



Jaipur Engineering College & Research Centre

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INDIA'S FIRST

Rajyoga Thought Laboratory

A joint venture of Education Wing (RERF)



WITNESS THE
SPIRITUAL
EXPERIENCE

A joint venture of **Education Wing (RERF)**



Welcome to...

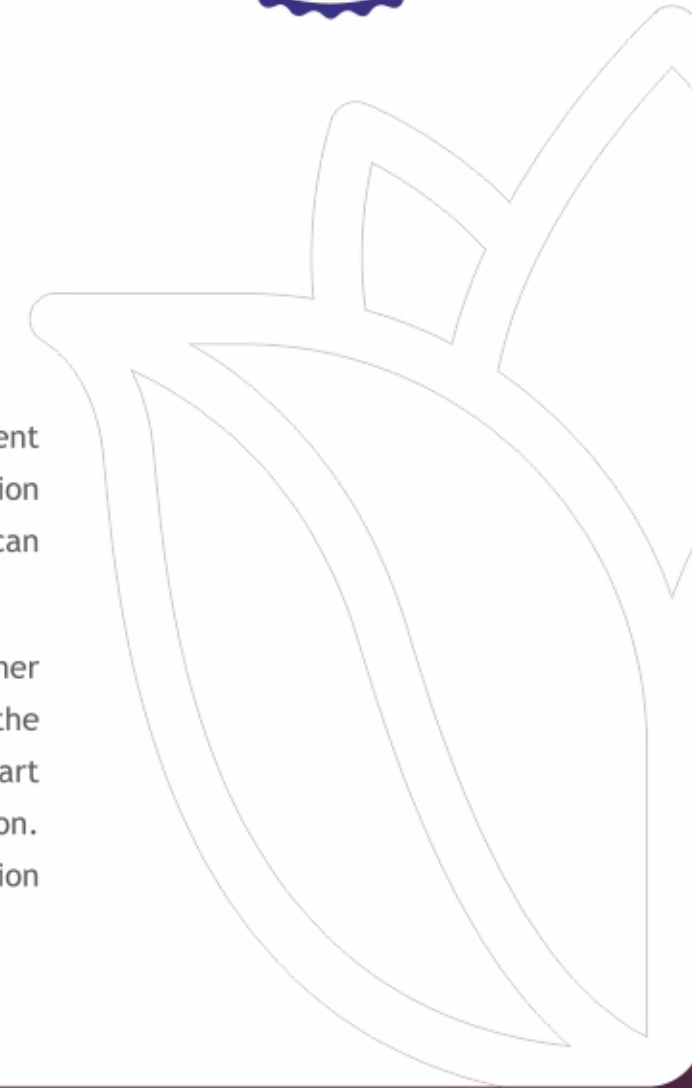


INDIA'S FIRST

Rajyoga Thought Laboratory

The Rajyoga Thought Laboratory is a novel concept focusing on empowerment at the thought level. It is based on the principle that thoughts are the creation of human mind and with the practice of meditation and spirituality one can master his/her own thoughts.

It is a unique project aimed to harness the hidden and still untapped inner power of the mind of an individual. It provides an individual with the opportunity for discovering the true self, develop positive attitude and the art of channelizing the thoughts in a positive, powerful and purposeful direction. Spiritual tools including meditation, reflection, visualization, appreciation and listening... are used for learning.





Techno-spiritual Platform



Vision

To empower the thoughts of youth to build a world of peace, love and universal harmony through the means of science and spirituality.



Mission

- To create spiritual ambience for learning meditation and experiencing inner peace.
- To provide a platform for research on Spiritual Dimensions of life.
- To gain insights on Holistic development through Rajyoga Meditation.
- To enable individuals to gain control over their thoughts, feelings and emotions.
- To create interest among youth for Values & Spirituality.



