC/SRC/2021-2022/SDP/STTM/023	ayushibansal.cse25@jecrc.ac.in
24	Ayushi khawade	JECRC/SRC/2021-2022/SDP/STTM/024	ayushikhawade@gmail.com
25	Barnita Malakar	JECRC/SRC/2021-2022/SDP/STTM/025	barnitamalakar4@gmail.com
26	Bharat Vaghela	JECRC/SRC/2021-2022/SDP/STTM/026	bharat.bapu4464@gmail.com
27	Chanda kumawat	JECRC/SRC/2021-2022/SDP/STTM/027	chandakumawat205@gmail.com
28	Charchit Kumawat	JECRC/SRC/2021-2022/SDP/STTM/028	charchitkumawat.ce25@jecrc.ac.in
29	Chitra goyal	JECRC/SRC/2021-2022/SDP/STTM/029	chitragoyal.cse25@jecrc.ac.in
30	D Sheshank	JECRC/SRC/2021-2022/SDP/STTM/030	dsheshank06@gmail.com
31	Deepshikha	JECRC/SRC/2021-2022/SDP/STTM/031	deepshikhas729@gmail.com
32	Devanshi Gupta	JECRC/SRC/2021-2022/SDP/STTM/032	devanshigupta99hsi@gmail.com
33	Devanshi Vijay	JECRC/SRC/2021-2022/SDP/STTM/033	devanshivijay.it25@jecrc.ac.in

34	Divyanshu Jain	JECRC/SRC/2021-2022/SDP/STTM/034	divyanshujain.cse23@jecrc.ac.in
35	Gayatri Chandrakant Nikam	JECRC/SRC/2021-2022/SDP/STTM/037	sonawane.gayatri07@gmail.com
36	Gulnaz Akhter	JECRC/SRC/2021-2022/SDP/STTM/038	gulnazakhter.cse25@jecrc.ac.in
37	Hardik Goswami	JECRC/SRC/2021-2022/SDP/STTM/039	hardikgoswami795@gmail.com
38	Harish Venkatram Saripella	JECRC/SRC/2021-2022/SDP/STTM/040	venkatramharish@gmail.com
39	Harsh Agarwal	JECRC/SRC/2021-2022/SDP/STTM/041	agarwalharsh212001@gmail.com
40	Harshita Jaiswal	JECRC/SRC/2021-2022/SDP/STTM/042	harshitajaiswal.cse25@jecrc.ac.in
41	Hemanshi Dhanesha	JECRC/SRC/2021-2022/SDP/STTM/043	dhaneshahemanshi72@gmail.com
42	Hiral Dubey	JECRC/SRC/2021-2022/SDP/STTM/044	drsmitadube@gmail.com
43	Ishika Agarwal	JECRC/SRC/2021-2022/SDP/STTM/045	ishikaagarwal.ece25@jecrc.ac.in
44	Ishita Gupta	JECRC/SRC/2021-2022/SDP/STTM/046	ishitagupta.cse23@jecrc.ac.in
45	Jatin	JECRC/SRC/2021-2022/SDP/STTM/047	jatinsharma.ee21@jecrc.ac.in
46	Joshi	JECRC/SRC/2021-2022/SDP/STTM/048	joshipodili@gmail.com
47	Jyoti Mishra	JECRC/SRC/2021-2022/SDP/STTM/049	jyotimishra.it25@jecrc.ac.in
48	Kailash Kumar Bishnoi	JECRC/SRC/2021-2022/SDP/STTM/050	kailashkbishnoi29@gmail.com

