

Seminar Write-up:  
**Science of Spirituality and Meditation for Mental & Emotional Wellbeing**



A highly insightful and enriching seminar on the topic “*Science of Spirituality and Meditation for Mental and Emotional Wellbeing*” was successfully organized at **the Seminar Hall of Aravali College of Engineering and Management**. The session witnessed an enthusiastic participation of more than 80 students, reflecting their keen interest in holistic development beyond academics.

The session was conducted under the esteemed guidance of **Dr. Ashish Soti, Director, Aravali College of Engineering and Management**, whose vision continues to promote the overall well-being and personality development of students. The session was graced by **Ms. Neeru Tuteja** as the distinguished speaker, who delivered an engaging and thought-provoking talk. She elaborated on the scientific aspects of spirituality, drawing inspiration from the teachings of Sant Rajender Singh Maharaj. Her session focused on helping students understand the fundamental question: “*What are we – mind, body, or soul?*” Through practical insights, she explained how aligning these elements can lead to a balanced and fulfilling life.

Ms. Tuteja also emphasized effective techniques to overcome physical stress and maintain emotional stability. She guided students on how meditation can be a powerful tool to enhance concentration, especially during examinations, thereby improving academic performance and reducing anxiety.

The seminar was well-coordinated by **Ms. Pragati Bhatia**, whose efforts ensured the smooth execution of the event. The session was gracefully anchored by **Ms. Sunena Batra**, who kept the audience engaged throughout. The organizing team members, **Ms. Sheetal Chawla, Mr. Parth Chawla**, and **Ms. Reenu Duggal**, played a crucial role in managing and supporting the event seamlessly.

In recognition of their valuable contributions, all the team members and the speaker were honored by **Dr. Ashish Soti**, who appreciated their efforts in organizing such a meaningful and impactful session.

The seminar proved to be a transformative experience for students, equipping them with practical tools for managing stress, enhancing focus, and achieving emotional well-being through the power of spirituality and meditation.

The seminar concluded on an inspiring note, leaving students with a deeper understanding of the connection between mind, body, and soul. The practical insights on meditation and stress management encouraged participants to adopt a more balanced and mindful approach towards both their academic and personal lives. Such initiatives reflect the institution's commitment to nurturing not only intellectual growth but also emotional resilience and inner well-being. The session was truly enlightening and will have a lasting positive impact on all attendees.