

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.


Ram Lal Anand College
(University of Delhi)

Yoga and Meditation Society
Presents
Seminar
on

Science of Meditation

Date:- 10th February, 2023
Day:-Friday, Time:- 11:00am
Venue:- Seminar Hall


Scan to Register
(on or before 09-02-2023)


Dr. Aditi Singhal
(Memory Trainer, Motivational Speaker)
Guinness World Record Holder

E-Certificates will be provided to all participants

Ms. Shikha Verma
Convenor
Yoga and Meditation Society

Prof. Seema Gupta
Advisor
Yoga and Meditation Society

Prof. Rakesh Kumar Gupta
Principal



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)	Solanki
2	Preeti Singh	F	BA (hindi honours)	Preeti Singh
3	Kunal Kaushik	M	BA (Political Science hon)	Kunal
4	Ashish Singh	M	B.Sc. (H) Microbiology	Ashish
5	Kajal	F	BA (hindi honours)	Kajal
6	CHIRAG SHOKEEN	M	B.Sc. (H) Computer Science	Chirag
7	ARIN BADONI	M	BA PROG.	ARIN
8	Saurabh Kr. Shukla	M	B.Com (P)	Saurabh
9	Abhijeet Singh	M	BA. Prog (Hist, Pol)	Abhijeet
10	Aditya Aryan Singh	M	BA Political Science (honr)	Aditya
11	Nitesh Kumar	M	BA (H) History	Nitesh
12	Ranvijay Kumar Nautika	M	B.A (H) Hindi	Ranvijay
13	MANISH KUMAR	M	B.A (H) Pol Sci	Manish
14	Tuinkal Kumar	M	B.A (H) Pol. Sc.	Tuinkal
15	Shravan	M	B.A Prog. Hist + Pol	Shravan
16	Gudhvir kumar Yadav	M	B.A (H) Pol Sc.	Gudhvir
17	Sahil	M	B.com. (H)	Sahil
18	Shah Jauman	M	B.A (H) History	Shah
19	Yuvraj Singh	M	B.com (Hons)	Yuvraj
20	Siddharth Singh	M	B.Sc. (H) Statistics	Siddharth
21	Lakshya Thapliyal	M	BSC. (H) Computer Science	Lakshya
22	Satori Chikara	F	B.Com (H)	Satori
23	Knushi Mukhija	F	B.Sc (H) Statistics	Knushi

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S.No	Full Name	M/F	Department	Signature
24	Raman Keshwar	M	History	Rama
25	Deepankh Chaudhary	M	B.Sc. (H) Stats	Deepankh
26	Sandeep	M	B.A. Prog	Sandeep
27	Abhishhek Singh	M	B.com (P)	Abhishek
28	Abhishhek Naursda	M	B.com (P)	Abhishek
29	Souvik	M	B.A. (H) Hindi	Souvik
30	Ujjwal Pandey	M	BA (Program)	Ujjwal
31	Rishabh Kumar	M	B.com (Hons)	Rishabh
32	Mouyank Kumar	M	BJMC	Mouyank
33	Deepak Kumar	M	BJMC	Deepak
34	Laxmi	F	BJMC	Laxmi
35	Khuski	F	BJMC	Khuski
36	Meenakshi Tripathi	F	BJMC	Meenakshi
37	Vikash Yadav	M	" "	Vikash
38	Shruti Mishra	F	BJMC	Shruti Mishra
39	Riya	F	BJMC	Riya
40	Sancam	F	BJMC	Sancam
41	Rinki	F	B.Sc. Stat.	Rinki
42	Yash Singhal	M	B.A. Prog (Eo + Cs)	Yash
43	Suyain Yadav	M	Bsc (H) Z.S	Suyain
44	Aagar Ali	M	BA (H) Pol Sc.	Aagar
45	Prateek	M	Bsc Stats (H)	Prateek
46	Nirnil	M	BA (P)	Nirnil