49	Kalpita Agrawal	JECRC/SRC/2021-2022/SDP/STTM/051	kk.agrawal18052000@gmail.com
50	Kalpna	JECRC/SRC/2021-2022/SDP/STTM/052	kalpnasharma952@gmail.com
51	Kanak Kanika	JECRC/SRC/2021-2022/SDP/STTM/053	erkanakkanika@gmail.com
52	Kartik Yadav	JECRC/SRC/2021-2022/SDP/STTM/054	kartikyadav.ee22@jecrc.ac.in
53	Kaushik Prajapati	JECRC/SRC/2021-2022/SDP/STTM/055	kaushikprajapati9099@gmail.com
54	Kavita Choudhary	JECRC/SRC/2021-2022/SDP/STTM/056	kavitachoudhary2029@gmail.com
55	Keshav Yadav	JECRC/SRC/2021-2022/SDP/STTM/057	keshavyadav.ece24@jecrc.ac.in
56	Khushi Gupta	JECRC/SRC/2021-2022/SDP/STTM/058	kg447254@gmail.com
57	Khushi Soni	JECRC/SRC/2021-2022/SDP/STTM/059	khushisoni.cse24@jecrc.ac.in
58	Kirtika Sharma	JECRC/SRC/2021-2022/SDP/STTM/060	kirtikasharma.ece24@jecrc.ac.in
59	Komal Choudhary	JECRC/SRC/2021-2022/SDP/STTM/061	komalchoudhary.cse25@jecrc.ac.in
60	Komal Rani	JECRC/SRC/2021-2022/SDP/STTM/062	kr607987@gmail.com
61	Krishna Bansal	JECRC/SRC/2021-2022/SDP/STTM/063	krishnabansal.it25@jecrc.ac.in
62	Kritika Gupta	JECRC/SRC/2021-2022/SDP/STTM/064	kritikagupta.cse24@jecrc.ac.in
63	Kusum	JECRC/SRC/2021-2022/SDP/STTM/065	kusum.yadav@gmail.com
64	Mamta	JECRC/SRC/2021-2022/SDP/STTM/066	chouhanvedprakash451@gmail.com
65	Mangala Hegde	JECRC/SRC/2021-2022/SDP/STTM/067	mangalahaegde75@gmail.com
66	Manish	JECRC/SRC/2021-2022/SDP/STTM/068	hiteshkumarnagar@gmail.com

67	Maya Sarkate	JECRC/SRC/2021-2022/SDP/STTM/069	mayagsarkate@gmail.com
68	Monika	JECRC/SRC/2021-2022/SDP/STTM/070	08monythakur@gmail.com
69	Monika Vishnoi	JECRC/SRC/2021-2022/SDP/STTM/071	monimukesh6@rediffmail.com
70	Nancy	JECRC/SRC/2021-2022/SDP/STTM/072	nancykhanduri09@gmail.com
71	Nidhi Agrawal	JECRC/SRC/2021-2022/SDP/STTM/073	nidhiagrawal.it25@jecrc.ac.in
72	Niharika Sharma	JECRC/SRC/2021-2022/SDP/STTM/074	niharikasharma0159@gmail.com
73	Niraj Kumar	JECRC/SRC/2021-2022/SDP/STTM/075	nirajkumar.ce25@jecrc.ac.in
74	Nishant Acharya	JECRC/SRC/2021-2022/SDP/STTM/076	nishantacharya32@gmail.com
75	Obaidhur Rahaman	JECRC/SRC/2021-2022/SDP/STTM/077	rahaman171920@gmail.com
76	Parth	JECRC/SRC/2021-2022/SDP/STTM/078	radhe5559@gmail.com
77	Pawan Kumar Yogi	JECRC/SRC/2021-2022/SDP/STTM/079	yogipawan5@gmail.com
78	Pearl Sharma	JECRC/SRC/2021-2022/SDP/STTM/080	pearl.kathua@gmail.com
79	Piyush Jain	JECRC/SRC/2021-2022/SDP/STTM/081	piyushjain31082000@gmail.com
80	Piyush Mantri	JECRC/SRC/2021-2022/SDP/STTM/082	piyush92mantri@gmail.com
81	Pooja Tambe	JECRC/SRC/2021-2022/SDP/STTM/083	tambepooja658@gmail.com
82	Prachi Sharma	JECRC/SRC/2021-2022/SDP/STTM/084	prachisharma.cse24@jecrc.ac.in
83	Pranav Soni	JECRC/SRC/2021-2022/SDP/STTM/085	pranavsoni2702@gmail.com
84	Prasham Jain	JECRC/SRC/2021-2022/SDP/STTM/086	prashamjain.cse24@jecrc.ac.in