Thoughts create our Destiny



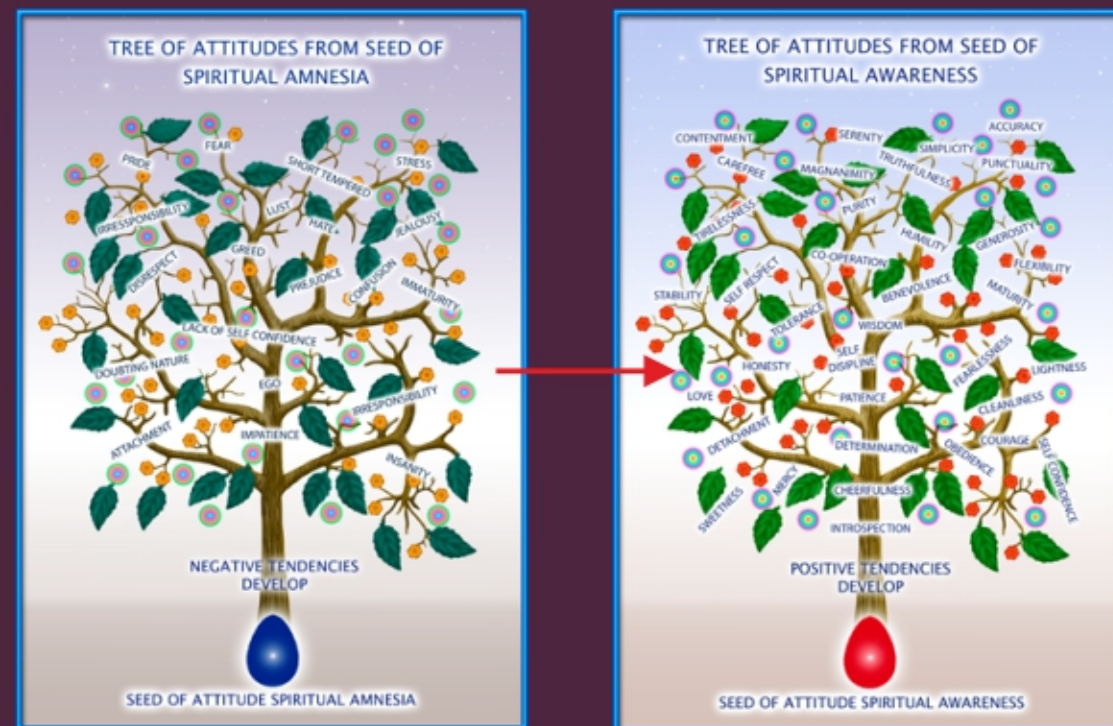


Objectives

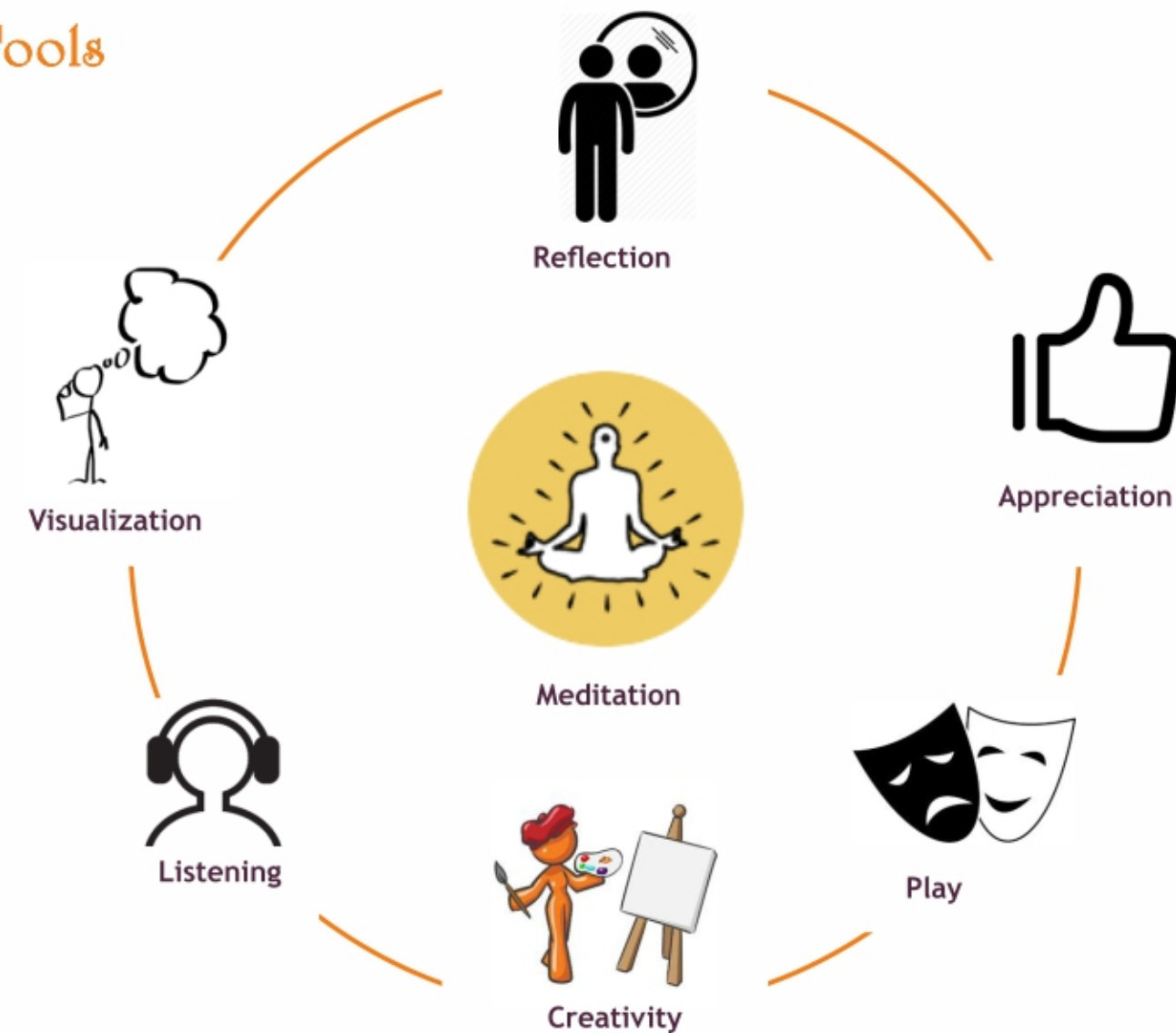
1. To provide a place for learning meditation and spiritual concepts.
2. To create spiritual ambience for experiencing inner peace.
3. To provide a platform for research on Spiritual Dimensions of life.
4. To gain insights on Holistic development through Rajyoga Meditation.
5. To build value based environment among members of organization.
6. To create interest among youth for Values & Spirituality.



Our Purpose

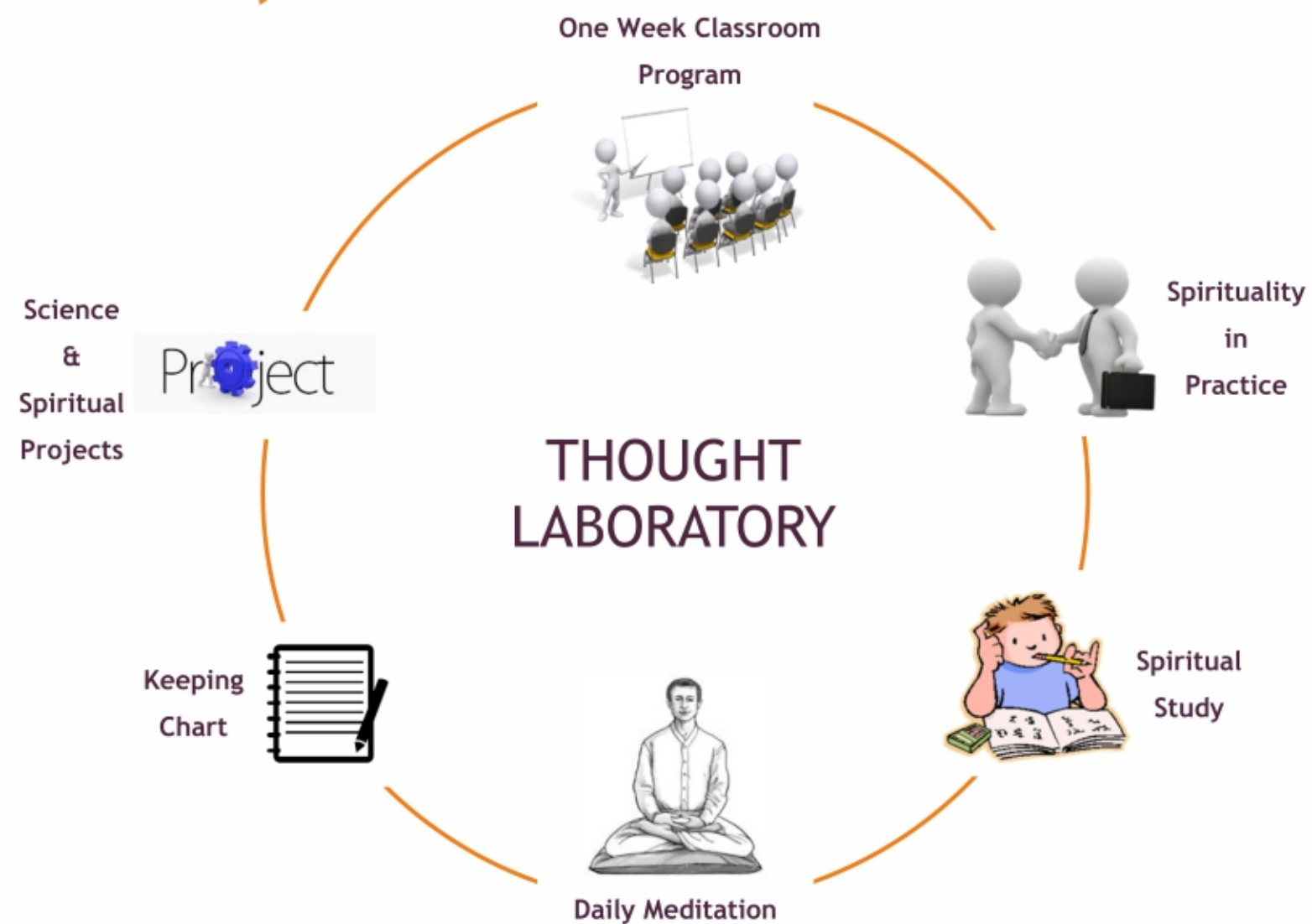


Spiritual Tools





Thought Laboratory



Assignments & Lab Manual

1. Observing and creating thoughts
2. Experiencing body - free stage
3. Practicing impartial observer role - free stage
4. Assessing & Exploring Innate attributes
5. Moving around & eating in soul consciousness
6. Creating a powerful atmosphere
7. Visualization Meditation Techniques
8. Taking a closer look at your actions
9. The mind - intellect - sanskar game
10. Response - ability in role and relationships
11. Response - ability in routine and responsibilities





Benefits of Thought Lab

- Experience Peace and Empower the Self
- Positive change in personality
- Freedom from stress, anxiety and fear
- Enhance focus and concentration
- Improve decision making power
- Opportunity to work on Spiritual Projects



Students projects on Science & Spirituality

- Twister
- Snake and Ladder
- Memory Matrix
- The World Clock
- Anatomy of Soul
- Eight Powers of Meditation
- Spiritual Quotient
- Journey from hell to heaven
- Puzzle of life
- Survey based projects



Research Cell Cum Office

The thought laboratory is also provided with scientific equipment's like karadascan, bio-well GDV, EEG & EMG sponsored by DST-CSRI which helps to measure the apparent changes in the physical, mental and emotional parameters of students. Psychological tools are also regularly used to assess the improvement in social & spiritual dimensions. The cell also organizes interactive sessions, workshops, seminars and expert lectures on yoga & meditation regularly.





