



REPORT ON TWO DAYS WORKSHOP

“Meditation and Yoga: A Path to Inner Balance and Excellence”

Event Convener

Prof. (Dr.) Darpan Kaushik

Director

Accurate College of Pharmacy

Event Coordinator

Mr. Chandrakant Dixit

Assistant Professor

Accurate College of Pharmacy

Date: 13th March 2026

Venue: Seminar Hall, Accurate College of Pharmacy, Greater Noida

Organized by: Accurate College of Pharmacy, Greater Noida

Event Report

Meditation and Yoga: A Path to Inner Balance and Excellence

1. Title of the Event

Meditation and Yoga: A Path to Inner Balance and Excellence

2. Date and Venue

A comprehensive wellness session titled “**Meditation and Yoga: A Path to Inner Balance and Excellence**” was successfully organized at **Accurate College of Pharmacy, Greater Noida** on **13th March, 2026** at the **Seminar Hall**. The program was conducted as part of the institute’s continuous efforts to promote holistic education and well-being among students, faculty members, and staff. The session created a peaceful and engaging learning environment where participants could experience both theoretical and practical dimensions of meditation and yoga.

3. Organizing Department/Committee

The program was organized under the guidance of **Department of Pharmacy** with active coordination from faculty members and student volunteers. The initiative aimed to integrate wellness-oriented practices into academic life and encourage a balanced lifestyle within the institutional community.

4. Objectives of the Program

- To promote awareness regarding **mental health, mindfulness, and emotional well-being.**
- To introduce meditation and yoga as scientifically **supported practices for stress management.**
- To help students **improve concentration, memory retention, and academic performance.**

- To encourage faculty and staff to adopt **healthy lifestyle habits** for **improved work-life balance**.
- To provide **experiential learning** through **guided meditation and yoga practices**.
- **To foster inner peace, self-discipline, and positive thinking among participants.**

5. Resource Person

The session was conducted by **Dr. Acharya Shuddhacittananda Avadhuta Ji**, an esteemed spiritual teacher and meditation practitioner who visited from **Bharatpur, Rajasthan**. Known for his practical and accessible teaching approach, he combines traditional yogic wisdom with modern psychological understanding. Through his vast spiritual experience and interactive teaching style, he guided participants toward understanding the deeper connection between mind, body, and consciousness.

6. Inaugural Session and Director's Address

The program began with the formal welcome of the distinguished resource person and participants. The Director of the institute, **Prof. (Dr.) Darpan Kaushik**, addressed the gathering and emphasized the importance of mental wellness in the present academic and professional environment. The Director highlighted that true education extends beyond academic achievement and includes emotional intelligence, self-awareness, and ethical development. Participants were encouraged to adopt meditation and yoga as daily practices.

7. About the Session

The session was designed as a deeply experiential and knowledge-oriented interaction that connected ancient yogic wisdom with modern scientific understanding of human psychology and well-being. **Dr. Acharya Shuddhacittananda Avadhuta Ji** delivered an insightful discourse explaining how meditation and yoga serve as powerful tools for achieving inner balance, self-awareness, and excellence in personal and professional life.

Understanding Human Instincts and Inner Nature

The resource person began by discussing the concept of human instincts and their influence on behavior, emotions, and decision-making. He explained that human actions are largely governed by instinctive tendencies such as fear, desire, attachment, and ego. Through meditation,

individuals can develop awareness of these instincts and gradually transform reactive behavior into conscious and balanced responses.

Participants were guided to understand that self-control and emotional intelligence arise when one learns to observe thoughts without attachment. Meditation was presented as a practical method for regulating impulses, improving patience, and cultivating a stable and positive mindset.

Brain Activation and Mental Clarity through Meditation

A significant part of the session focused on how meditation influences brain functioning and mental activation. The speaker explained that regular meditation helps activate higher cognitive centers of the brain responsible for concentration, creativity, memory, and decision-making.

He described how yogic breathing and mindfulness practices enhance oxygen supply to the brain, reduce mental fatigue, and improve neural coordination. Meditation was linked with improved focus, reduced anxiety, emotional regulation, and enhanced academic and professional performance. Participants learned that consistent practice strengthens mental resilience and promotes clarity of thought.

Concept of the Seven Chakras and Psycho-Spiritual Balance

One of the central themes of the session was the explanation of the Seven Chakras, described as psycho-spiritual energy centers influencing physical health, emotions, and personality development. The speaker explained each chakra in relation to human behavior and psychological balance:

- **Muladhara (Root Chakra):** Stability, security, and confidence
- **Swadhisthana (Sacral Chakra):** Creativity and emotional expression
- **Manipura (Solar Plexus Chakra):** Willpower, motivation, and self-esteem
- **Anahata (Heart Chakra):** Love, compassion, and emotional harmony
- **Vishuddha (Throat Chakra):** Communication and self-expression
- **Ajna (Third Eye Chakra):** Intuition and mental clarity
- **Sahasrara (Crown Chakra):** Spiritual awareness and higher consciousness

Through meditation practices, participants were guided on how balancing these chakras leads to emotional stability, improved personality traits, and inner harmony

Role of Food and Lifestyle in Meditation and Yoga

The speaker emphasized that inner balance is not achieved only through meditation but also through conscious lifestyle choices, particularly dietary habits. He explained the yogic concept of food influencing mental and emotional states.

A vegetarian (Sattvic) diet was discussed as beneficial for maintaining mental calmness, physical health, and spiritual growth. Participants learned that fresh, natural, and plant-based foods promote clarity of mind, reduce restlessness, and support meditation practices. The importance of moderation, mindful eating, and maintaining purity in food habits was also highlighted.

The session connected nutrition with psychological well-being, explaining that balanced food habits enhance energy levels and support sustained concentration.

Integration of Yoga and Meditation into Daily Life

The resource person encouraged participants to adopt simple daily practices such as mindful breathing, short meditation sessions, and conscious lifestyle habits. He emphasized that yoga is not limited to physical postures but represents a disciplined way of living that harmonizes body, mind, and spirit.

Participants were motivated to practice self-awareness, positive thinking, and regular meditation to achieve long-term inner peace and excellence in academic, professional, and personal domains.

8. Key Highlights of the Program

a) Meditation and Its Benefits (Based on Chakras and Bio-Psychology)

- Explanation of psycho-spiritual energy centers (chakras).
- Meditation as a bridge between psychology and spirituality.
- Techniques for mental peace and academic focus.

b) Yoga – A Way of Life

- Yoga as a holistic lifestyle philosophy.
- Harmony among body, mind, and spirit.
- Preventive healthcare through yoga practice.

c) Practical Learning of Meditation and Yoga

- Guided meditation techniques.
- Breathing exercises (Pranayama).
- Simple yoga postures for daily wellness.

d) Interactive Question–Answer Session

- Discussion on stress management and lifestyle balance.
- Personalized practical guidance.

9. Participation Details

The session witnessed enthusiastic participation from faculty members, administrative staff, and undergraduate and postgraduate students. **Approximately 274 participants** attended and actively engaged in the program.

10. Outcomes and Impact of the Program

- Increased awareness regarding mental health and self-care practices.
- Improved understanding of meditation as a stress-management tool.
- Enhanced motivation toward adopting a disciplined lifestyle.
- Development of emotional resilience and positive thinking.
- Improved focus and interpersonal harmony among participants.

11. Vote of Thanks

At the end of the program, **Mrs. Jaya Bhati, Associate Professor**, delivered the Vote of Thanks and expressed heartfelt gratitude to **Dr. Acharya Shuddhacittananda Avadhuta Ji** for conducting the session. Appreciation was extended to the Director, organizing committee, and all participants. Special thanks were conveyed to **Mr. Parveer Kumar (Pious Hideaways, ATS Homekraft, Sector-150, Noida)** for facilitating the event.

12. Conclusion

The event proved to be highly enriching and impactful for the institutional community. The session inspired participants to adopt meditation and yoga as tools for self-development, emotional balance, and professional excellence, reinforcing the institute's commitment toward holistic education.

13. Event Coordinator

Name: Mr. Chandrakant Dixit

Designation: Assistant Professor, Accurate College of Pharmacy, Greater Noida

14. Photographs





Event Report Made By:

Mr. Chandrakant Dixit
Assistant Professor