85	Prashil Kumar Dash	JECRC/SRC/2021-2022/SDP/STTM/087	prashildash1@gmail.com
86	Pratiksha Kishor Jadhav	JECRC/SRC/2021-2022/SDP/STTM/088	jpratiksha828@gmail.com
87	Preeti Sharma	JECRC/SRC/2021-2022/SDP/STTM/089	preetisharma.cse@jecrc.ac.in
88	Prerna Gautam	JECRC/SRC/2021-2022/SDP/STTM/090	prerna.gautam.prerna@gmail.com
89	Priyanka	JECRC/SRC/2021-2022/SDP/STTM/091	priyanka.ce24@jecrc.ac.in
90	Priyanka Singh	JECRC/SRC/2021-2022/SDP/STTM/092	PriyankaSingh181@gmail.com
91	Priyanshi Gupta	JECRC/SRC/2021-2022/SDP/STTM/093	priyanshigupta768@gmail.com
92	Purvi	JECRC/SRC/2021-2022/SDP/STTM/094	purvimehta2020@gmail.com
93	Rajat Kumar	JECRC/SRC/2021-2022/SDP/STTM/095	rjempire2020@gmail.com
94	Ravi Kumar	JECRC/SRC/2021-2022/SDP/STTM/096	rbaranwal1995@gmail.com
95	Ravindra Kumar	JECRC/SRC/2021-2022/SDP/STTM/097	ravindrakumar737599@gmail.com
96	Riya Sharma	JECRC/SRC/2021-2022/SDP/STTM/098	riyasharma.it24@jecrc.ac.in
97	Rohit Chhabra	JECRC/SRC/2021-2022/SDP/STTM/099	rohitchhabra.ai@jecrc.ac.in
98	Roshani Singh	JECRC/SRC/2021-2022/SDP/STTM/100	singhroshani8957@gmail.com
99	Ruchi kulhar	JECRC/SRC/2021-2022/SDP/STTM/101	ruchikulhar1510@gmail.com
100	Sachin	JECRC/SRC/2021-2022/SDP/STTM/102	sachinbansal.ee23@jecrc.ac.in
101	Sachin Kumar Prasad	JECRC/SRC/2021-2022/SDP/STTM/103	prasadsachin199@gmail.com
102	Sachin Sharma	JECRC/SRC/2021-2022/SDP/STTM/104	sachinsharma.cse25@jecrc.ac.in