Spiritual Library

The library is provided with rich collection of meditation videos, guided meditation, spiritual songs, cognitive games and other digital aids to help out students in improving concentration. The spiritual library is not just a collection of spiritual books but it also provides readers a chance to get in touch with biographies of great saints, leaders, scientists, businesses men etc...



Meditation Room

Spending little time in serene and pious atmosphere of meditation room gives a chance to experiment with one's own thoughts. Soothing soft music of meditation room aids in relaxation. Students use this place for observing their thoughts and replacing the odd and ordinary with positive and powerful thoughts.





Wisdom Hall

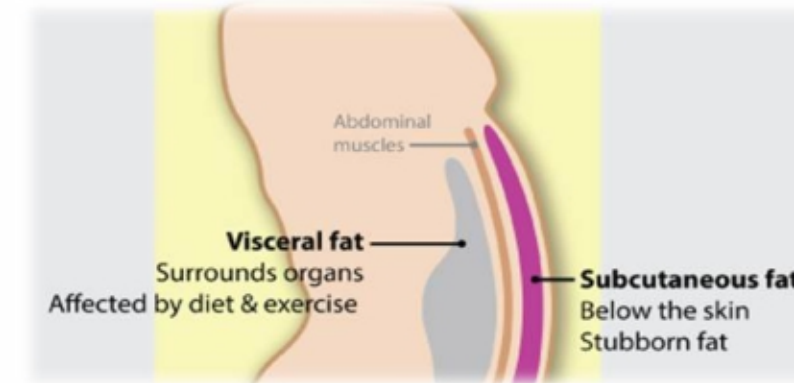
Wisdom hall is a dedicated classroom for delivering laboratory guidelines/experiments, conducting events & activities for students. Daily morning one hour Meditation cum Pat Therapy sessions are also conducted here for the staff members which helps them to keep their mind and body fit throughout the day. This is a multimedia classroom with peaceful ambience and soothing wall pictures which helps to connect with spirituality.



