



EVENT COMPLETION REPORT

Guest Lecture on "Importance of Meditation & Stress-Free Exam Environment"

Date: 27th January 2025

Time: 11:00 am onwards

Venue: Seminar Hall, Venkateshwar Institute of Pharmacy

Organised by: Venkateshwar Institute of Pharmacy

1. Introduction

Venkateshwar Institute of Pharmacy organized a Guest Lecture on "*Importance of Meditation & Stress-Free Exam Environment*" on 27th January 2025 as part of its initiative to promote mental well-being, emotional resilience, and stress management among students. The programme was specifically designed in the context of academic pressure during examinations, where students often face anxiety, lack of concentration, and reduced emotional balance.

In today's competitive academic environment, mental health and mindfulness have become essential components of student success. Meditation is widely recognized as an effective technique for improving focus, emotional stability, self-awareness, and cognitive performance. Recognizing this relevance, the institute organized this session to equip students with practical tools and techniques for managing stress and enhancing academic performance.

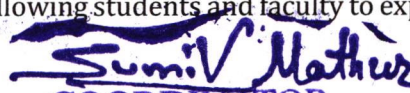
The programme also aimed to create a positive and supportive academic environment, where students are encouraged to balance preparation with mental peace. The strong participation of students and faculty reflects the relevance and effectiveness of the initiative in addressing student well-being concerns.

2. Objectives

- To create awareness about the role of meditation in managing academic stress
- To provide practical techniques for improving focus, calmness, and emotional balance
- To support students in coping with examination pressure effectively
- To foster a stress-free and positive academic environment
- To promote mindfulness as part of holistic student development

3. Event Highlights

- The session commenced with a welcome address by Dr. Khem Chand Gupta, Principal and Event Coordinator emphasizing the importance of mental health and stress management in academic life.
- *Rajyogini BK Rima Didi*, an esteemed spiritual guide and meditation expert, delivered an inspiring and transformative talk. She addressed:
 - The root causes of exam anxiety and performance pressure
 - The significance of regular meditation in improving concentration, emotional stability, and confidence
 - Simple breathing exercises and guided meditative practices that can be integrated into daily routines
- A guided meditation session was conducted, allowing students and faculty to experience inner stillness and relaxation first-hand.


COORDINATOR
IQAC
SAI TIRUPATI UNIVERSITY
UDAIPUR


Principal
Venkateshwar Institute of Pharmacy
Ambua Road, Umarda, Udaipur (Raj.)

- Students were encouraged to cultivate self-belief, clarity of thought, and a positive mental outlook as part of their exam preparation strategy.
- The session concluded with an interactive Q&A round and a vote of thanks presented by faculty members, expressing gratitude for the valuable insights shared.

4. Outcomes

The programme witnessed participation from *175 students* and *12 faculty and staff members*, indicating strong engagement and institutional reach.

The event successfully achieved its objectives by enhancing students' awareness regarding mental well-being, stress management, and mindfulness practices. Participants gained practical understanding of meditation techniques that can be applied during exam preparation to improve focus, emotional stability, and confidence.

One of the key outcomes was the reduction in exam-related anxiety, as reflected through positive feedback from students who found the session calming, relevant, and practically useful. The guided meditation session provided experiential learning, enabling students to directly experience the benefits of relaxation and mental clarity.

The programme also contributed to fostering a positive academic environment, encouraging students to adopt balanced study habits combined with mindfulness practices. Additionally, it strengthened the institute's focus on holistic student development, integrating mental wellness with academic performance.

5. Conclusion

The Guest Lecture on "*Importance of Meditation & Stress-Free Exam Environment*" was successfully conducted and effectively fulfilled its objective of promoting mental well-being, stress management, and emotional resilience among students.

The programme demonstrated that structured wellness interventions within academic institutions can significantly contribute to improving student focus, confidence, and overall academic performance. The combination of expert guidance, practical demonstrations, and interactive engagement ensured that the session delivered both conceptual understanding and experiential learning.

The positive response from participants highlights the relevance of such initiatives in addressing the growing need for mental health awareness in educational settings. The session also reinforced the importance of integrating mindfulness practices into daily routines, particularly during examination periods.

The successful execution of the programme reflects the institute's commitment to holistic education, student support, and well-being-oriented academic practices. Such initiatives play a crucial role in developing balanced, confident, and mentally resilient students.

NOTICE

VENKATESHWAR INSTITUTE OF PHARMACY

(A Unit of Sai Tirupati University, Udaipur)

Date: 22/01/2025

NOTICE

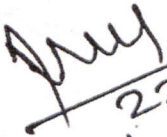
All the students and staff members are hereby notified that a seminar will be organized on 27-01-2025 in the college, for which details are as follows:

Topic of seminar: Importance of meditation and stress free exams.

