

Report on Enriching session on ‘Siddheshwar- the power of Soul.

Name of the Activity: Enriching session on ‘Siddheshwar- the power of Soul.

Day & date: Monday , 13 Feb. 2023

Venue: Srijan Hall, IISU Campus

Name of the Resource persons :

- Ms. Namrata Mehta, Director, Siddheshwar, Bengaluru,
- Ms. Shilpa Shyamsukha, Director, Siddheshwar, USA and an alumna of IISU from batch 2008,
- Sh. R.N. Vashistha, Convenor, Vishwa Dharma Chetna Manch, Rajasthan Centre,
- Sh. Bhupinder Jain, National Convenor, Vishwa Dharma Chetna Manch, Tirupati.

Report :

On 13 Feb 2023 an enriching session on ‘Siddheshwar- the power of Soul was organised for the faculty members of IISU. The Session is an initiative to create more awareness about the rich Indian Knowledge Systems amongst the faculty members of the University. The expert speakers for the session was a team of “SIDDHASANA” an affiliate of Shree Brahmurishi Ashram World Spiritual Forum. The team of experts included Ms. Namrata Mehta, Director, Siddheshwar, Bengaluru, Ms. Shilpa Shyamsukha, Director, Siddheshwar, USA and an alumna of IISU from batch 2008, Sh. R.N. Vashistha, Convenor, Vishwa Dharma Chetna Manch, Rajasthan Centre and Sh. Bhupinder Jain, National Convenor, Vishwa Dharma Chetna Manch, Tirupati.

The session started with traditional welcome of the team by honourable chancellor of the university Dr . Ashok Gupta. Thereafter Dr. Bhupendra Jain, National Convenor, Vishwa Dharma Chetna Manch, Tirupati greeted all the participants. He introduced the event and narrated life events of Shri Siddheshwar ji for the participants.

During the session, two experts from the team , Ms. Namrata Mehta, Director, Siddheshwar, Bengaluru and Ms. Shilpa Shyamsukha made the faculty members practice several stress relieving aasanas like Sahajsankh mudra and explained the importance of powerful breathing techniques for stress free life. The participants were also taken to guided meditation journey to connect with the

soul during the session. The team also emphasised on daily practice of chanting “OM” & the mantra “Om Treem Namah” for relieving stress and maintaining positive outlook towards life.

Towards the end of the session a cake cutting ceremony took place followed by Prasad distribution among all the participants. The event was enlightening and impactful which nourished each one’s soul with spiritual diet.

Pictures :