Karada Scan



Skeletal Muscle %



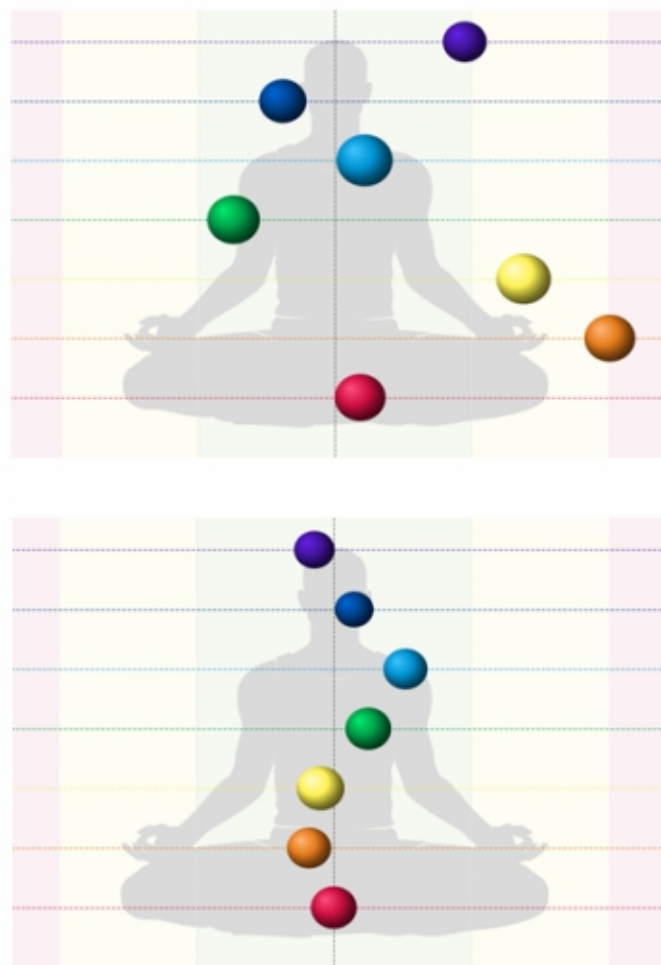
Subcutaneous Fat %



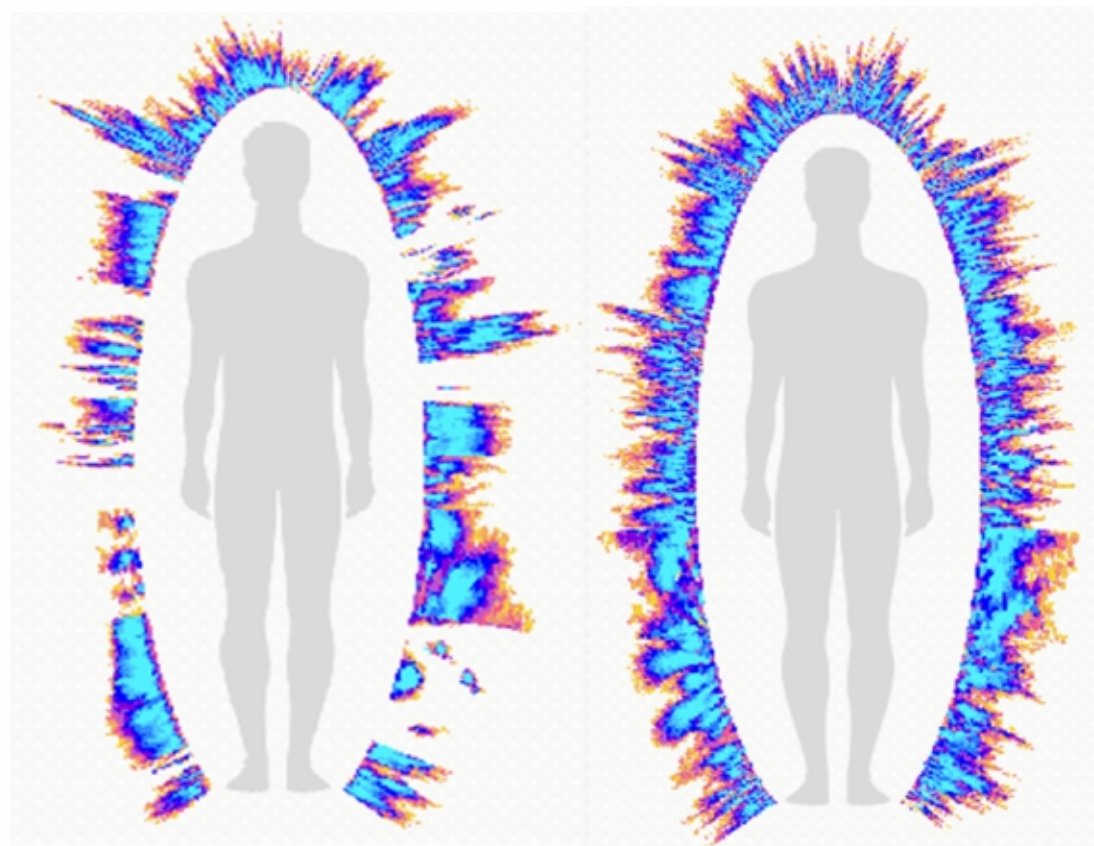
Body Age



Bio-Well GDV



Chakra Alignment



Energy Field Status



Other Equipment



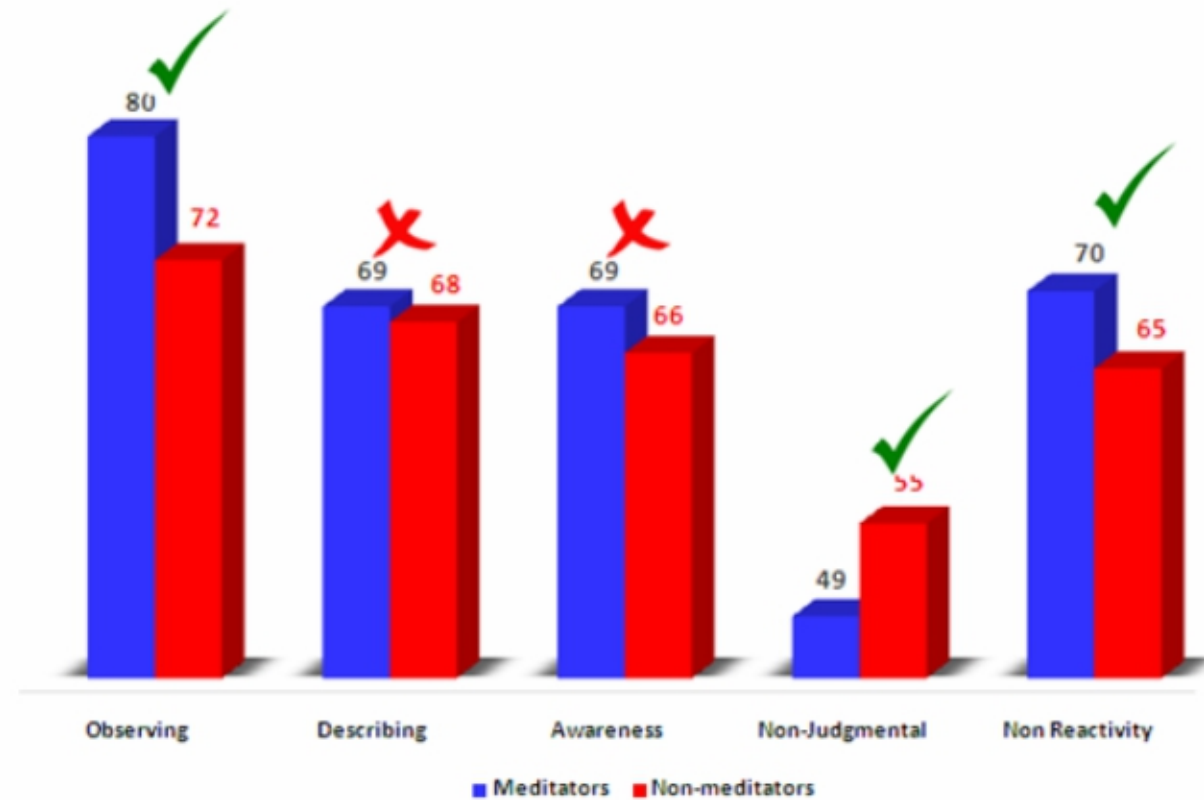
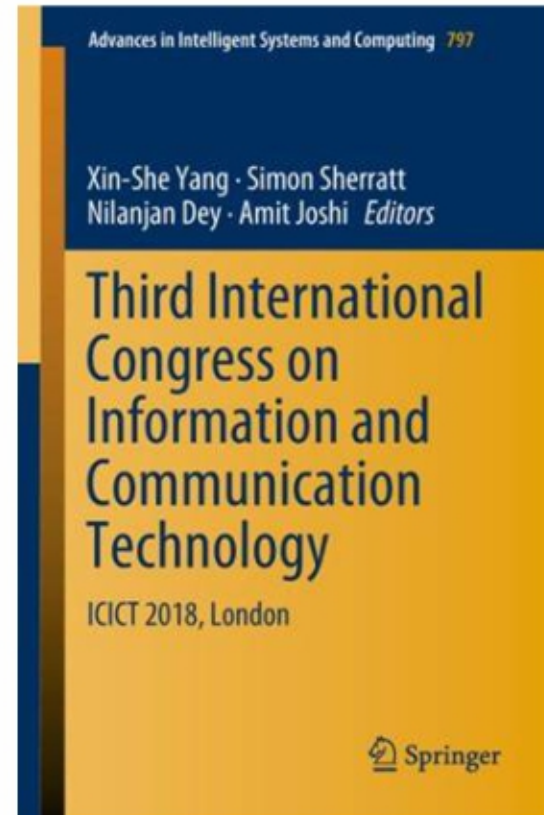
Personal Meditation Assistant



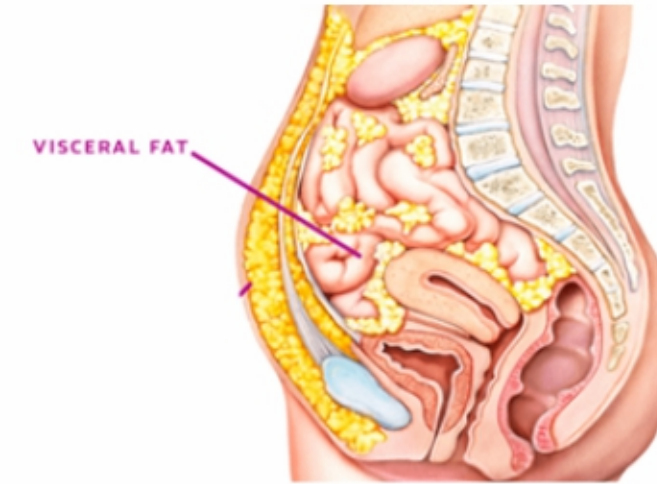
VR Box



Impact of Meditation on Mindfulness



Impact of Meditation on Body Composition Parameters



Meditators have a lower Visceral Fat level as compared to the Non-Meditators.



The subjects who were meditating for more than a year are found 2.1 year younger than non-meditators.

Twister



POWER OF CONCENTRATION

एकाग्रता सभी ज्ञान का सार है, इसके बिना कुछ भी नहीं किया जा सकता है। साधारण इंसान द्वारा सोचने की शक्ति का 90% व्यर्थ किया जाता है और इसलिए वो लगातार भूल करता है।

स्वामी विवेकानंद

Twister is an Attention measurement tool specifically designed to understand the importance of concentration

Objectives

- To measure physical and mental stability
- To bring awareness towards concentration
- To realize that power of concentration can be nurtured

How to use Twister

Pass the twister handle through the steel loop from one end to the next in minimum time and without touching the loop. Do not stop the activity in between. The buzzer will beep and red light will glow if handle touches the loop. Total no. of touches and time duration will be displayed at the end of the activity.

Predictions

NO. OF TOUCHES	TIME DURATION	GRADE
Less than 5	30 sec	Excellent
Less than 10	40 sec	Very Good
Less than 15	50 sec	Good
More than 5	50 sec+	Need to improve

Thinking less and thinking powerfully

Snake & Ladder of Life



Snake and Ladder game is developed on the line of values and vices in life.