Venue: Seminar hall, VIP

Time: 11: 00 AM

All the students and staff members are expected to actively participate in the seminar.


22/01/2025
PRINCIPAL
Venkateshwar Institute of Pharmacy
Ambuja Road, Umarda, Udaipur (Raj.) 315015

FLYER



VENKATESHWAR INSTITUTE OF PHARMACY
(A UNIT OF SAI TIRUPATI UNIVERSITY)
UMARDA, UDAIPUR



Organizing
GUEST LECTURE
on
**IMPORTANCE OF MEDITATION &
STRESS FREE
EXAM ENVIRONMENT**

SPEAKER
RAJYOGINI BK RIMA DIDI



Date: 27th January 2025

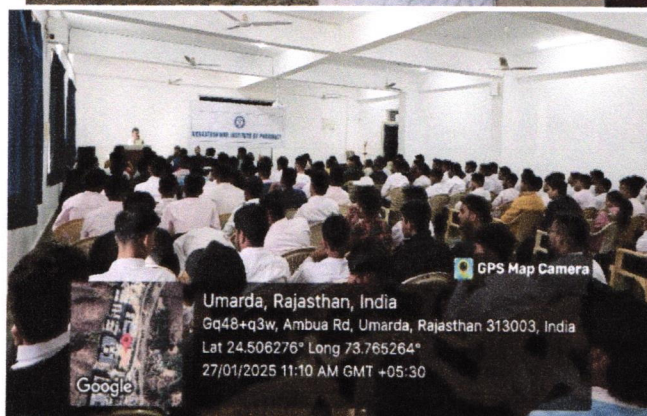
Time : 11:00 AM

Venue: Seminar Hall, Venkateshwar Institute of Pharmacy

Principal & Event Coordinator

Dr. Khemchand Gupta

PHOTOGRAPHS



VENKATESHWAR INSTITUTE OF PHARMACY, UDAIPUR
(A unit of Sai Tirupati University, Umarda, Udaipur)

LIST OF ATTENDEES

Name of the Event: Importance of Meditation & Stress free exam environment
Date: 27/01/25 Seminar

S. No.	Name of the attendee	Semester	Signature
1	Monika kataro	1 st Sem	Monika
2	Yashpal Singh	1 st Sem	Yashpal
3	Rahul Singh	1 st Sem	Rahul
4	Nitin Guxjar	1 st Sem	Nitin
5	Avinash Gavy	1 st Sem	Avinash
6	Lakshita Sachu	1 st Sem	Lakshita
7	Vishal Kumar	1 st Sem	Vishal
8	Kuldeep Yadav	1 st Sem	Kuldeep
9	Kuldeep Yadav	1 st Sem	Kuldeep
10	Mayur Yadav	1 st Sem	Mayur
11	Rohan Meena	1 st Sem	Rohan
12	USHA PARMAR	1 st Sem	USHA
13	Gajendra Kumar	1 st Sem	Gajendra
14	Mayank Pujari	1 st Sem	Mayank
15	Paromjeet	1 st Sem	Paromjeet
16	BAJARANG KUMAR	1 st Sem	BJ
17	Vijay Raj	1 st Sem	Vijay
18	Piyush Damar	1 st Sem	Piyush
19	Kuldeep Yadav	1 st Sem	Kuldeep
20	Vishal meghwal	1 st Sem	Vishal
21	Tushar	1 st Sem	Tushar
22	Kulveer Choudhary	1 st Sem	Kulveer
23	Manisha Banniga	1 st Sem	Manisha
24	Purvish	1 st Sem	Purvish
25	Kirshan Sharma	1 st Sem	Kirshan


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LIST OF ATTENDEES

Name of the Event: Importance of Meditation & stress-free exgn environ
Date: 27/01/25 Seminar

S. No.	Name of the attendee	Semester	Signature
26.	Abhishek Korywal	1st	<u>Abhishek</u>
27	Aman Saini	I	<u>Aman</u>
28.	Dhruvi Suthar	I	<u>Dhruvi Suthar</u>
29	Paramjeet	I	<u>Paramjeet</u>
30	Ashok Kumar	Ist	<u>Ashok</u>
31	Devraj Singh Chouhan	I sem	<u>Devraj</u>
32	Dhruv Rawal	I sem	<u>Dhruv</u>
33	Bhavesh meeng	I Sem	<u>Bhavesh</u>
34	Rupesh Sharma	I	<u>Rupesh</u>
35	Vaishitha Suthar	I Sem	<u>Vaishitha</u>
36	Rajdeep Yadav	I Sem	<u>Rajdeep</u>
37	Shiv Bhatnagar	I Sem	<u>Shiv</u>
38	Hemendra Daman	I sem	<u>Hemendra</u>
39	Lucky Tailor	I Sem	<u>Lucky</u>
40	Komal Jain	Ist sem	<u>Komal</u>
41	Pratika Kheradiya	1st sem	<u>Pratika</u>
42	Mayur Yadav	I sem	<u>Mayur</u>
43	Rahul	I Sem	<u>Rahul</u>
44	Himesh Kumar meena	1st sem	<u>Himesh</u>
45	Rajesh Daman	1st sem	<u>Rajesh</u>
46	Santkar Lal	I	<u>Santkar</u>
47	Sudashan Singh	I Sem	<u>Sudashan</u>
48	mohan Lal	I sem	<u>MLal</u>
49	Himanshu Mary	I Sem	<u>Himanshu</u>
50	Ashok	I sem	<u>Ashok</u>

