## Ram Lal Anand College Yoga and Meditation Committee

Event Report
(Session 2022-23)
Seminar on Science of Meditation 2023
10th February, 2023

NAME OF THE EVENT: Science of Meditation 2023

**NATURE OF THE EVENT: Seminar** 

DATE AND DURATION: 10th February, 2023

**VENUE:** Seminar room

### **NUMBER OF PARTICIPATING STUDENTS: 100+ participants**

#### **BRIEF SUMMARY OF THE EVENT:**

On 10th February, 2023, our college had the privilege of hosting a captivating talk on the "Science of Meditation" by renowned expert, Dr. Aditi Singhal. Dr. Aditi Singhal is co-founder of Dynamic Minds Group, she is the next generation educationist. She is an international maths and memory trainer, author, motivational speaker and counselor. She has to her credit Guinness World Record for teaching Largest Maths Lesson and 3 records in The Limca Book of Records for memory & fastest calculation. She has also been awarded – "The Best Memory Trainer" by the India Book of Records. The event aimed to shed light on the scientific aspects of meditation, exploring its impact on the human mind and body. This report provides an overview of the talk, key insights shared by Dr. Aditi Singhal, and the impact it had on the audience.

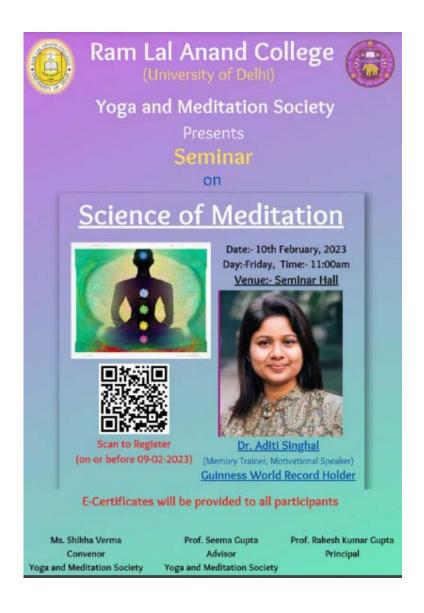
#### Key Points Addressed:

- a) Introduction to Meditation: Dr. Singhal commenced the talk by providing a comprehensive introduction to meditation, explaining its origins, and various forms practiced worldwide.
- b) Scientific Basis of Meditation: Delving into the core of her presentation, she presented compelling scientific evidence supporting the positive effects of meditation on the brain's structure and function. Studies indicating changes in brainwave patterns, neural plasticity, and the activation of specific brain regions were discussed, validating the therapeutic benefits of meditation.
- c) Stress Reduction and Mental Health: The talk highlighted the role of meditation in reducing stress, anxiety, and depression. Dr. Singhal elucidated how regular meditation practices can modulate the release of stress hormones and improve emotional regulation.
- d) Cognitive Enhancement: Drawing from her research, Dr. Singhal explained how meditation positively influences attention, memory, and overall cognitive abilities. Participants learned how consistent meditation practices can lead to enhanced focus and clarity of thought.
- e) Physical Health Benefits: The talk also touched upon the physical health benefits of meditation, including lowered blood pressure, improved immune function, and better sleep quality.

f) Mind-Body Connection: Dr. Singhal emphasized the mind-body connection, elucidating how meditation can positively influence overall physical health by fostering a balanced relationship between the mind and body.

#### Conclusion

The "Science of Meditation" talk by Dr. Aditi Singhal proved to be an enlightening and inspiring event for the college community. By presenting scientific evidence supporting the benefits of meditation, Dr. Singhal helped bridge the gap between traditional practices and modern understanding, encouraging participants to embrace meditation as a means to enhance their overall well-being. The college community remains grateful for the invaluable knowledge shared during the talk and looks forward to similar enlightening events in the future.





# Yoga and Meditation Committee Seminar - "Science of Meditation"

### **Attendance Sheet**

Date:- 10th February 2023, 11:00am onwards

S.No	Full Name	M/F	Department	Signature
1	Disha Solanki	F	BA (history honours)	Solonli
2 2	Pruti Singh	Ŧ.	BA (hindi honows)	Pare Li Sing
3 3	Kunal Kaushik	M	BA (Political Science hon)	P
4 4,	Ashish Singh	M	BSc. (4) Microbiology	Adriel
5 5	Kajal .	F	BA (hindi honows)	Mejel
6 6	CHIRAG SHOKEEN	M	B.Sc. (H) Computer Siderice	She -
77	ARIN BADONI	M	BA PROG.	ARIN
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9 9	Abhijut singh	M	BA. Pag (Hist, Pol)	alita.
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20	Sidaharth Singh	M	BSC. (4) Statistics	Sid
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23	Knushi Muknija	F	Bot (H) Statistics	(b) hule

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46	Nirnil	M	BACB	Diplo		

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49	Sacein Fadar	M	BA(H) Politic Scien	Donda
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51	Akshay Pal	M	BSc Micro	Abs
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# Faculty Participants

- 1. Prof. Seema Gupta
- 2. Dr. Suni la Hooda.
- 3. Ms. Shikha Verma.
- 4. Dr. Suneyana Sherma,
- 5. Ms. Manisha Wadhwa
- 6. Dr. Sarbari Nag.
- T. Dr. Prabhas Pande
- 8. Dr. Shalini Swami
- 9. Ms. Sakshi Taaresh Khanna.
- 10. Mr. Ann kumar gantam.
- 11. Dr. Vishal Goswami
- 12. Mr. Vinay kumor