

21 February 2023

Expert Talk on “Meditation for Calming the Restless Mind”

An expert talk on “**Meditation for calming the restless mind**” was organized by Department of Electronics & Communication Engineering on 21 February 2023 from 11:00-12:00 am in seminar Hall 206. Dr. Aman Dahiya, Assistant Professor, ECE department, coordinated the expert talk on mediation. **BK Neha**, Associate Coordinator of Education Wing, RERF, Delhi Zone delivered the talk for faculty and staff of MSIT. More than 70 faculty and staff members attended the talk and interact with speaker without any hesitation. She elaborated how to be peaceful in tough situations and techniques of meditation very effectively and calmly, which is a must have practice these days in the era of technological advancements. The talk exposed the faculty to the meditation practices that involves focusing or clearing your mind using a combination of mental and physical health techniques.



Dr. Aman Dahiya
Coordinator
Prof. (Dr.) Archana Balyan
HOD, ECE

Ms. Jasmine
Member