VENKATESHWAR INSTITUTE OF PHARMACY, UDAIPUR
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Name of the Event: Importance of Meditation & Stress-free ^{exam} environment Seminar
Date: 27/01/2025

S. No.	Name of the attendee	Semester	Signature
51	Priyanshu Tailor	3 rd sem.	<u>Priyanshu</u>
52	Anish Sarkar	3 rd sem	<u>Anish</u>
53	Nepal Singh	3 rd sem.	<u>Nepal</u>
54	Ashish Sahu	3 rd sem	<u>Ashish</u>
55	Naushad Ali	3 rd sem	<u>Naushad</u>
56	Gourav Parmar	3 rd sem	<u>Gourav</u>
57	Kankharia Jai Jai	3 rd sem	<u>Kankharia</u>
58	Nidhan Jangid	3 rd sem.	<u>Nidhan</u>
59	Kamlesh Sahu	3 rd sem	<u>Kamlesh</u>
60	Prahlad Nimara	3 rd sem.	<u>Prahlad</u>
61	Sandeep Pandey	3 rd sem.	<u>Sandeep</u>
62	Vinod Choudhary	3 rd sem	<u>Vinod</u>
63	Kailash Maida	3 rd sem	<u>Kailash</u>
64	Chudasma Harsh	3 rd sem	<u>Chudasma</u>
65	Bhawana Menaria	3 rd sem	<u>Bhawana</u>
66	Pankaj	3 rd sem.	<u>Pankaj</u>
67	Shahad Meena	3 rd sem.	<u>Shahad</u>
68	Yogesh Malviya	3 rd sem.	<u>Yogesh Malviya</u>
69	Hitesh Chaudhary	3 rd sem.	<u>Hitesh</u>
70	Shahad Meena	3 rd sem	<u>Shahad</u>
71	Pradeep Kumar	3 rd sem	<u>Pradeep</u>
72	Nepal Singh	—11—	<u>Nepal</u>
73	Naveesh Kumar	—11—	<u>Naveesh</u>
74	Nikhil Vyas	3 rd semester	<u>Nikhil</u>
75	Kailash Maida	—11—	<u>Kailash</u>

KMS

Principal

Venkateshwar Institute of Pharmacy
Umarda Road, Umarda, Udaipur (Raj) 313015

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(A unit of Sai Tirupati University, Umarda, Udaipur)

LIST OF ATTENDEES

Name of the Event: Importance of Meditation & stress-free ^{exam} environment
Date: 27/01/25 Seminar

S. No.	Name of the attendee	Semester	Signature
76.	Dakshita Choudhary	3 rd	<u>Dakshita</u>
77	Bhavana Menaria	3 rd sem	<u>Bhavana</u>
78	Meera Regar	-11-	<u>Meera</u>
79	Alkesh Chaspota	-11-	<u>Alkesh</u>
80	Anil damra	-11-	<u>Anil</u>
81	Bibriti	-11-	<u>bibriti</u>
82	Ishwarpal Singh	III rd sem	<u>Ishwar</u>
83	manoj Kataria	3 sem	<u>Manoj</u>
84	Lokesh Patel	3 sem	<u>Lokesh Patel</u>
85	Megheeraj	III rd sem	<u>Megheeraj</u>
86	mohd Aman Chhipa	-11-	<u>MA</u>
87	Nikhil Vyash	-11-	<u>Nikhil</u>
88	Samir	-11-	<u>Samir</u>
89	Pooja	3 rd sem	<u>Pooja</u>
90	Rahul Bhati	-11-	<u>Rahul</u>
91	Vikram Kumar	III rd sem	<u>Vikram</u>
92	Raviraj Rebari	3 rd	<u>RR</u>
93	VIJAYRAJ BHATI	3 rd	<u>Vijayraj Bhati</u>
94	Rakesh Kumar	-11-	<u>KK</u>
95	Rangrez Vaish	-11-	<u>Rangrez</u>
96.	Mohd. Nijjamuddin	III rd	<u>Mohd.</u>
97.	Deepak Shaky	-11-	<u>Deepak</u>
98.	Dheer Mewara	-11-	<u>Dheer</u>
99.	Devi Lal Dangri	-11-	<u>Devi Lal</u>
100.	Dheeraj Sini	-11-	<u>D.S.</u>


