

MAHARAJA SURAJMAL INSTITUTE OF TECHNOLOGY
ELECTRONICS AND COMMUNICATION ENGINEERING DEPARTMENT

WORKSHOP 'MIRACLE OF MIND'

REPORT

Date: September 23, 2026

Venue: Room #206, MSIT

Attendees: 130 Students

Conducted By: Representatives from Isha Foundation (Ms. Mahima, Ms. Avneet, Mr. devansh)

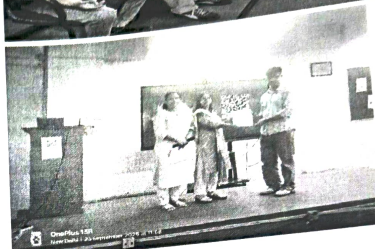
Introduction

On September 23, 2026, ECE department of Maharaja Surajmal Institute of Technology (MSIT) hosted an insightful and transformative workshop for mental health awareness titled "**Miracle of Mind**," in association with Isha Foundation. The event was held in Room #206, the session saw an enthusiastic participation of 126 students and 2 faculty members. The primary objective of the workshop was to help students understand the profound capabilities of the human mind and to provide practical, yogic tools to manage academic pressure, enhance focus, and cultivate inner peace.

Key Highlights and Themes Covered

- **Understanding the Human Mind:** The speakers introduced the concept of the mind not just as a tool for basic survival, but as a sophisticated mechanism capable of profound clarity. The session distinguished between intellect, memory, and deeper intelligence, explaining how students often confuse memory with intelligence.





- **Navigating Academic Stress:** A significant portion of the seminar addressed the rising levels of anxiety and stress among college students. The Isha Foundation representatives explained that stress is not a natural part of life or academics, but rather a result of an inability to manage one's own mental faculties.
- **Tools for Inner Engineering:** Students were introduced to the fundamental concepts of inner well-being. The speakers Mahima akka emphasized that while formal education focuses on external engineering (fixing the outside world), taking time for "Inner Engineering" is essential for a balanced life.
- **Introduction to Yoga for success:** Simple Neck Practices to activate the neck and shoulder region were taught. Key Benefits are:
 1. Improve focus, memory and productivity,
 2. Relieve neck and shoulder pain
 3. Stretch and activate the spine
 4. Strengthen muscles around the spine
 5. Provide relief from back pain, stress and anxiety
- **Miracle of mind meditation:** The session explored how a scattered mind leads to exhaustion, whereas a focused mind operates effortlessly. The speakers provided actionable advice on how to remain engaged in the present moment, thereby increasing productivity and learning capacity.

Interactive Q&A Session

Following the main discourse, the floor was opened for a Q&A session. Students actively engaged with the speakers, asking thoughtful questions ranging from how to deal with exam anxiety to overcoming digital distractions and procrastination. The representatives answered these queries with practical, relatable examples that resonated strongly with the youth.

Conclusion

The "Miracle of Mind" seminar was a resounding success, offering the 126 attending MSIT students a much-needed perspective on mental health and self-management. By equipping the youth with the awareness to take charge of their internal state, the Isha Foundation left a lasting positive impact on the student body. The attendees departed the session with practical tools to navigate their academic and personal lives with greater joy and efficiency.

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23/9/2026

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