Objectives

- To understand the importance of values of life
- To be vigilant about vices in life
- To understand the game of life

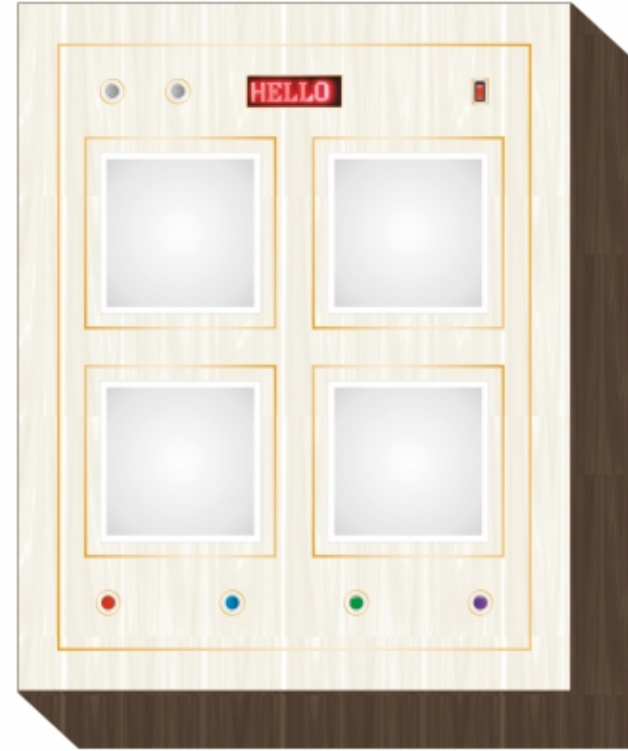
How to play Snake & Ladder

There will be two participants in a team; one will throw the dice and the second will move on snake and ladder. There can be two to four teams.

- | | |
|------------------|--------------|
| 1. Brave | 1. Lazy |
| 2. Courage | 2. Greedy |
| 3. Love | 3. Hate |
| 4. Patience | 4. Dishonest |
| 5. Tolerance | 5. Ego |
| 6. Determination | 6. Selfish |
| 7. Enthusiasm | 7. Angry |
| 8. Honesty | 8. Worried |



Memory Matrix



MPM is a memory power measuring tool

Objectives

- To measure memory power
- To realize that power of memory can be nurtured through Rajyoga.

How to use Memory Matix

There are 10 levels in the game.

One has to start from level 1 and memorize the colors generated by MM in random sequence and press the same color buttons in respective sequence. Every right result will increase the level and wrong result will make you out from the game.

Predictions

LEVEL	SCORE	GRADE
(1-10)	(1-100)	(0-4)
1-2	1-4	Low
3-4	5-20	Average
5-6	21-40	Good
7-8	41-70	Very Good
9-10	71-100	Excellent

The World Cycle



The model explains the different phases of the world drama cycle in form of a clock

Objectives

- To clarify the significance of world cycle
- To summarize the cycle of 5 yugas viz. Satyug, Tretayug, Dwaparyug, Kalyug & Sangamyug

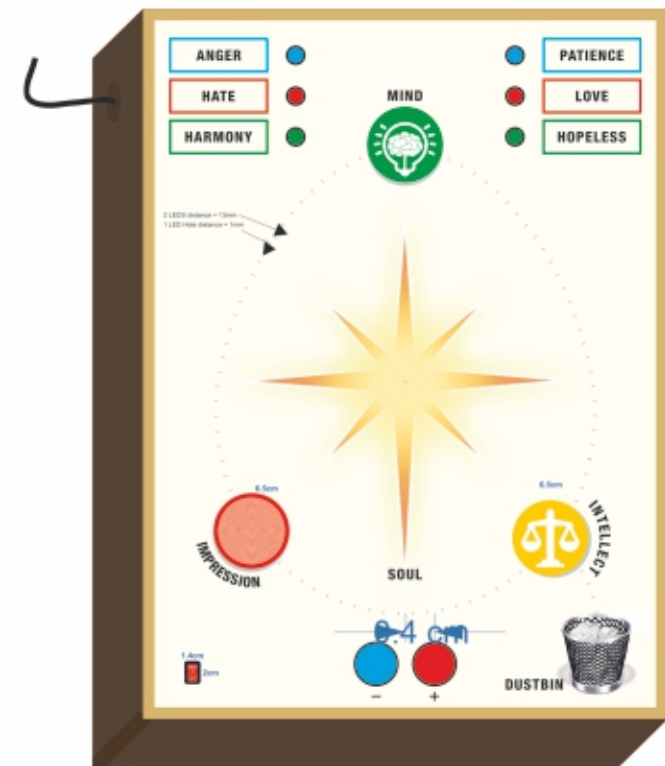
What does it signify?

The world Cycle, commonly known as the "Srishti Chakra" comprises of 5 phases named the Golden age, the Silver age, the Copper age, the Iron age and the Diamond age.

सृष्टि चक्र की महत्ता

यह सृष्टि चक्र एक घड़ी की तरह है जिसका एक चक्र 5000 वर्ष में पूरा होता है। घड़ी की गति न कभी धीमी होती है न ही तेज और न ही यह कभी रुकती है, उसी प्रकार, यह सृष्टि रूपी नाटक भी सामान गति से निरंतर चलता ही रहता है।

Anatomy of Soul (SIM)



SIM is a device for understanding flow of thoughts in human beings

Objectives

- To understand the anatomy of soul
- To understand the cycle of thoughts
- To realize that thoughts can be directed

Concept behind SIM

Thoughts x Actions = Result

Thoughts	Actions	Result
+	+	+
+	-	-
-	+	-
-	-	+

Example : If thoughts are positive and implemented then result will be positive.

How to use SIM

The user has to first choose a thought from the top of the device and then accept/reject that thought by pressing green/red button. Then impact of the result will be shown on the device. The soul will glow if the result is positive and will turn off if the result is negative.

The Eight Powers



This model is to explain spiritual powers which can be attained through Rajyoga Meditation



Objectives

- To understand the application of powers in life
- To learn the method of attainment of spiritual powers

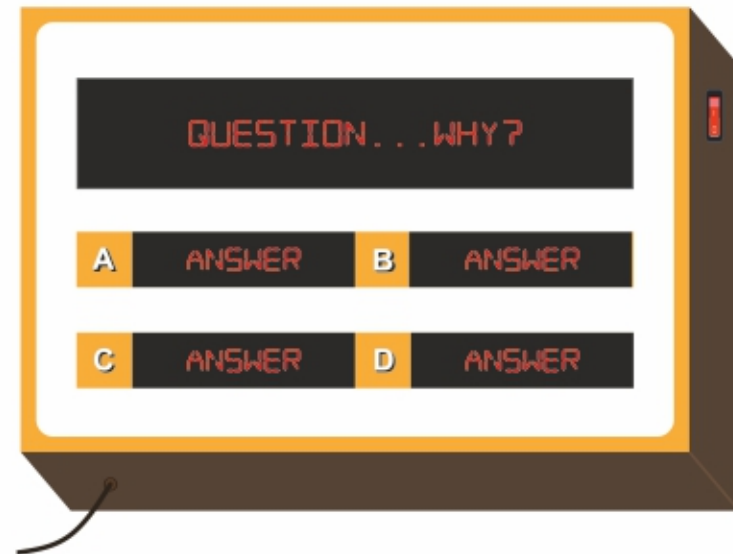
About Eight Powers

One can't always change situations. One can never change other people. The only thing one can change is ones-self. The eight powers of Raja Yoga are always available to help one in every situation that he/she will face in life.

You can think of yourself as a superhero, who has been given eight powers. As we learn how to use our powers, they become our stilt. Just like any superhero, we learn the skill of applying the right power at the right time and in the right situation.

- The power to withdraw is the ability to step back and disengage from the world around you
- The power to pack up is the ability to bring things to an end and to stop wasteful thinking
- The power to accommodate is the ability to expand and accept the presence, ideas and desires of others.
- The power to discriminate is the ability to discern the subtle, and separate what is true from what is false.
- The power of judgment is the ability to assess the quality of choices, decisions and actions in yourself and in others.
- The power to face is the ability to confront and resolve external and internal obstacles, tests and challenges.
- The power to co-operate is the ability to give attention, time, experience and wisdom in the service of others and to work alongside them.
- The power to tolerate is the ability to respond to external and internal events positively, yet not be affected by them.

Spiritual Quotient (SQ)



SQ is a device for measuring one's spiritual quotient.