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

S.No	Full Name	M/F	Department	Signature
47	Khushi Kaurik	F	BA (history honours)	Khushi
48	Vidit Yadav	M	Political Science	Vidit
49	Sachin Yadav	M	BA (H) Political Science	Sachin
50	Piyush Ranjan	M	"	Piyush
51	Akshay Pal	M	BSc Micro	Akshay
52	Leeladhar Swami	M	BSc microbiology	Leeladhar
53	Nishu Kewat	M	BSc Microbiology	Nishu
54	Punyees Mohan	F	"	Punyees
55	Ankur Kumar	M	"	Ankur
56	Shivansh Saxena	M	"	Shivansh
57	Ankit Raj	M	Bsc Microbiology	Ankit
58	Bhumi Singh	F	"	Bhumi
59	Farina	F	BA Hindi (H)	Farina
60	Sweta	F	"	Sweta
61	Rubanshi	F	"	Rubanshi
62	Yash	M	"	
63	Shivani	F	BA (history) honours	Shivani
64	Lakshay	M	BA (Hindi) hon	Lakshay
65	Deepa	F	BA (Hindi) hon	Deepa
66	Rani Kumari	F	B-com p	Rani
67	Neelam	F	B. Com P	Neelam
68	Anil	M	B.com (P)	Anil
69	Pooja	F	BMS (H)	Pooja
70	Ria	F	BMS	Ria
71	Anuj	M	BA (history honours)	Anuj
72	Pooja Kumari	F	BA (Hindi honours)	Pooja
73	Vishu Kumar	M	"	Vishu

kavita	F	BJMC	_____
vivek	M	BJMC	_____
Jyoti	F	History(H)	<u>Jyoti</u>
Vishwani	F	History Honours	Vishwani
Sugandha Sinha	F	History Hons	Sugandha Sinha
Manjeet Yadav	M	English Hons	Manjeet Yadav
Rajeev Kumar	M	Hindi Hons.	<u>Rajeev</u>
Shivani Rai	F	History Hons	Shivani
Atul Chauhan	M	B.A. Eng (H+P)	_____
3) Rohit Kumar	M	LS (Hon)	Rohit
4) Jitu Grown	m	B.Sc. CS	<u>Jitu</u>
5) Shashwat Sharma	M	B.Sc CS (H)	Shashwat
6) Pummy	F	B.A. History (H)	Pummy
87) Mahi Upadhyay	F	B.A. History (H)	_____
88) Vinay Singh	M	B.Sc Geography (H)	Vinay
89) Mohd. Umar	M	B.A. Eng (H+P)	M. Umar
90) Neha	F	BA (History) Hons	Neha
91) Anurag	M	BJMC	Anurag
92) Harshit	M	BJMC	Harshit
93) Shambhavi	F	BJMC	Shambhavi
94) Tushar Sharma	M	Hindi	Tushar
95) Akanksha	F	Hindi (H)	Akanksha
96) Ankita	F	Hindi (H)	Ankita
97) Kanak	F	Eng. Hons	Kanak

98	Sarsh M	History (H)
99	Dheer Choker M	BMS
100	Achitye M	BA History (H)
101	Bhawana Rukore F	BA (History) (H)
102	Sanjames	B.A (Eng) (H)
103	Uwasli ^o F	B.A. (Eng) (H)

~~Sarsh~~
~~Dheer~~
Achitye
Bhawana
Sanjames
Uwasli^o

Faculty Participants

1. Prof. Seema Gupta
2. Dr. Sunila Hooda.
3. MS. Shikha Verma.
4. Dr. Suneyana Sharma.
5. Ms. Manisha Wadhwa
6. Dr. Sarbani Nag
7. Dr. Prabhas Pande
8. Dr. Shalini Swami
9. Ms. Sakshi Tareshi Khanna.
10. Ms. Anu kumar Gautam.
11. Dr. Vishal Goswami
12. Mr. Vinay Kumar