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LIST OF ATTENDEES

Name of the Event: Importance of Meditation & Stress free exam environment
Date: 27/11/25 Seminar

S. No.	Name of the attendee	Semester	Signature
101.	Ravind Singh	5th	Ravind Singh
102.	Hitesh Kumar	5th	Hitesh
103.	Rajendra Singh	5th	Rajendra Singh
104.	Rahul Kumar	5th	Rahul Kumar
105.	Ravi Suara	5th	Ravi
106.	Vinod Salvi	V	Vinod
107.	Tarun Kumar	5th	Tarun
108.	Shravan Solanki	5th	Shravan
109.	Suresh Kumar	5th	Suresh
110.	Vishal Prayapat	5th	Vishal
111.	Purveen Kumar	5th	Purveen Kumar
112.	Hitch Vishnu	5th	Hitch Vishnu
113.	PRADIP RAGHAWAN	V	Pradip
114.	AKSHAY POKHARNA	Vth	Akshay
115.	Dhruv Agrawal	5th	Dhruv
116.	Anam Dabas	5th	Anam
117.	Achok Kumar	5th	Achok
118.	Deepak Jogi	5th	Deepak
119.	Ganesh Chaudhan	V	Ganesh
120.	Saifan Mohammad	V	Saifan
121.	Mahipal Choudhary	V	Mahipal
122.	Vitesh Kumar	V	Vitesh
123.	Sanjay Choudhary	V	Sanjay
124.	GHANSHYAM	V	Ghanashyam
125.	Jitendra Yadav	V	Jitendra

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Name of the Event: Importance of Meditation & Stress free exam environment
Date: 27/11/25 Seminar

S. No.	Name of the attendee	Semester	Signature
126	Maresh Bhatti	V	Maresh Bhatti
127	Jay Swala	5th	Jay
128	Saifan mohammed	5th	Saifan
129	Vinod. Salvi	5th	Vinod
130	Aman Dabas	5th	Aman
131	mukesh	5th	mukesh
132	Ashutosh Kheer	-11-	AK
133	Dampat Kesh Singh	-11-	Dampat Kesh
134	Kishan agrawal	-11-	K
135	Lokesh	-11-	Lokesh
136	Rakha Chaspota	-11-	Rchaspota
137	Shakti Singh	V	Shakti
138	Vipul Garasija	V	V
139	Richa	-11-	Richa
140	Payal Chauhan	V	Payal Chauhan
141	Kalpesh Garg	-11-	Kg
142	Keshav Kumarat	Vth	Keshav
143	Kausik	-11-	K
144	manoj meena	-11-	mm
145	Choudha Rymahendra	5th	mahendra
146	mahendra k. meghwal	-11-	Mb
147	Ganind Singh	-11-	Ganind
148	Kamlesh	-11-	Kamlesh
149	Rahul Kumar	5th	RK
150	Kuldeep	-11-	Kd

13/01/2025
10:00 AM
10:00 AM

Principal
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LIST OF ATTENDEES

Name of the Event: Importance of Meditation & Stress free exam environment
Date: 27/11/25 Semin

S. No.	Name of the attendee	Semester	Signature
151.	Anil Choudhary	VII	Anil
152	Anuj	VII	Anuj Choudhary
153	Bhavesh	-II-	B
154	Jaisaj	-II-	Jai
155	Prinya Khajja	-II-	Prinya
156	mohandas	-II-	Moh
157	Lalit Kumar	-II-	Lalit
158	Gourav	-II-	G
159	Rajput purnan Singh	7 th Sem	Purnan
160	Ramesh	VII	Ramesh
161	Ranjana Choudhary	-II-	Ranjana
162	Rasheed Mohd.	-II-	Rasheed
163	Arvind	-II-	Arvind
164	Suresh	-II-	Suresh
165	Uravshi	-II-	U
166	mohit Kumar Regar	-II-	Mk
167	Sachin meena	-II-	Sachin
168	Neha Choudhary	-II-	Neha
169	Kishor	-II-	K
170	Haasmukh yadv	-II-	H
171	chetan Lal Bhagasa	-II-	chetan
172	Rahul mali	-II-	Rahul
173	Disha Kharadi	-II-	Disha
174	lalit	-II-	Lalit
175	Jaisal	-II-	Jais

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VENKATESHWAR INSTITUTE OF PHARMACY, UDAIPUR
(A Unit of S. J. Somaiya Institute of Pharmaceutical Education)

LIST OF ATTENDEES

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Name of the Event: *Importance of meditation & stress free class Environment*

Date: *27/1/25*

S. No.	Name of the attendee	Semester	Signature
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