

# *Two-Day Brainstorming Session on Enhancing Well-Being through Meditation Conducted for I B.Tech Students*

As part of a two-day brainstorming session held on 20th and 21st February 2026, the Department of Humanities and Sciences organized a program on “**Enhancing Well-being through Meditation**” for I B.Tech students. The Day-1 session focused on creating awareness about the importance of mental well-being, stress management, and emotional balance among students at the beginning of their engineering journey. The session highlighted how meditation helps in improving concentration, reducing anxiety, and developing a positive outlook towards academic and personal challenges. Students were introduced to simple breathing techniques, mindfulness exercises, and basic meditation practices that can be incorporated into their daily routine for better focus and clarity.



On Day-2, the session concentrated on the practical implementation of meditation techniques and their long-term benefits. Students actively participated in guided meditation and reflective discussions, gaining insights into maintaining inner peace, self-discipline, and emotional resilience. The interactive activities encouraged students to share their experiences and understand the significance of balancing technical education with mental wellness. The two-day program was highly beneficial in promoting holistic development, enabling students to strengthen their confidence, improve decision-making abilities, and enhance their overall personality development.