Objectives

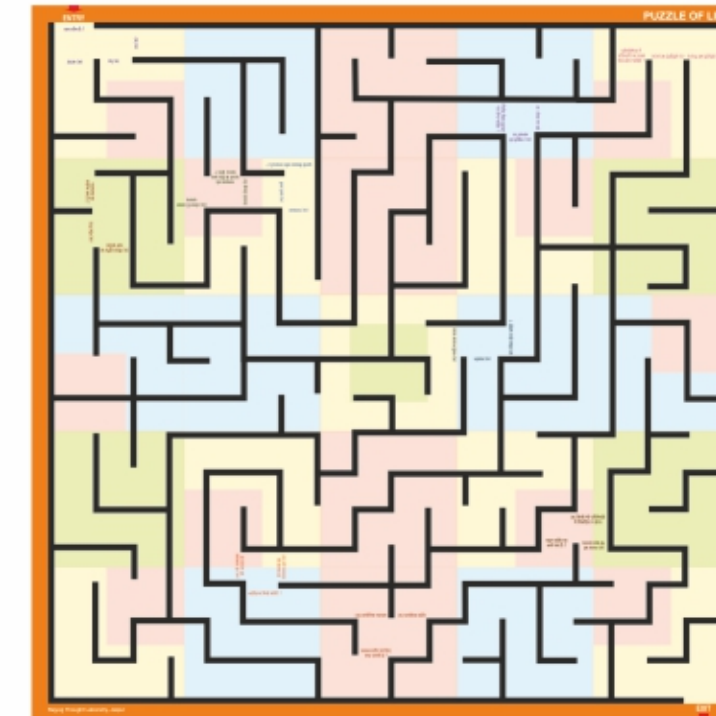
- To motivate one towards spiritual life style
- To understand the concept of spirituality

Working of SQ

The device will give a question and one has to choose the most appropriate answer from the four options. The device will calculate and display the player's spiritual quotient.

*Disclaimer: The SQ result shown on the device is under research.

Puzzle of Life (PoL)



PoL is a game of puzzle depicting the curves and turns in the life which can be crossed with the help of given clues.

Objectives

- To understand the implementation of values in life.
- To understand the ethical dilemma in life

How to Play

The player will start from the entry point in the PoL and search the right path by selecting an answer. The most appropriate answers of the questions displayed will help the player to choose the correct path.

Journey From Hell To Heaven



H2H is a race played using racing car which gives understanding about the life hurdles

Objectives

- To reach heaven crossing all the hurdles
- To bring awareness about hurdles in life
- Learning ways to cross those hurdles

How to play

The participant will be given a remote control car with a remote. He / She has to drive this car towards finishing point crossing the hurdles in between without making any foul.

Predictions

No. Of Fouls	Time Duration	Grade
Less than	260 sec	Excellent
Less than	570 sec	Good
Up to 7	80 sec	Need improvement

Virtuescope



The wheel of virtuescope contains the fundamental values of life.

Objectives

- To provide the understanding of values

How to operate

One has to spin the wheel of the virtuescope and the pointer will stop at a virtue which reflects the most about you.

Personality Test



A personality test is a method of assessing human personality traits.

Objectives

- To identify ones' personal characteristics or traits that we might otherwise not be aware of

How To Use Personality Test

Participants need to enter in maze from starting point and he/she has to move further by giving answers to the questions mentioned in the maze as per their knowledge about themselves. At the exit point participants will come to know about their personality traits.



Karadascan



It works on the principal of Bio-Electrical Impedance. In this method, machine will send a low electrical current to lower part of the body through four sensors. The electricity passes quicker through water and muscle than it goes through fat or bone.

Objectives

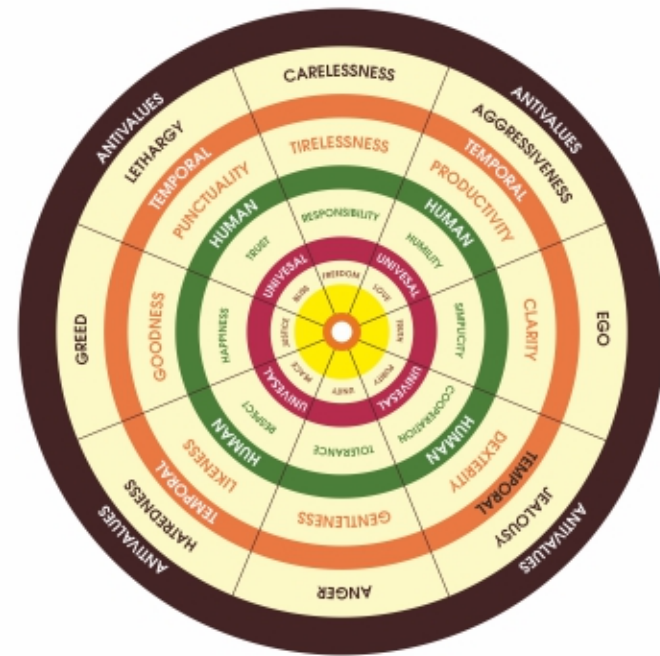
To measures visceral fat level, body fat, body weight, body fat percentage, skeletal muscle percentage and subcutaneous fat percentage of an individual.

How to use Karadascan

After entering personal details hold the display unit using both hands and keep your feet on the device. Keep arms and body at 90 and straighten your arms.

Talk to the expert after the test

Dart



This model explains the importance and difference between antivalues, values and universal values.

Objectives

- To understand the concept of values
- To help in resolving ethical dilemma

How to use DART

It consists of three circular targets, which consist of different values, antivalues and universal values. Participants have to target universal values by using missiles, and closeness of targets near to universal values will determine the score. While playing this game participant will realize the importance of universal values.

Aura Scan



Bio-Well (Aurascaning) is the computer registration and analysis of electro-photonic emissions of biological objects (specifically the human fingers) resulting from placing the object in the high-intensity electromagnetic field on the device lens.

Objectives

- To measure Human energy field, Health Status, Chakras Status
- To know the balance of various organs and stress level

How to use AURA SCAN

When a scan is conducted, a weak electrical current is applied to the fingertips for less than a millisecond. The object's response to this stimulus is the formation of a variation of an "electron cloud" composed of light energy photons. The electronic "glow" of this discharge, which is invisible to the human eye, is captured by the camera system and then translated and transmitted back in graphical representations to show energy, stress and vitality evaluations.

Virtual Reality (VR)



A virtual reality headset is a head-mounted device that provides virtual reality for the wearer.

Objectives

- To provide impactful visualization of meditation
- To give an insight about alternative treatments for disorders like anxiety, ADHD or PTSD.

How to use Virtual Reality

Participant can have real experience of Meditation with VR Box



Sankalp Mahayagya



This model explains the importance of positive values in life over negative values in the form of a yagya.

Objectives

- To appreciate the power of self determination
- To contemplate the means of transformation

How to use Sankalp Mahayagya

It consists of different buttons which represent different antivalues. Participant has to choose one antivalue among them after that one slip will come out which explain the effect of antivalue. After that by taking sankalp that slip will be consigned in Mahayagya which shows thewinning over negativity and then Participant will get blessing card through which he/she can apply that value in their life.



Supreme Soul



Objectives

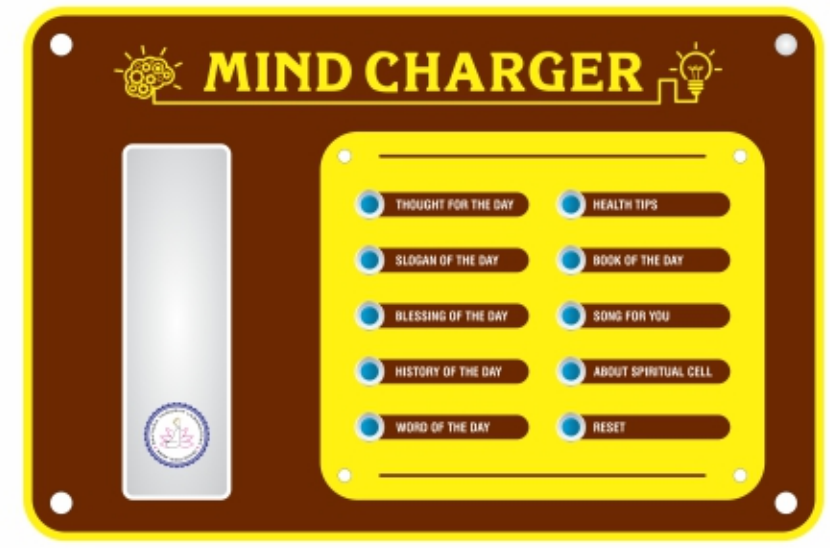
- To understand the Incorporeal God in the form of light
- To understand the concept of source of energy in many religions

How to use Supreme Soul

The model includes rotation of light from one religion to another while playing their beliefs in almighty.



Mind Charger



Objectives

- To charge oneself through the positive thoughts using mind charger.
- To give the psychologist access to all using mind charger in the campus.

How to use Mind Charger

The user has to pick the receiver and then press the chosen button from amongst the 10 options given. Everyday different audio will play and empower the mind.



eRavan



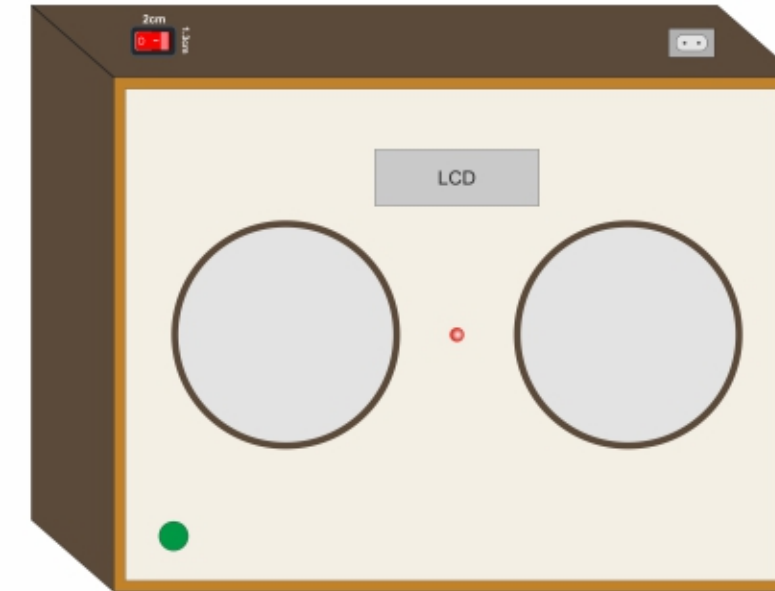
Objectives

- To know about the anti-values to be eradicated via the model of Ravan
- To diminish anti-values and inculcate values in our lives
- To understand the importance of good values by judging life of Ravan

How to use eRavan

After listening to Ravan, the user has to find in himself an anti-value and then make it burn into the flames symbolizing victory of good deeds over wrong ones.

Catch And Match



Objectives

- To know about various values of a soul
- To be able to relate these values in our lives.
- To understand their relation with their origin.

How to use Catch And Match

The user would be provided with 7 boxes marked as values of soul and their corresponding 7 meanings, then the user shall try to match the two with the help of the model by putting them on either side of the model. The correct match will show a green light.

Meditation Hut



Objectives

- To provide a place of peace and solitude for the meditation.
- To be able to express one's thoughts in front of almighty.

How to use Meditation Hut

The user can enter in hut and share his feelings in front of the supreme

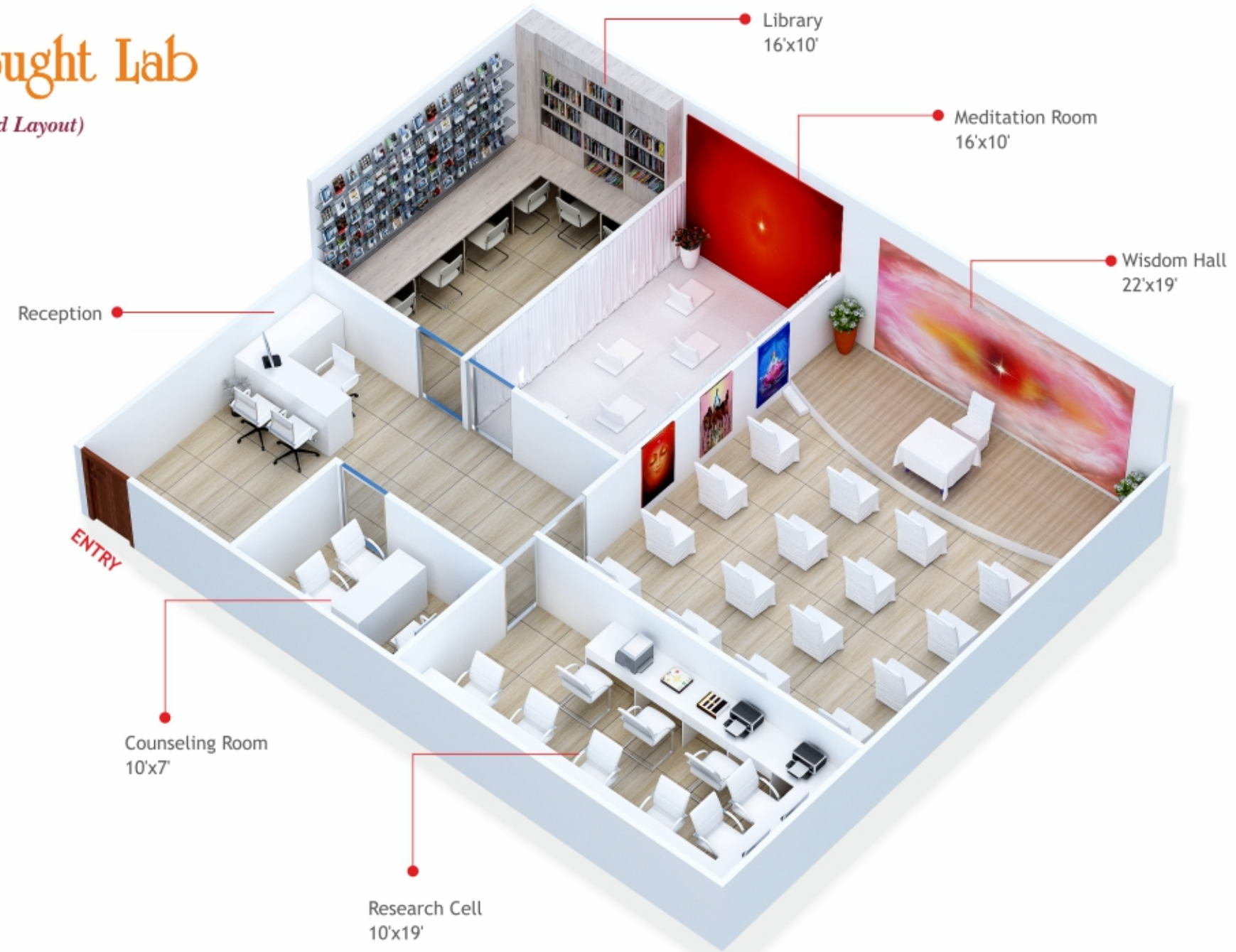
Mobile Thought Lab



The visitor can enter the mobile laboratory and experience the presence of different techno- spiritual projects and even experience meditation in a separate area provided. An intelligent person is incomplete without spiritual knowledge. AtThought Laboratory, the students are provided with spiritual knowledge in technological terms. It is a model to make a student technological as well as spiritual advanced. It is building in students, the importance of good values in their lives and leads to a path towards becoming an empowered student.