103	Sachin Singh	JECRC/SRC/2021-2022/SDP/STTM/105	sachinsingh.cse25@jecrc.ac.in
104	Saddam Hussain	JECRC/SRC/2021-2022/SDP/STTM/106	saddam.wani@hotmail.com
105	Sagarika Karmakar	JECRC/SRC/2021-2022/SDP/STTM/107	sagarika.karmakar1998@gmail.com
106	Sajjan Singh	JECRC/SRC/2021-2022/SDP/STTM/108	sajjansingh72277@gmail.com
107	Saket Khandelwal	JECRC/SRC/2021-2022/SDP/STTM/109	saketkhandelwal.it25@jecrc.ac.in
108	Sakshi	JECRC/SRC/2021-2022/SDP/STTM/110	tiwarisakshi637@gmail.com
109	Saloni Gupta	JECRC/SRC/2021-2022/SDP/STTM/111	saloni.21gsol1030050@galgotiasuniversity.edu.in
110	Samikhya Ojha	JECRC/SRC/2021-2022/SDP/STTM/112	samikhyaojha678@gmail.com
111	Sanjana	JECRC/SRC/2021-2022/SDP/STTM/113	sanjanadwivedi0508@gmail.com
112	Sant Prasad	JECRC/SRC/2021-2022/SDP/STTM/114	santprasadsps@gmail.com
113	Sapna Sharma	JECRC/SRC/2021-2022/SDP/STTM/115	sapnaloksharma@gmail.com
114	Saransh Jain	JECRC/SRC/2021-2022/SDP/STTM/116	saranshjain.it24@jecrc.ac.in
115	Sawan Kumar Verma	JECRC/SRC/2021-2022/SDP/STTM/117	sawanv26@gmail.com
116	Seema Singh	JECRC/SRC/2021-2022/SDP/STTM/118	seemasingh19@gmail.com
117	Shagun Agarwal	JECRC/SRC/2021-2022/SDP/STTM/119	Shagunagarwal2704@gmail.com
118	Shahima Khatun	JECRC/SRC/2021-2022/SDP/STTM/120	shahimakhatun123@gmail.com
119	Shano Solanki	JECRC/SRC/2021-2022/SDP/STTM/121	shano@nittrchd.ac.in

120	Shelendra Patidar	JECRC/SRC/2021-2022/SDP/STTM/122	shelendrapatidar.cse25@jecrc.ac.in
121	Shivani Shekhar	JECRC/SRC/2021-2022/SDP/STTM/123	shivanishekhar91@gmail.com
122	Shubham Agarwal	JECRC/SRC/2021-2022/SDP/STTM/124	shubhamagarwal.cse24@jecrc.ac.in
123	Siddharth Valande	JECRC/SRC/2021-2022/SDP/STTM/125	Siddvalande@gmail.com
124	Sidhartha Mishra	JECRC/SRC/2021-2022/SDP/STTM/126	mishrasidhartha114@gmail.com
125	Sneha Rani	JECRC/SRC/2021-2022/SDP/STTM/127	sneha.rani43@gmail.com
126	Sonali Pradhan	JECRC/SRC/2021-2022/SDP/STTM/128	sonalipradhan760@gmail.com
127	Sonu	JECRC/SRC/2021-2022/SDP/STTM/129	sonugijhoribsr00@gmail.com
128	Sovana Hati	JECRC/SRC/2021-2022/SDP/STTM/130	sovonajanai1993@gmail.com
129	Srishti	JECRC/SRC/2021-2022/SDP/STTM/131	srishtitiwari249@gmail.com
130	Subhasmita Sahoo	JECRC/SRC/2021-2022/SDP/STTM/132	rani8249407465@gmail.com
131	Sunil Bagla	JECRC/SRC/2021-2022/SDP/STTM/133	sibagla52@gmail.com
132	Supriya Rani	JECRC/SRC/2021-2022/SDP/STTM/134	Supriyar05.hzb@gmail.com
133	Surbhi Thakur	JECRC/SRC/2021-2022/SDP/STTM/135	surbhithakur2494@gmail.com
134	Suruchee Ajit Kshirsagar	JECRC/SRC/2021-2022/SDP/STTM/136	surucheeekshirsagar8@gmail.com
135	Swati Nayar Dhiware	JECRC/SRC/2021-2022/SDP/STTM/137	swatidhiware2@gmail.com
136	Swati Yadav	JECRC/SRC/2021-2022/SDP/STTM/138	swati.21gsoe1010003@galgotiasuniversity.edu.in

