



Bhoj Reddy Engineering College for Women

(Sponsored by Sangam Laxmibai Vidyapeet, approved by AICTE and affiliated to JNTUH)
Vinaynagar, IS Sadan Crossroads, Saidabad, Hyderabad – 500 059, Telangana. www.brecw.ac.in

19 November 2023

Report of Guest Lecture on “Meditation for Brain Power”


The Bhoj Reddy Engineering College for Women has organized a Guest Lecture on “Meditation for Brain Power” for the first-year students of BTech programs in Computer Science and Engineering (CSE), Computer Science and Machine learning (CSM), Electronics and Communication Engineering (ECE), Electrical and Electronics Engineering (EEE), and Information Technology (IT) students on 16 November 2023. Guest Lecture was scheduled from 10:00 to 12:00 Hrs for I BTech CSE & IT students & 14:00 to 16:00 Hrs for I BTech CSM, ECE & EEE students. The distinguished speakers for the event were renowned personalities in the field of meditation and spiritual well-being. Inaugural function was attended by the Speakers **Aacharya Rag Mayaanand Guruji**, Ananda Marga mission, Sectoral Secretary, Swedan. **Aacharya Avaduthika Ananda Aradhana**, Delhi; **Shri Shubhacintananda Avadhuta**, Hongkong; **Shri Aacharya Subhadrananda Avadhuta**, Mumbai, Principal Dr J Madhavan, EEE-HOD Mrs S Deepti, Workshop in-charge Mrs R Manju Bhargavi, staff and I CSE, CSM, ECE, EEE and IT students. The venue was Indoor Auditorium, Ramdev Block.

Speaker:



Aacharya Rag Mayaanand Guruji,
Ananda Marga mission,
Sectoral Secretary,
Swedan.

Banner:



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Guest Lecture

On

Meditation for Brain Power


by

Aacharya Rag Mayaanand Guruji,
Ananda Marga mission, Sectoral Secretary, Swedan.

Date: 16 November 2023
Venue: Indoor Auditorium, Ramdev Block

Timings: 10:00 to 12:00 Hrs for I BTech CSE & IT
14:00 to 16:00 Hrs for I BTech CSM, ECE & EEE

Circular:



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Circular

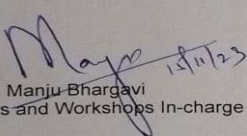
All the Staff and First year students are informed that, seminars and workshops committee is conducting a guest lecture on "**Meditation for Brain Power**" for I B Tech CSE, CSM, ECE, EEE and IT students on **16 November 2023** (Thursday) as per the below schedule.

The details are as follows:

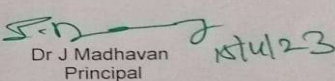
S.No	Branch	Timings	Venue	Speaker Name
1	2	3	4	5
1	CSE and IT	10:00 AM to 12:00 PM	Indoor Auditorium (Ramdev Block)	Shri Aacharya Rag Mayaanand Guruji, Ananda Marga Mission, Sectoral Secretary, Swedan.
2	CSM, ECE and EEE	2:00 PM to 4:00 PM		

Attendance will be taken by the respective faculty as per the class timetable and will be entered in their respective registers.

All the teaching and non-teaching faculty who do not have classwork/ lab are invited to attend the lecture.



R Manju Bhargavi
Seminars and Workshops In-charge



Dr J Madhavan
Principal

To

All the students of I B Tech


Heads of Departments/Heads of Faculty for information and with a request to circulate among the students of I B Tech and staff members

Copy to:

1. Secretary
2. Dean-Academics
3. Vice Principal
4. Coordinator-Seminars and Workshop Committee
5. Maintenance Officer, SLV for information and necessary arrangements
6. I/c Security
7. File
8. Administrative Officer

Schedule:

The guest lecture aimed to provide students with insights into the transformative power of meditation on cognitive abilities and overall well-being. The speakers, each an expert in the field, shared their knowledge and experiences on how meditation practices can enhance brain power, focus, and mental clarity.

