



**ISA STUDENTS SECTION LDCE
AND
INSTRUMENTATION & CONTROL ENGINEERING
DEPARTMENT
L.D COLLEGE OF ENGINEERING**

Presents

**ART OF LIVING: HAPPINESS, HEALTH AND
TECHNOLOGY**

7th February, 2024

In today's active landscape, where hurried schedules and overwhelming demands reign supreme, mental well-being often is overlooked. We neglect to prioritize strengthening ourselves mentally and physically, forgetting the vital impact they have on our overall resilience. This leaves us vulnerable to stress.

We, to promote the awareness of mental health organized the event "Art of Living: Health, Happiness and Technology" in Tagore Hall with the help of our Head of Department Dr. Manish Thakker and Associate Professor Dr. Dipesh Makwana.

Speakers of this events were Mr. Jay Sompura, and IIT Gandhinagar Alumni and their team members. Our Honorable HoD inaugurated the event with their introductory speech briefing about the cause of event and introducing our speakers. Mr. Jay Sompura then continued the session with importance of mental health and explained the Four Pillars of Well-Being: Food, Sleep, Peaceful mind and Breathe.

Then their team carried over the session by narrating a short story highlighting the importance of EQ (Emotional Quotient) which was then taken over by another member who briefed us about the importance of yoga and meditation in our day-to-day life and how can we incorporate yoga in our daily schedule and what benefits it can provide us by trading only 15 minutes with it.

We performed the pranayama techniques demonstrated by them which included Nadi Shodhan(Alternate Nostril Breathing) and meditated during the end of the session.

As the guided meditation concluded, a smile seemed to grace the faces of each participant, reflecting their newfound sense of inner calm. Participants reported noticeable improvements in their mood.

They concluded the session by briefing about their national program which spreads awareness about the well-being of mental health and effects of meditation. Finally, our HOD Sir thanked everyone, speakers for performing the session, participants for attending the session.



(Expert Interaction with students and faculties)