

SEMINAR REPORT

Stress Management through Ancient Bharatiya Wisdom

Event Details:

Event Title: Seminar on Stress Management through Ancient Bharatiya Wisdom

Organized by: Human Resource Development Centre, Delhi Technological University

Date: April 4, 2024

Time: 2:00 PM to 4:30 PM

Venue: Pragyan Hall, Second Floor, Administrative Building, DTU

Summary:

The Seminar on Stress Management through Ancient Bharatiya Wisdom was organized by the HRDC, DTU on 4th April 2024. The seminar aimed to explore traditional Indian wisdom as a means to manage stress in contemporary times. It brought together esteemed speaker and participants interested in understanding and applying ancient Indian practices for modern-day stress management.



Key Highlights:

Inaugural Session: The event commenced with a seamless registration process followed by the rendition of the National Anthem, fostering a sense of unity and patriotism among the attendees. Prof. Madhusudan Singh, Registrar DTU extended a warm welcome to the speaker through a sapling.



Welcome Address and Introductions:

- Dr. Pradeep Goyal, Director of HRDC, extended a warm welcome to all participants. He emphasized the significance of exploring traditional Indian wisdom in addressing contemporary challenges like stress.
- Prof. Madhusudan Singh, Registrar DTU delivered a speech underscoring the importance of ancient Bharatiya wisdom in today's context. He highlighted the relevance of integrating traditional knowledge systems with modern approaches to enhance well-being



Keynote Address by Prof. Debi Prasad Mishra:

- Prof. Debi Prasad Mishra, a distinguished academician from IIT Kanpur and NITTTR Kolkata, delivered the keynote address. Drawing from his expertise in aerospace engineering and Indian knowledge systems, he provided valuable insights into leveraging ancient wisdom for stress management. His address was informative and inspiring, offering practical strategies for the audience to implement in their daily lives. Prof. Mishra emphasized the profound teachings of the Bhagavad Gita and how its shlokas offer practical guidance in managing stress and achieving inner peace. He elucidated specific verses and their relevance in navigating the challenges of modern life, highlighting the timeless wisdom encapsulated in the sacred text.



- By incorporating the emphasis on the Bhagavad Gita's shlokas for stress management, the seminar underscored the profound wisdom embedded in ancient Indian scriptures and their applicability in contemporary contexts.

Discussion and Interaction:

- Participants actively engaged in discussions and exchanges, underscoring the relevance of traditional Indian knowledge in addressing contemporary challenges.
- The interactive session fostered a collaborative atmosphere, enhancing the overall learning experience.



Vote of Thanks:

1. Mr. Gour Anunay Ashokkumar, the event coordinator, expressed gratitude to the speakers, participants, and organizers for making the seminar a success. He highlighted key takeaways from the event and encouraged continued exploration of ancient Bharatiya wisdom for holistic well-being.
2. Profound gratitude was extended to Prof. Prateek Sharma, Prof. Madhusudan Singh, and Prof. DP Mishra for their valuable contributions.
3. Special thanks were given to Dr. P.K. Goyal, the Director of HRDC, and the entire organizing team for their meticulous planning and execution.



Feedback:

Positive feedback was received for organizing the workshop as well as regarding content delivered in it.

Conclusion:

The Seminar on Stress Management through Ancient Bharatiya Wisdom was a thought-provoking and insightful event. The Seminar not only explored the broader concept of traditional Indian knowledge but also delved into specific practices such as leveraging the teachings of the Bhagavad Gita for stress management. This holistic approach provided attendees with actionable insights to enhance their well-being and productivity amidst the complexities of modern life. The event concluded with a sense of enthusiasm and commitment to applying ancient wisdom for personal and societal well-being. Dr. Deepali Malhotra efficiently served as the compere for the event, guiding the proceedings with eloquence and expertise. A commendable total of **75 participants** enthusiastically attended the seminar, reflecting the keen interest and engagement of the academic community in stress management. The attendees comprised heads of departments, senior professors, faculty members, staff members, research scholars, and students, representing diverse perspectives and expertise.



Glimpses of the event:





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