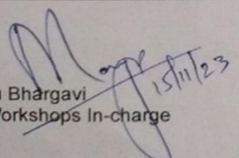
 **Bhoj Reddy Engineering College for Women**

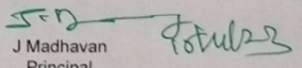
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Inaugural Session Schedule
Guest Lecture on "Meditation for Brain Power"

Date: 16 November 2023 **Venue: Indoor Auditorium, Ramdev Block**

S No	Time	Speaker
1	10:00 Hrs	Welcome Address by Nighaar Taneem (I CSE-B)
2	10:05 Hrs	Address by SLV Board Member, Mr G Surender Reddy
3	10:10 Hrs	Address by Dean Academics, Dr G Asa Jyothi
4	10:15 Hrs	Address by Principal, Dr J Madhavan
5	10:20 Hrs	Keynote address by speaker, Acharya Rag Mayaanand Guruji
6	11:55 Hrs	Vote of Thanks by Deekshitha Pillai (I CSE-A)

 **R Manju Bhargavi**
Seminars and Workshops In-charge

 **J Madhavan**
Principal

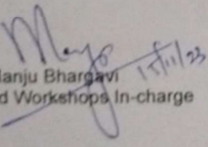
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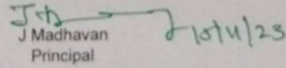
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Inaugural Session Schedule
Guest Lecture on "Meditation for Brain Power"

Date: 16 November 2023 **Venue: Indoor Auditorium, Ramdev Block**

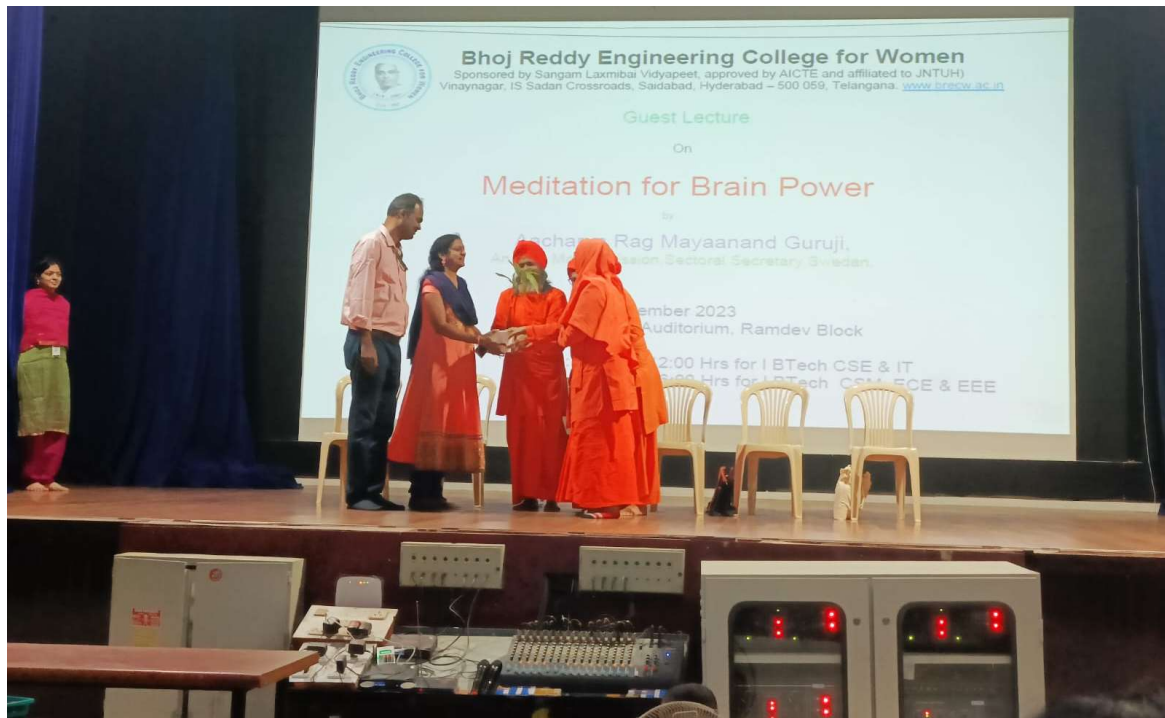
S No	Time	Speaker
1	14:00 Hrs	Welcome Address by D Anujna (I ECE-A)
2	14:05 Hrs	Address by SLV Board Member, Mr G Surender Reddy
3	14:10 Hrs	Address by Dean Academics, Dr G Asa Jyothi
4	14:15 Hrs	Address by Principal, Dr J Madhavan
5	14:20 Hrs	Keynote address by speaker, Acharya Rag Mayaanand Guruji
6	15:55 Hrs	Vote of Thanks by M Sai Preksha (I EEE)

 **R Manju Bhargavi**
Seminars and Workshops In-charge

 **J Madhavan**
Principal

The event began with a warm welcome to the esteemed speakers by the college faculty and staff. Acharya Rag Mayaanand Guruji and Avaduthika Ananda Aradhana Acharya initiated the session for the morning slot, addressing the I BTech CSE & IT students. The discourse covered various aspects of meditation techniques and their positive impact on academic and personal growth.

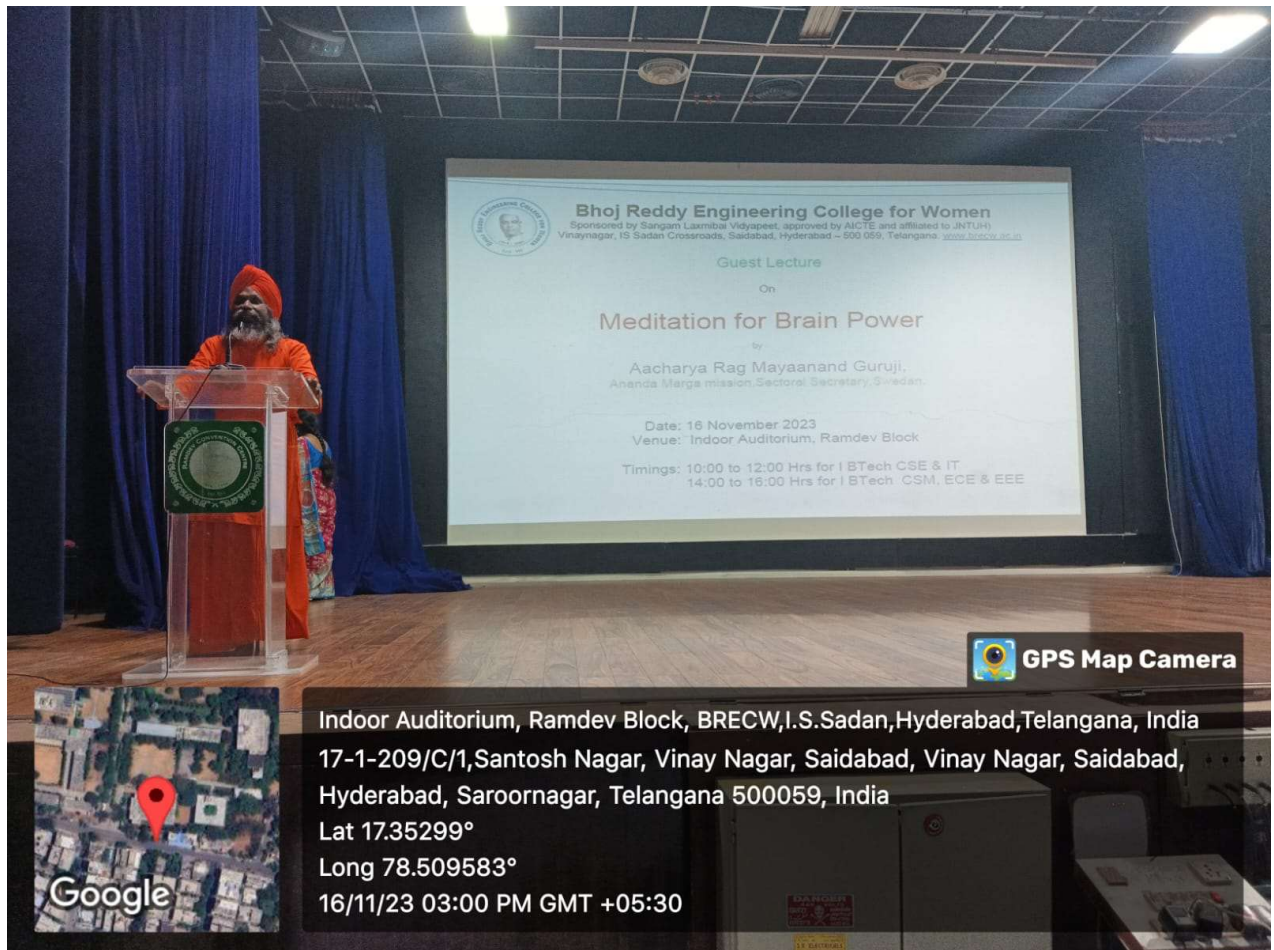
Figure 1: During the Inauguration ceremony



