



Gandhinagar Institute of Technology

A Report on

Online Session on

“MEDITATION FOR BEGINNERS”

18th October, 2021(Monday)

Objective:

Gandhinagar Institute of Technology organizes various programs for the benefit of female students, faculties, staff under the banner of Women Development Cell (WDC). Keeping this in mind, GIT-WDC had organized an online session on “Meditation for beginners” by Dr. Aanal Raval for female faculties & female students. The objective behind organizing this important session was to make all aware of meditation practice that connects the mind and the body. Its purpose is to help increase both physical and mental peace and calm, which also helps one to learn how to live more fully in the present.

Program Overview:

The session was organized online for female faculties & female students of GIT at A 105, Seminar Hall. It was conducted from 09:30 am to 10:30 am dated 18th October on Monday. The Session began with a welcome message from Director Sir and the introduction of Dr. Aanal Raval, the speaker for the day. Around 55 girls’ participants along with faculties participated in it. Dr. Aanal Raval, is the founder of swatva Yoga Studio at Gandhinagar. She has obtained Perfect and Scientific Education for practicing as Yoga Facilitator from the Highly Reputed and World-Famous Institute “Kaivalya Dham” at Lonavala (Maharashtra), scoring distinction at the relevant examination. She holds qualification to practice as “Meditation Facilitator” from “Osho Multiversity” – Pune. She has undergone Advanced Course in “Counselling Skills” at the Highly Reputed Institute – “tangram” of Ahmedabad. She has been appreciated by many awards in training of yoga, meditation & soft skills. She has, so far, conducted about 1,500 Training programs and trained around 60,000 Participants on Yoga, Meditation & Soft-Skills, at the various Prestigious Corporates, Government Organizations, N.G. Os, Banks, Schools & Colleges etc.; not only at the State Level, but at the National Level too.

Our minds and our bodies are connected. If we’re unhappy for an extended time, our bodies become weaker and more susceptible to illness. In the same way, when we’re physically run down, it adversely affects our minds. Starting with the benefits of meditation and giving certain examples of well-known leaders Dr. Aanal Raval explained us that meditation is easy and can be done by anyone no matter of what your age is. The session started with the question-and-answer session, continued with some practical experience of meditation and answered the queries of students. She also explained about what meditation is about and showed different techniques to do the meditation. She refreshed the participants with some sitting warm up exercises in between the session. She also talked about the benefits of doing meditation and also informed about the best time to do the meditation. The session provided a deep state of relaxation and a tranquil mind to

all the female participants of GIT. By the conduction of this talk, everyone came to know about meditation and how it benefits oneself. It starts with good intentions and taking care of our minds and taking good care of our minds starts with meditation.

The session was concluded by a questionnaire in which the doubts of students and faculties were cleared by the expert.

The program ended successfully with co-operation and coordination of Trustees, Director Sir, Head of the Departments, WDC Team, Faculty Members, Faculties and Students' Participants and Admin Team.

Photo Gallery:



Audience at a Glance with the Expert



Students performing Warm Up Exercises



Dr. Aanal Raval giving Practical Experience of Meditation



Expert giving Guidance regarding Meditation