



शांतिलाल शाह इंजनेरी महाविद्यालय
(गुजरात राज्य संस्थान)
सिदसर केम्पस, पोस्ट वरतेज, भावनगर - ३६४ ०६०
गुजरात, भारत

Shantilal Shah Engineering College
(Gujarat Government Institution)
Sidsar Campus, Post Vartej, Bhavnagar - 364 060
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A Report on a talk “The magic of Meditation at SSEC, Bhavnagar”

Shantilal Shah Engineering College, Bhavnagar, hosted an insightful talk on "The Magic of Meditation" on 14th February 2025. The event was co-organized by the NSS Unit of SSEC, Bhavnagar, under the patronage of Principal Prof. G. P. Vadodaria. The coordinators of the program were Dr. N. P. Nirmal, Dr. Hem Bhatt, and Dr. J. B. Sarvaiya. The session focused on the benefits of meditation for mental and physical well-being, as well as its positive impact on relationships. Miss Chhaya Patel, a certified yoga teacher accredited by the Ministry of AYUSH and a yoga coach for the Gujarat State Yoga Board, delivered the talk. She emphasized the importance of meditation in reducing stress, enhancing focus, and promoting inner peace. Additionally, she addressed the issue of addiction among today's generation and discussed meditation as a means to combat it.

A practical meditation session was conducted, where all attendees participated in guided meditation exercises led by Miss Chhaya Patel. This provided a hands-on experience of the benefits of mindfulness and concentration techniques. The session witnessed enthusiastic participation, with more than 150 students and 10 faculty members in attendance. The event successfully imparted valuable insights into meditation and its role in fostering a balanced and healthy lifestyle.

Prof. G. P. Vadodaria gave a memento and certificate to the trainer, Miss Chhaya Patel, as a token of appreciation. Overall, the program was highly beneficial, inspiring attendees to incorporate meditation into their daily routines for overall well-being.

Photographs of the Event:



A talk on
THE MAGIC OF MEDITATION



Learn the benefits of meditation for your mind, body, and your relationships with others

presented by
Miss Chhaya Patel
A certified Yog Teacher by Ministry of AYUSH and Yog Coach of Gujarat state Yoga Board)

11:30 AM - 12:30 PM
February 14, 2025
Seminar Hall, Admin Building,
Shantilal Shah Engg. College,
Bhavnagar - 364 060

Event Co-ordinator:
Dr. N. P. Nirmal
Dr. Hem Bhatt
Dr. J. B. Sarvaiya

Patron
Prof. G. P. Vadodaria
(Principal)



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