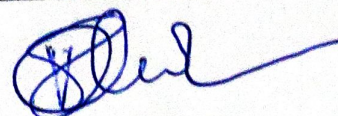


Jaipur Engineering College and Research Centre

Centre of Excellence in Science & Spirituality

Index

S.No.	Particulars	Page No.
1	Report	1/38
2	Annexure 1	3/38
3	Annexure 2	538
4	Annexure 3	7/38
5	Annexure 4	8/38
6	Annexure 5	10/38
7	Annexure 6	19/38
8	Annexure 7	23/38
9	Annexure 8	27/38
10	Annexure 9	31/38
11	Annexure 10	33/38
12	Annexure 11	34/38
13	Annexure 12	+2 Pages



Prof. V. K. Chandna

Principal

PRINCIPAL

Jaipur Engineering College &
Research Centre
Tonk Road, Jaipur-302022



JAIPUR ENGINEERING COLLEGE
AND RESEARCH CENTRE

Centre of Excellence in the area of Science and Spirituality

The Centre of Excellence in the area of Science and Spirituality was inspected on 13th July, 2021 at 12:30 pm and the recording of the same is also attached for your reference.

- This Centre of Excellence was established under the Cognitive Science & Research Initiative of the Department of Science and Technology, Government of India with a grant of INR 42, 56,400/-. (Annexure 1)
- This CoE was inaugurated by Dr. U.S. Agarwal, Principal, SMS Medical College, Jaipur and Dr. BK Mruthyunjaya, Chairman, Education Wing, Rajyoga Education & Research Foundation, Mt. Abu. (Annexure 2)
- Following expert faculty are associated with this CoE:
Mr. Mukesh Agarwal
Ms. ChitraKhandelwal
Mr. Manish Jain
Dr. ShrutiKalra
Ms. Neha Bharti
- Mr. Mukesh Agarwal, Ms. ChitraKhandelwal and Ms. Neha Bharti are full time dedicated to this CoE and they have no teaching load in any department. Declaration of the Head of Institution is also attached for your perusal. (Annexure 3)
- Eleven products have been developed by this CoE. (Annexure 4)
- One research paper has been published through this Centre of Excellence. ((Annexure 5)
- Seven Training sessions have been conducted for students. (Annexure 6)
- Three Faculty Development Program (FDP) sponsored by AICTE and RTU (TEQIPII) have been conducted for the faculty from pan India. (Annexure 7)
- Detailed syllabus of Science and Spirituality training for One week and Six week students program is also analyzed and found satisfactory. (Annexure-8)
- This CoE has also received one consultancy of INR 2.5 lac from Biyani Girls College, Jaipur. (Annexure-9)

Contd..2/-



JECRC Foundation
www.jecrcfoundation.com

Jaipur Engineering College and Research Centre

Approved by AICTE & Affiliated to RTU

JECRC Campus, Shri Ram Ki Nangal,

Via Sitapura RIICO, Opp. EPIP Gate, Tonk Road, Jaipur 302022

t: 0141 2770120, 2770232 f: 0141 2770803 e: info@jecrcmail.com

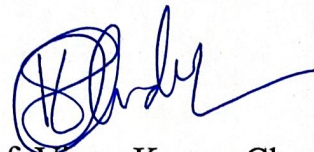
PRINCIPAL

Jaipur Engineering College & Research Centre
Tonk Road, Jaipur-302022

.. 2 ..

- Delegates from twenty six different countries visited the CoE. (Annexure 10)
- Detailed budget, expenditure and future scope is also attached. (Annexure 11)
- The centre is developed to assist students to amalgamate Science and Spirituality. In view of sharing this idea to a larger number of students and masses, expansion of this CoE is also proposed.
- This CoE will also offer free of cost training to underprivileged students.

The recording of CoE Inspection Meeting is also enclosed for your kind perusal.



Prof. Vinay Kumar Chandna

PRINCIPAL

PRINCIPAL
Jalpur Engineering College &
Research Centre
Tonk Road, Jalpur-302022

No.SR/CSRI/131/2012 (G)
Government of India
Ministry of Science & Technology
Department of Science & Technology

Technology Bhavan
New Mehrauli Road
New Delhi-110 016
Dated-17.07.2015

ORDER

Sub: Financial approval of the project under Cognitive Science Research Initiative (CSRI) entitled "Validation and scientific basis of meditation and omics to cure various diseases and their role as therapeutic targets"

PI: Dr. Mukesh Agarwal, Associate Professor, Department of Computer Science & Engineering, Jaipur Engineering College & Research Centre, Jaipur-302022.

