

## **The Har Ghar Dhyan Samiti of Delhi College of Arts and Commerce organised a 'Meditation for Happy Life' program.**

The "Har Ghar Dhyan Samiti" of Delhi College of Arts and Commerce, in collaboration with the Internal Quality Assurance Cell and Art of Living Foundation, organised a meditation program titled "Meditation for Happy Life" in the college's computer lab on March 13, 2024. The program was attended by members of the Art of Living Foundation, faculty and Craniosacral Therapists, Ms. Niyati Puri as the main resource person, and Mr. Mohak Khurana and Ms. Pushpa Tiwari as assistant resource persons, along with the Convener of college Unit, Har Ghar Dhyan Samiti, Prof. K. L. Dhingra from the Hindi department, Member of college Unit, Har Ghar Dhyan Samiti Dr. Amarendra Kumar Aarya from the Journalism department, and Member of college Unit, Har Ghar Dhyan Samiti Mr. Aman Kumar Pandey from the Computer Science department.

Convener of the college Unit, Har Ghar Dhyan Samiti Prof. K. L. Dhingra, welcomed all the guests present at the program. In his welcome address, Prof. Dhingra explained that meditation emphasizes the relationship between the mind, behavior, and body with various hindi shero- shayari. He stated that when we attempt to sit peacefully and focus our attention, the restlessness of the mind becomes apparent. Meditation is designed to calm the distracted mind and help it become a tool for making our lives healthier and happier.

As the main resource person, Ms. Niyati Puri, representing the Art of Living Foundation, addressed more than 60 teachers and students and discussing various benefits of yoga. She explained the Sudarshan Kriya, conducted by the Art of Living Foundation, through practical exercises and guided the participating teachers and students to experience it. She emphasized that in the 21st century, everyone appears to be busy, leading to various pressures. The practice of mindfulness and meditation serves as a surefire way to combat these issues, as it is deeply rooted in Indian philosophy. She elaborated that meditation involves training the mental muscles, keeping various elements of the mind active, fostering positivity, and improving life. Ms. Niyati stated that meditation not only balances the mind and body but also promotes peace in the environment. She stressed the need to take meditation seriously, as it offers numerous benefits such as reducing depression, pain, anxiety, and sleep disturbances. It also acts as a form of mental stretching. Before her, Mr. Mohak Khurana and Ms. Pushpa Tiwari highlighted the benefits of practicing meditation through clapping exercises, emphasizing how the Art of Living Happiness Program can help individuals rediscover happiness, cope with the stresses of everyday life, and become calmer and more confident.

A Q&A session was also organized during the program where students and teachers asked questions related to meditation, concentration, studying, improving lifestyle, etc., which were expertly addressed by the invited resource persons. At the end of the program, Dr. Amarendra Kumar Aarya, Assistant Professor, Journalism department and a member of Har Ghar Dhyan Samiti, thanked all the attendees. He stated that the program aimed to impart skills for enhancing physical, mental, and spiritual well-being, managing negative emotions, and improving relationships, and it would undoubtedly prove beneficial for all. It is noteworthy that the formation of Har Ghar Dhyan Samiti in Delhi College of Arts and Commerce was initiated by the college principal, Honorable Prof. Rajiv Chopra, after the launch of the "Har Ghar Dhyan" campaign by the Ministry of Culture, Government of India. The objective of this campaign is to empower people through the practice of meditation and self-awareness. Under this campaign, various activities are organised in the college from time to time.

The program's picture is presented below.



