



શાંતિલાલ શાહ ઇજનેરી મહાવિદ્યાલય
(ગુજરાત રાજ્ય સંસ્થાન)
સિદ્ધસર કેમ્પસ, પોસ્ટ વરતેજ, ભાવનગર - ૩૬૪ ૦૬૦
ગુજરાત, ભારત

Shantilal Shah Engineering College
(Gujarat Government Institution)
Sidsar Campus, Post Vartej, Bhavnagar - 364 060
Gujarat, India



Phone : (+91) 63519 63332

Website : www.ssec.cteguj.in

Email : ssec-bhav-dte@gujarat.gov.in

Date: 21st February 2025

Report of Guest Lecture on આનાપાનસતિ ધ્યાન by Retired Air Commodore Prakash Patel

The guest lecture on "ANAPANASATI MEDITATION (આનાપાનસતિ ધ્યાન): Journey of Excellence – From Fighter Pilot to Cosmic Healer" was held on 21st February 2025 at the Seminar Hall, Admin Building, Shantilal Shah Engineering College, Bhavnagar. The session took place from 11:00 AM to 12:45 PM and introduced students and faculty members to meditation and cosmic healing principles. Retired Air Commodore Prakash Patel, a distinguished fighter pilot turned cosmic healer, shared his transformative journey and expertise in holistic healing. He elaborated on ANAPANASATI meditation and its benefits, along with various healing techniques such as Reiki, Pranic healing, dowsing, and acupressure, emphasizing their role in well-being. The event saw participation from over 150 students and faculty members, eager to explore meditation and cosmic healing.

The lecture commenced with a warm welcome to Retired Air Commodore Prakash Patel. Dr. Hem Bhatt and Dr. Pratik Lakhani, the event coordinators, introduced the speaker and outlined the session objectives. The session was engaging and interactive, with Air Commodore Patel sharing real-life experiences and scientific explanations. Participants took part in meditation exercises, experiencing its calming effects firsthand. His insights into cosmic healing and energy balancing bridged conventional science and spiritual wellness, deepening the understanding of the mind-body connection. The audience responded enthusiastically, asking insightful questions and showing keen interest in these practices.

The lecture was an enlightening experience, providing valuable knowledge and practical skills. Retired Air Commodore Prakash Patel's journey left a lasting impression, inspiring attendees to integrate meditation and healing techniques into their daily routines for enhanced well-being.

Photographs of the Event:





