

**MGM's COLLEGE OF ENGINEERING, NANDED**



Dept. Of Electronics And Telecommunication

19 SEPTEMBER 2022

REPORT

ON

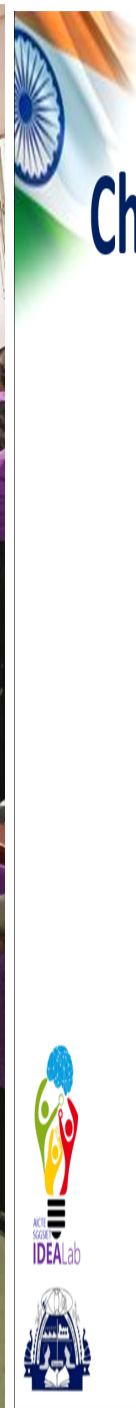
**YOGA AND MEDITATION FOR IMPROVING**  
**COGNITIVE ABILITIES AND AICTE**  
**IDEA LAB ACTIVITIES : →**

**COORDINATOR:-**

**Mr. D.J.TUPTWAR**

**HEAD OF THE DEPT. :-**

**Dr. Ms. K.C. JONDALE**



## Challenges because of COVID-19

### General Challenges

- Global unemployment: >200 million jobs would be affected.
- India unemployment rate: 5% to 30% depending upon sector.
- **Uncertainty in most of the sectors.**




## Benefits of MEDITATION



Log on to [www.artofliving.org](http://www.artofliving.org) for more info







## Utilize the Power of **Meditation** to Crack Exams

- Decreased Stress
- Emotional Stability
- Sparks Creativity
- Increased Memory
- Amplified Concentration
- Increased cognitive functions & learning skills
- Inner Peace
- Rise in IQ level
- More motivation
- Happiness & Feeling Content



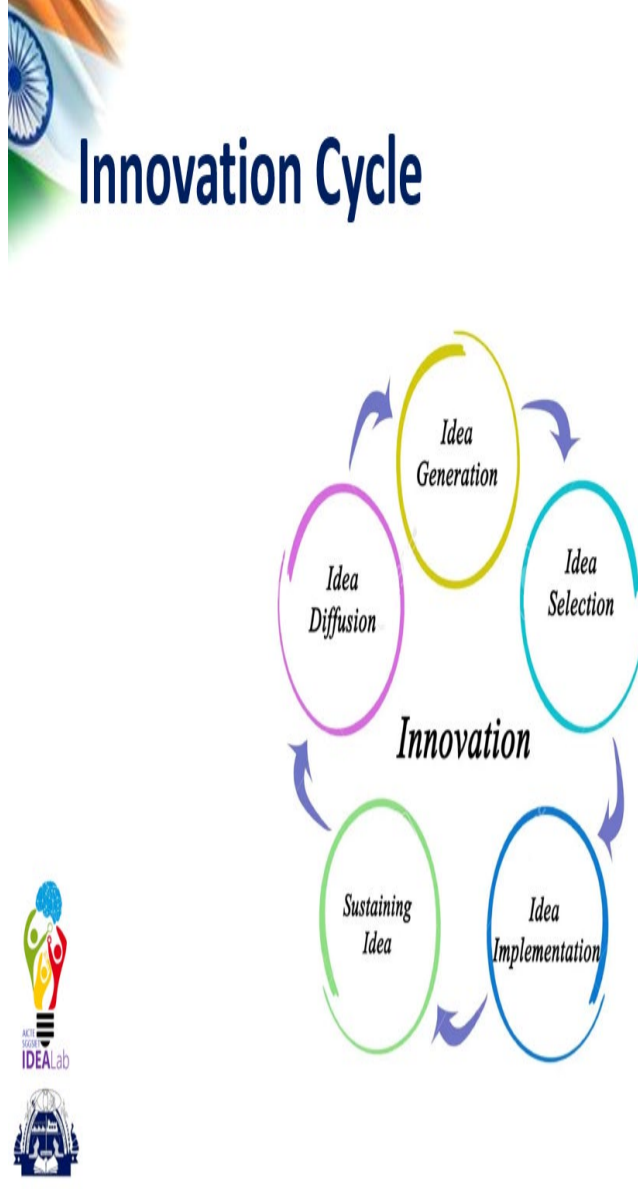
## Challenges because of COVID-19

### New ways of working

- New jobs of different kinds will be created
- **Skill development:**
  - Reskilling and e-learning shall emerge even faster
  - Fresh graduates will be expected to learn by themselves and come prepared (self-learning)







## ... The Mighty Powers Of ... **MEDITATION**

Once relegated to the realm of new-age pseudo-science, there's now hard evidence to back up the many benefits of meditation for the mind, body and spirit. Here, 20 research-backed reasons to say 'Om.'



Sources: Psychosomatic Medicine, UCLA, NPR, Mayo Clinic, University of Wisconsin-Madison, TIME, American Heart Association, U.S. News, SCOPE, Psychological Science, The Huffington Post, ScienceDaily, American Psychological Association, Northeastern University, Emory University, JAMA Internal Medicine, Brown University, Greater Good, Harvard Health Letter, American Academy of Sleep Medicine, University of Utah, Health.com/Photo: Getty

THE HUFFINGTON POST







## AICTE-IDEA Lab at SGGSIET, Nanded

Only institute from Marathwada and Vidarbha



Idea



Development,

Evaluation &



Application

### Mission:

- Enhanced hands-on experience
- Learning by doing
- Product visualization



→ **When you do yoga, your brain cells develop new connections, and changes occur in brain structure as well as function, resulting in improved cognitive skills, such as learning and memory. Yoga strengthens parts of the brain that play a key role in memory, attention, awareness, thought, and language.**





## What is the purpose of AICTE-IDEA Lab?

- ✓ *Envisaged to make engineering graduates more imaginative and creative, besides getting basic training in the **21<sup>st</sup> century skills** like critical thinking, problem solving, design thinking, collaboration, communication, lifelong learning, etc.*
- ✓ *Can empower the students and faculty to “**engage, explore, experience, express and excel**”, addressing the need of new-age learning.*
- ✓ *Would serve as an infrastructure for students and faculty to take up and promote **multidisciplinary education and research**.*
- ✓ *Faculty would be encouraged to get trained in these Labs and strive for creating problems/ projects/ internships in their own subjects/ disciplines and mentor the students.*







#### What is yoga and meditation?



**Yoga is a mind and body practice.** Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation. Yoga is an ancient practice that may have originated in India. It involves movement, meditation, and breathing techniques to promote mental and physical well-being.

- **As a form of low-impact exercise, yoga has been shown to lower stress hormones in our bodies while simultaneously increasing beneficial brain chemicals like endorphins and GABA (gamma-aminobutyric acid). These feel-good chemicals help decrease anxiety and improve mood.**
- **A growing body of research suggests that meditation can enhance various cognitive functions, including attention, memory, and executive function,<sup>24-28</sup> and that it positively affects brain function and structure relevant to cognition.**
- **The study found that practicing just 25 minutes of Hatha yoga or mindfulness meditation per day can boost the brain's executive functions, cognitive abilities linked to goal-directed behavior and the ability to control knee-jerk emotional responses, habitual thinking patterns and actions.**



















**Attended Members: →**

**For ECT Students And Faculty**

<b>Sr. No</b>	<b>Students &amp; Faculty</b>	<b>No. Of Students &amp; Faculty</b>
01	Second Year (2 <sup>nd</sup> Year) -	60
02	Third Year (3 <sup>rd</sup> Year) -	39
03	Final Year (4 <sup>th</sup> Year) -	35
04	ECT No. Of Faculty -	08



