



**Five Days STC (in Hybrid Mode)
On
Emotional Wellness and
Personality Development through
Sahaja Yoga (EWPDSY-2024)
July 01-05, 2024**

Patron

Dr. B.V.R. Reddy,
Director NITK

Co-Patron

Dr. Dixit Garg
DSW & Coordinator Thought Lab
Dr. Lillie Dewan
CW(GH) & Professor, EED

Convener

Dr. Sarasvati Yadav

Coordinators

Dr. Priyanka Ahlawat
Dr. Than Singh Saini

Organized by:

Thought Lab, NIT Kurukshetra

About Kurukshetra

Kurukshetra is a place of great spiritual significance deeply steeped in history and mythology where Lord Krishna delivered the divine message of "Shrimad Bhagwad Gita". It is one of the premier centre of pilgrimage attracting devotees in a steady stream all-round year. Kurukshetra is very well connected by Rail (Delhi-Karnal-Ambala section), by Road (NH1 which connects Delhi-Chandigarh-Amritsar-Jammu) and by Air (Delhi 160 Km and Chandigarh 80 Km). The NIT Campus is about 10 km from Pipli situated on NH1 and about 5 km from Kurukshetra railway station.

About National Institute of Technology Kurukshetra (NITKKR) (Institution of National Importance)

NITKKR (formerly known as Regional Engineering College, Kurukshetra in 1963) was conferred upon the status of Institution of National Importance (Deemed University) on June 26, 2002. The Institute has B.Tech., M.Tech., M.Sc., MBA and MCA courses in various disciplines with annual intake of about 2000 students. Institute also offers excellent facilities for advanced research in the emerging areas of Science and Technology leading to Ph.D. degree. The institute has well-qualified and dedicated faculty along with splendid supporting staff, laboratories and other infrastructure. The infrastructure is geared to enable the institute to produce technical personnel of high quality.

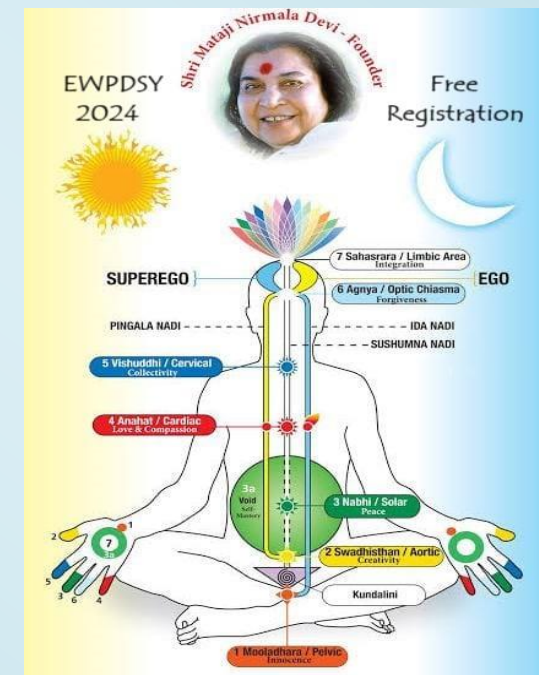
About Thought Lab

A Thought Laboratory (Thought Lab) has been set up in our institute, which was inaugurated by the Hon'ble Governor of Haryana on May 10, 2022. The idea of Thought Lab is to train people on how to cultivate positive and creative thoughts and

contribute positively at their own homes, organizations, and within society as a whole.



**NATIONAL INSTITUTE OF TECHNOLOGY
KURUKSHETRA**



Course Objectives

The purpose of the current STC is to provide the **personality development** to the participants with techniques of simple meditation called Sahaja Yoga. The benefits of practicing these techniques are many: for example, it gives **emotional wellness**, it balances the emotional and mental sides of the body, it helps in feeling stressfree all the time, it develops mental stability, it increases memory, concentration, self-confidence, good habits, sincerity, integrity, discipline, decision making, etc.

All the sessions will be taken freely by Experts from various fields like academics, physical education, medical sciences and corporate services. The experts are themselves practitioners of Sahaja Yoga meditation techniques for almost two decades each. The Key Note speaker is Principal Investigator of UGC project on Sahaja Yoga. On the last day, we are organizing a medical seminar by medical practitioners and will teach the participants small techniques to stay fit and healthy.

Resource Persons:

- Dr. Rajeev Chaudhary, Prof. Phy. Ed. & DSW Pt. Ravishankar Shukla University Raipur, Chhatisgarh (PI-Sahaja Yoga project, UGC)
- Dr. Nitin Sharma, NIT Uttarakhand
- Dr. Sarasvati Yadav, NIT Kurukshetra
- Dr. Narendra Sharma, Advocate Chintpurni
- Dr. Suman Kapila, Principal Scientist, NDRI, Karnal
- Er. Rahul Sharma, Entrepreneur Kurukshetra

- Pankaj Chopra, Management Consultant, Greater Noida
- Rushikesh More, Analyst, Blucognition, Pune
- Rahul Mohan Gupta, Director, Operations, Greater Noida
- Yogesh Sharma, SGPGI, Chandigarh
- Akash Landge, Account Manager, Red Hat, Pune
- Ankur Agarwal, CEO, Yamuna Nagar
- Ravi Shankar Joshi, Vice President, Sales and Technology, IVAX, Paper Chemicals Ltd., Chandigarh
- Neeloo Sharma, Skin Therapist, Noida
- Madhurima Marychev, College Professor, Vancouver Community College, Canada
- Dr. Rekha Kaushik, Prof., MM(DU)
- Dr. Vaishali, Prof. Pharmacy, UP
- Dr. Poonam Khanna, SGPGI, Chandigarh

Who should attend

The students from NIT Kurukshetra and outside can attend in hybrid mode.

Registration Fee -NIL

No TA/DA will be paid to the participants. Limited numbers of seats are available maximum 40 for both online and offline mode. Therefore, participants will be selected on a first-come-first-serve basis.

Important Dates

Last date of Registration: 30 June, 2024

Notification about Selection: 30 June, 2024

CONTACT

9354732527, 7060946353, 9034996998

REGISTRATION FORM

Five Days STC (in Hybrid Mode) On Emotional Wellness and Personality Development through Sahaja Yoga (EWPDSY-2024) July 01-05, 2024

Name: _____

Date of Birth: _____

Designation (Student/Faculty/Staff/Others):

Roll No.: _____

Name of Organization
(NITK\University\Institute\College\Nil): _____

Address for correspondence:

Mobile: _____

E-mail: _____

Qualifications: _____

Mode of Attending STC(Online/Offline): _____

(Signature of applicant)

Signature of Head of Department/School/Institute

Registration Link:

<https://forms.gle/ir8d4a1w6XRv6nrYA>