Thought Lab

(Proposed Layout)



Counselling Room



(Proposed Layout)

Reception



Spiritual Library



Research Cell



Meditation Room

Wisdom Hall



(Proposed Layout)

Creating Spiritual Ambience



Thought for Mind



SPIRITUAL SAFETY KIT

Positive Thoughts (Headset icon)

Righteous Protective Actions (Gloves icon)

Enlightened Company (Rainbow icon)

Soul Conscious Vision (Goggles icon)

Enthusiasm & Encouragement (Boots icon)

अपराधीर उपासीर

Safety kit is vital for safety workers in any industry, while spiritual safety kit augments it.

Mental Pollution its Effects & Remedies

Effects: Ego, Attachment, Greed, Anger, Lust, Hatred, Work is Worship!

Remedies: Humble, Equality, Contentment, Peace, Purity

The problems created by Mental pollution can be solved by spiritual awaking


Activities



- ◆ Self-Empowerment Through Meditation
- ◆ Enlightenment Workshop Techno-Spiritual Exhibition
- ◆ International Yoga Day

- ◆ Group Discussions
- ◆ Techno-Spiritual Internships
- ◆ Core Meditation Sessions

- ◆ Spiritual Activities
- ◆ Students Counselling
- ◆ Holistic Exercises





Visitors View



“It is a novel idea to expose students to a very essential aspect of life. Wishing a great success in your efforts.”

Dr. AS Kiran, Chairman ISRO



“This is an excellent initiative. All students should be motivated to practice all these things.”

Prof. N. P. Kaushik, VC RTU Kota



“The excellent work done. Shall benefit large section of society.”

Prof. M C Govil, Director NIT Sikkim



“It is amazing experience for me to find myself through me after entering this spiritual cell. Great job and thoughts.”

Dr. M.S. Manna, Director AICTE



“Good experience, great initiative. Went into meditative state as I entered the room. High vibes.”

Mr. C.K. Ashok Kumar,
Chairman CK Group



“Excellent facility to enhance spirituality in higher education. To facilitate emotional balance in life Helps in life work balance.”

Dr. GK Prabhu, President,
Manipal Jaipur



Visitors View

“Fantastic Place full of vibrant energy of spirituality, the place has a very calm feeling on a individual. Great addition to the campus”

Hetal Rach Nodal Centre Head,
Smart India Hackathon

“Excellent work by department. First time I have seen it in any education department college. Very well conceptualized techniques to motivate and shape the personality. It is the need of the hour. -well done. Keep it up”

Dinesh Kumar Mistry (SSP Post)

“Visited the meditation center & found it very purposeful & with positive vibes. This shall definitely improve the quality of values inculcated in the students / faculty to be better persons & human souls. Good Luck!”

M.K. Bohra (Retd. GM NHPC)

“बहुत ही अच्छा केंद्र, जो बच्चे अवसाद में आ जाते हैं उनको यहाँ पर अवश्य लाया जावे। ऐसे केंद्र का ज्यादा से ज्यादा प्रचार प्रसार किया जाना चाहिए. शुभकामनाओं सहित।”

Kunji Lal Meena (IAS)

“This center is doing very good research on spirituality. We did meditation in the lab and felt very good.”

Dr. K.B. Rana (RTU)

“Nice experience very much required for this generation”

Prof. Hanumanthappa
(Bangaluru University)

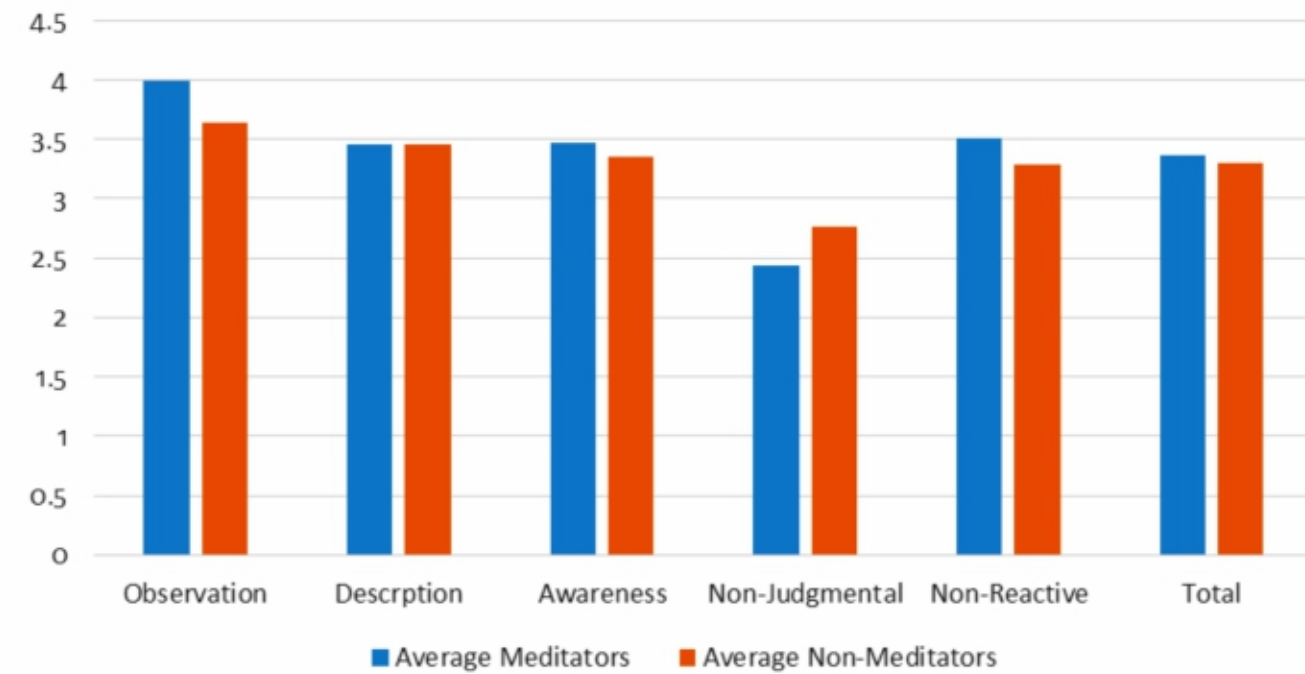
Northcap University



Survey on Mindfulness

5 Facet Mindfulness Psychological Test

Comparison of Mindfulness in Meditators & Non-Meditators



Spiritual exhibition at Shantivan





Spiritual exhibition at Shantivan



Rajyogi B. K. Mruthyunjaya

Executive Secretary, Brahma Kumaris, Mount Aby, Raj.
Vice-Chairperson Education Wing

I solemnly appreciate Jaipur Engineering College and Research Center (JECRC) Foundation for the innovative collaboration of science and spirituality. I hope that this laboratory will be a catalyst for colleges and universities of India in changing the environment of the campus. It will surely be a solution to preventing and relieving stress, fear, tension and depression among the students.

This thought laboratory works on the root cause of the problems in student's life and help them in increasing their memory power, concentration level and spiritual quotient. It also promotes healthy life style and positive attitude among students. It will become a way of finding a bridge between stress and peaceful mind. It is a great opportunity for the students and staff to accomplish their academic and life goals with empowered thoughts, peaceful mind and enlightened vision.

It is a wonderful laboratory that works on physiological, psychological and spiritual aspects. I wish Rajyoga thought laboratory to perform miracles, reform people and transform lives.