In the afternoon session, Shri Shubhacintananda Avadhuta, and Shri Acharya Subhadrananda Avadhuta took the stage to engage with the I BTech CSM, ECE & EEE students. Their talks were tailored to the specific needs and challenges of students in these disciplines, providing practical insights into incorporating meditation into their daily routines.



Figure 2: During the sessions



The lecture concluded with an interactive Q&A session, allowing students to seek guidance directly from the speakers. The students expressed their gratitude for the opportunity to learn from such esteemed spiritual leaders. The Feedback was collected from the students .Total feedback taken from all first year students was taken.

Figure 3: Feedback sample

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Department of Electrical and Electronics Engineering
Guest lecture FEEDBACK FORM

Topic: "Meditation for Brain Power"
Dates: 16 November 2023
Name of the speaker and Designation: Acharya Rag Mayaanand Guruji, Ananda Marga mission, Sectoral Secretary, Swedan.

16 November 2023

Please encircle the level of understanding the concept with each statement

	1. Excellent	2. Good	3. Average	4. Not satisfied
a. I learned something that I previously did not know	1	②	3	4
b. The information was presented in easy manner	①	2	3	4
c. This Guest lecture was worth my time	1	②	3	4
d. This Guest lecture helped me to improve my technical and practical skills	1	②	3	4
e. This Guest lecture will be helpful for developing my Mini / Major projects	①	2	3	4

Comments / suggestions for improvement of the workshop in future

Overall, the guest lecture on "Meditation for Brain Power" at Bhoj Reddy Engineering College for Women proved to be an enriching experience, fostering a holistic approach to education by addressing the importance of mental well-being alongside academic pursuits. The college looks forward to organizing more such events that contribute to the overall development of its students.



Figure 4: During valedictory ceremony, Memento presented by Dean Academics-G Asa Jyothi and Seminars and Workshops In-charge -R Manju Bhargavi to Acharya Rag Mayaanand Guruji and . Acharya Avaduthika Ananda Aradhana

Overall feedback of the Guest Lecture is Excellent and active participation of students during the lecture was notable, and students were engaged throughout the session. Student's thoughtful questions and insightful comments added a lot of value to the overall discussion. We could tell that students have a good grasp of the subject matter as the lecture was informative and enlightening. In future, we can encourage students to continue attending such events and to keep learning and growing in their field of interest.

R Manju Bhargavi, Seminars and Workshops In-charge faculty expressed her sincere gratitude for allowing EEE department with and the opportunity to conduct a guest lecture at BRECW. She appreciated the support that management gave and said it was informative session. Once again, she said thank you for allowing them to contribute to the learning and development of their students and the session was concluded by the vote of thanks by M Sai Preksha, student of I EEE.

R Manju Bhargavi
Seminars and Workshops In-charge

J Madhavan
Principal