



About the Workshop

Meditation is an ancient practice that speeds up spiritual and personal development. It is a way to become more aware of one's own Self. Transcendental Meditation or TM, as is popularly known across the world is a technique which is an easy, natural, effortless, scientifically verified technique to boost immunity, relieve stress and experience happiness. Founded and propagated across the globe by His Holiness Maharishi Mahesh Yogi, TM, has become the basis of experience of consciousness in its totality in all the major continents. He brought meditation out of its traditional shroud of mysticism as enshrined in the ancient Vedic culture of India and introduced it into the light of science—making it easy for anyone to learn, and opening it to the scrutiny of modern medical research.

This workshop will introduce concept of TM which is highly popular and evidence based Meditation Technique that benefits with greatly reduced stress and anxiety, clearer thinking, better sleep, brighter, more positive state of mind .

TM generates greater energy, helps fighting insomnia, depression and leads to a healthier heart as proven by innumerable medical research done across the globe.

Resource Person:

Ms Aditi Shrivastava, National Coordinator

Transcendental Meditation (India)

Spiritual Regeneration Movement Foundation of India.

Date: March 12, 2021

Venue:

Join with Google Meet

meet.google.com/wsk-txgt-cxd

Time: 02:00 PM – 04:30 PM

Organised by: Language, Literature & Society Research Group,
Department of Humanities & Social Sciences,
Jaypee Institute of Information Technology, Noida

Convener

Prof. Alka Sharma, Dean & Head, Dept. of HSS, JIIT, Noida

Members:

Dr Monali Bhattacharya

Dr Nilu Choudhary

Dr Ekta Srivastava

Dr Chandrima Choudhary

Registration Details:

Registration Link: <https://forms.gle/BDqXX4Xp8RPr4mjR8>

Last Date of Registration: March 10, 2021

Workshop
On
'Importance of Meditation for Stress
Management in Life'

A person is shown in a meditative lotus position on a beach. The person is blurred, and the background shows waves and a bright sky, suggesting a peaceful, natural setting.

Department of Humanities & Social Sciences

Jaypee Institute of Information Technology, Noida

About the Speaker:

Ms Aditi Shrivastava, National Coordinator
Transcendental Meditation (India)
Spiritual Regeneration Movement Foundation of
India.

Ms Aditi Shrivastava is a senior teacher of Transcendental Meditation with around 10 years of experience of teaching Transcendental Meditation courses at various centres, educational institutions and corporate enterprises like Bharat Heavy Electricals Limited, World Health Organization (WHO), Siemens etc. She also holds a master's degree in Computer Applications; she did her Transcendental Meditation Teacher Training Course from the United States. Ms. Aditi has also contributed to the Speaking Tree column of the Times of India, worked on books related to meditation and spoken at many conferences. She is currently leading the team of Meditation teachers and managing the activities involved there in Pan India. She is also advisor to the Science of Consciousness program at Maharishi University of Information Technology.

About JIIT:

Jaypee Institute of Information Technology, a leading Engineering Institute was established in the year 2001 with the vision of becoming a centre of excellence in the field of IT & related emerging areas of education, training and research comparable to the best in the world for producing professionals who shall be leaders in innovation, Entrepreneurship, creativity and management. The Institute offers Undergraduate, Postgraduate and Doctoral programs in the disciplines of:

Computer Science Engineering,
Information Technology,
Electronics Communication Engineering,
Biotechnology
Management

About HSS:

The Department of Humanities and Social Sciences was established in Jaypee Institute of Information Technology in 2001 as a centre of excellence in the field of IT education and training, comparable to the best in the world for producing professionals who shall be leaders in innovation, entrepreneurship, creativity and management. This department is a source of change-facilitators who serve to complement the existing and emerging educational programs by imparting professional and behavioral competencies and, thereby, transforming our students to become the new-age leaders in their chosen professions. The department constitutes a whole universe of intellectual domains, spanning the spectrum of knowledge pertinent to communication skills, individual and group behaviour, psychology, sociology, economics, finance, marketing, entrepreneurship, culture and knowledge management.