137	Tanu Nagar	JECRC/SRC/2021-2022/SDP/STTM/139	tanumathodia@gmail.com
138	Taran Kaur	JECRC/SRC/2021-2022/SDP/STTM/140	ktarankaur02@gmail.com
139	Tarush Kaushik	JECRC/SRC/2021-2022/SDP/STTM/141	tarushkaushik.cse25@jecrc.ac.in
140	Thuta Bhaskarrao	JECRC/SRC/2021-2022/SDP/STTM/142	thutabhaskararao@gmail.com
141	Vaishali Garg	JECRC/SRC/2021-2022/SDP/STTM/143	vaishaligarg.it25@jecrc.ac.in
142	Vaishnavi Pethe	JECRC/SRC/2021-2022/SDP/STTM/144	pethevaishnavi8@gmail.com
143	Varsha Deb	JECRC/SRC/2021-2022/SDP/STTM/145	varshadeb0012@gmail.com
144	Ved Praksah Singh	JECRC/SRC/2021-2022/SDP/STTM/146	vedprakashsingh05@gmail.com
145	Vidisha	JECRC/SRC/2021-2022/SDP/STTM/147	sureshjangra466@gmail.com
146	Vidushi Jain	JECRC/SRC/2021-2022/SDP/STTM/148	vidushijain.cse25@jecrc.ac.in
147	Vijendra Singh Yadav	JECRC/SRC/2021-2022/SDP/STTM/149	vijendrasingh.hajipur@gmail.com
148	Yash Jain	JECRC/SRC/2021-2022/SDP/STTM/150	yashjain.ece23@jecrc.ac.in
149	Yashi Garg	JECRC/SRC/2021-2022/SDP/STTM/151	yashigarg.cse25@jecrc.ac.in
150	Yogesh Kumar	JECRC/SRC/2021-2022/SDP/STTM/152	yk466271@gmail.com
151	Yojna	JECRC/SRC/2021-2022/SDP/STTM/153	yojnadadani.ece25@jecrc.ac.in
152	Dr. Tripati Gupta	JECRC/SRC/2021-2022/SDP/STTM/035	drtriptigupta.math@jecrc.ac.in
153	Dr. P. Fernandez	JECRC/SRC/2021-2022/SDP/STTM/036	fernzlp@gmail.com

Certificate



Centre of Excellence in Science & Spirituality
(Recognized by Rajasthan Technical University, Kota)



STUDY TECHNIQUES & TIME MANAGEMENT *Certificate of Participation*

Ref No.

This is to certify that _____ has participated in the online session on '**Study Techniques and Time Management**' held on 18th April, 2022 organized by Spiritual Research Cell, Jaipur Engineering College and Research Centre, Jaipur.

Prof. Vinay Kumar Chandna
Principal, JECRC

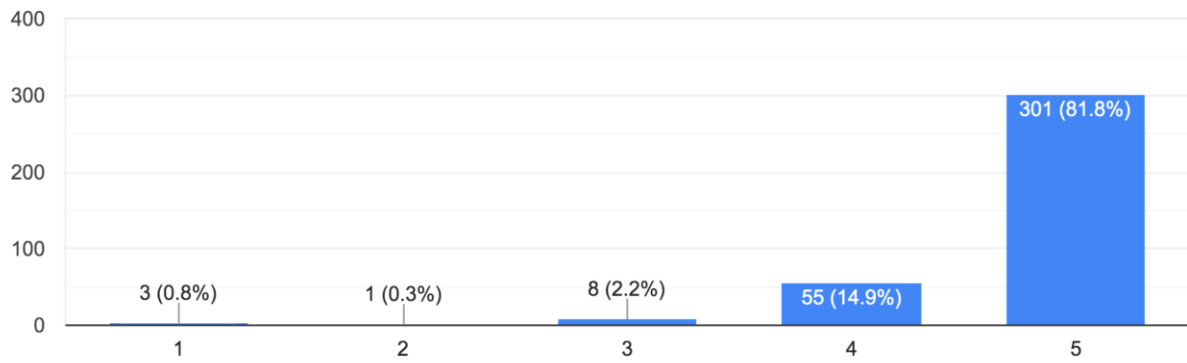
Participant's Feedbacks

The overall course was very beneficial for everyone where everyone learned various study techniques and tips for time management. Following feedbacks were written by few of the participants:

Very informative and fruitful session - Shyam Krishn Adhikari
Keep one session for civil service exam aspirants - Prachi Joshi
Language must be in English - Dr.Arunachalam P
Session was really helpful. Looking forward to these sessions more. - Ayushi Khawade
The duration of the session should be increased so that everyone can interact with the speaker - Rajat Kumar
Please organize a meditation course only for students - Jatin Rathod
Please conduct more and more sessions so that we can get benefited from it... thank you so much for this session ☐ - Srishti Palak
QNA with the students should be bring out more - Ankita Sarkar
This session was incredibly amazing. I request the team to organize a well-structured meditation learning program so that everyone can add meditation in their life. One thing I want to add is that please do sessions at the same time on which this session took place. Because many of the students or working officials are busy during the day, this is my request. - Piyush Jain
Technical problems occurred in this session so please avoid this thing and I am very thankful to get a chance to join this session. - Praveen Tiwari

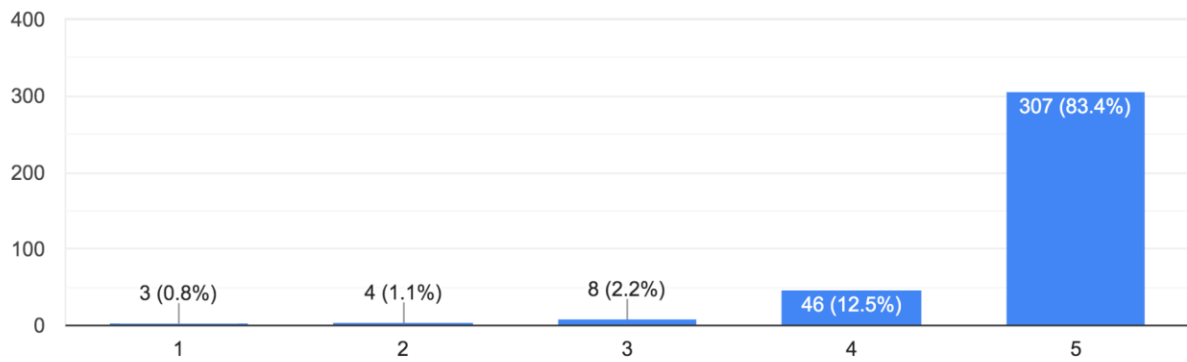
How would you rate the session?

368 responses



How would you rate the speaker?

368 responses



स्टूडेंट्स की मदद करेगा स्प्रिचुअल रिसर्च सेल

ऑफलाइन होने वाली परीक्षा की तैयारी में समय प्रबंधन को लेकर करेगा स्टूडेंट्स का मार्गदर्शन

सचिन सोमानी : जयपुर इंजीनियरिंग कॉलेज एंड रिसर्च सेंटर में स्थापित स्प्रिचुअल रिसर्च सेल अब परीक्षा के मामले में भी स्टूडेंट की मदद करेगा। 18 अप्रैल शाम को छह से साढ़े सात बजे तक स्टडी टेक्नीक्स एंड टाइम मैनेजमेंट विषय पर ऑनलाइन सेशन होगा।

स्टूडेंट्स खुद को रजिस्टर कर सकते हैं। इस दौरान जेईसीआरसी के ट्रेनिंग डिविजन के निदेशक और एमएनआईटी और बिट्स पिलानी के एलुमनाई डॉ. मुकेश अग्रवाल बतौर वक्ता स्टूडेंट्स का मार्गदर्शन करेंगे।

Special Online Session
on
**STUDY TECHNIQUES
&
TIME MANAGEMENT**
18th April, 2022
6:00 - 7:30 PM
Join us live
Please scan the QR Code to register

Page 02 THE MESSAGE

ऑफ लाइन परीक्षा की तैयारी के लिए स्टूडेंट्स का किया मार्गदर्शन

जेईसीआरसी फाउंडेशन की ओर से आयोजित किया गया कार्यक्रम, दिए गए टिप्स

ज्योति सेन

जयपुर : जयपुर इंजीनियरिंग कॉलेज एंड रिसर्च सेंटर (जेईसीआरसी) के स्प्रिचुअल रिसर्च सेल की ओर से ऑफ लाइन परीक्षा की तैयारी के लिए स्टूडेंट्स का मार्गदर्शन किया गया।

स्टडी टेक्नीक्स एंड टाइम मैनेजमेंट विषय पर आयोजित ऑनलाइन सेशन के दौरान मुख्य वक्ता डॉ. मुकेश अग्रवाल ने स्टूडेंट्स का मार्गदर्शन किया। उन्होंने बताया कि पढ़ाई के दौरान बिलकुल भी मोबाइल का प्रयोग न करें। समय ही तो मोबाइल को बंद ही रखें। प्रतिदिन एक से लेकर दस मिनट तक ध्यान करें। साथ ही, अपने कॉफर्ट जोन से बाहर निकलें और हमेशा ही अपनी सामर्थ्य से एक फीसद ज्यादा काम करने की कोशिश करें। उन्होंने यह भी कहा कि अपने आधे समय में 75 फीसद



से अधिक काम को पूरा करने की कोशिश करें। उन्होंने स्टूडेंट्स को पढ़ाई के दौरान ठीक तरीके से बैठने के बारे में भी जानकारी दी। यह भी कहा कि एक दूसरे की मदद करने से कमी भी नहीं हिचकना चाहिए। उन्होंने स्टूडेंट्स को सुबह जल्दी ही उठने के लिए भी प्रेरित किया। इस दौरान उन्होंने कई प्रकार के उदाहरण से समझाते हुए स्टूडेंट्स को ऑफ

लाइन परीक्षा की तैयारी करने के टिप्स दिए। कार्यक्रम का संचालन स्प्रिचुअल रिसर्च सेल की चिन्ता ने किया। इस दौरान स्टूडेंट्स ने वक्ता डॉ. मुकेश अग्रवाल से सवाल भी पूछे। उन्होंने सभी स्टूडेंट्स के सवालों के धैर्यपूर्णक जवाब दिए। कार्यक्रम के दौरान जेईसीआरसी यूनिवर्सिटी और जेईसीआरसी फाउंडेशन के 800 से अधिक स्टूडेंट्स मौजूद रहे।

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Research Centre
Tonk Road, Jipur-501112

Feedback Analysis

After analyzing the feedback of the participants following observations were found.

1. The session was very much helpful to the students.
2. Tips shared were practical, effective and easy to be implemented.
3. Participants were comfortable with the timings and they asked for more sessions at the same time.
4. Duration of the session should be increased so that they can ask questions also.
5. Participants asked for the course to take place in the English language also.
6. A student specific meditation course should be conducted

Recommended Actions

Following actions should be taken in order to meet the expectations of the participants.

1. The sessions should include extra minutes for Q&A sessions.
2. Interpretation should be provided in the English language.
3. Summary of sessions should be provided so that participants can cover it in case they missed and also they can revise easily.
4. Proper care should be taken to avoid technical issues and mishaps.
5. Conduct a meditation course specifically for students.



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Jaipur Engineering College &
Research Centre
Tonk Road, Jaipur-302002

Organizing Team

Faculty Coordinators -

S.No.	Name	Designation
1.	Mr. Mukesh Agarwal	Head, Spiritual Research Cell, JECRC
2.	Ms. Chitra Khandelwal	Event Coordinator

Student Coordinators -

S. No.	Name	Year	Branch
1.	Chirag Nagar	4th	CSE
2.	Shashwat Jain	4th	CSE
3.	Ashutosh Lawania	3rd	ECE
4.	Yukti Agarwal	2nd	CSE



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Jalpur Engineering College &
Research Centre
Tonk Road, Jalpur-501112