Sanction of the President is here by accorded to the above mentioned project at a total cost of ₹42,56,400/- (Rupees Forty Two Lac Fifty Six Thousand Four Hundred only) with a break up ₹12,00,000/- under 'Capital Head' and ₹30,56,400/- under 'General Head' for a duration of Three years. The items of expenditure for which the total allocation of ₹42,56,400/- has been approved for Three years are given below:

Sl. No.	Heads	1 st Year	2 nd Year	3 rd Year	Total
A.	Non-Recurring (Capital Items)				
	Equipment- 4 channel Electromyograph, 32 Channel EEG, Vesta 301i, Energy Field Imaging System, Energy Scanner, Helios 401, Brain Imaging, Projector, Desktop, Printer, Scanner	12,00,000/-	---	---	12,00,000/-
B.	Recurring (General)				
	Fellowship: JRF - 2 @ Rs. 25,000/M for 1 st and 2 nd year & 28,000/M for 3 rd year +HRA @ 20%	7,20,000/-	7,20,000/-	8,06,400/-	22,46,400/-
	Consumables	1,00,000/-	1,00,000/-	50,000/-	2,50,000/-
	Contingencies	40,000/-	30,000/-	30,000/-	1,00,000/-
	Travel	40,000/-	30,000/-	30,000/-	1,00,000/-
C.	Overhead	1,20,000/-	1,20,000/-	1,20,000/-	3,60,000/-
D.	Total of Recurring Grant (B+C)	10,20,000/-	10,00,000/-	10,36,400/-	30,56,400/-
E.	GRAND TOTAL (A+D)	22,20,000/-	10,00,000/-	10,36,400/-	42,56,400/-


2. Overhead expenses are meant for the host institute towards the cost for providing infrastructure facilities and benefits to the staff engaged in the project, etc. Recruitment of JRF will be done as per OM No. SR/S9/Z-09/2012 dated 21.10.2014.

3. Sanction of the grant is subject to the conditions as detailed in website www.dst.gov.in.

4. Sanction of the President is accorded to the payment of ₹10,20,000/- (Rupees Ten Lac Twenty Thousand only) under 'Grant-in-aid General' and ₹12,00,000/- (Rupees Twelve Lac only) under 'Grants for Creation of Capital Assets' to the Principal, Jaipur Engineering College & Research Centre, Jaipur-302022 being first installment of grant for the year 2015-2016 for implementation of the said research project.

Contd.p/-2

15/7/21
(Mukesh A.)


PRINCIPAL
Jaipur Engineering College &
Research Centre
Tonk Road, Jaipur-302022

-2-

5. The expenditure involved is debatable to:

Demand No.86	Department of Science & Technology
3425	Other Scientific Research (Major Head)
60	Others (Sub-Major Head)
60.200	Assistance to other Scientific Bodies (Minor Head)
25	Grants-in-aid for Research & Development Support
25.01	Research & Development Support
25.01.31	Grants-in-aid General for the year 2015-2016 (Plan Expenditure- General)

This release is being made **Research & Development Support Scheme**.

6. The Sanction has been issued under the powers delegated to the Ministries and with the concurrence of IF Division of Department of Science & Technology vide their Concurrence Diary No. C/ 1983 /(IFD)/2015-16 dated 16.07.2015.

7. The institute will furnish to the DST, Utilization certificate and an audited statement of accounts pertaining to the grant immediately after the end of the each financial year. As this is the first grant being released for the project, no previous U/C is required.

8. The Institute will maintain separate audited accounts for the project; if it is found expedient to keep a part or whole of the grant in a bank account earning interest, the interest earned should be reported to DST. The interest thus earned will be treated as a credit to the institute to be adjusted towards further installment of the grant.

9. The amount of ₹ 10,20,000/- (Rupees Ten Lac Twenty Thousand only) as recurring grant will be drawn by the Drawing and Disbursing Officer of the Department of Science & Technology and will be disbursed to the Principal, Jaipur Engineering College & Research Centre, Jaipur-302022 by means of electronic transfer as per the details given below:


Institute Name: Jaipur Engineering College & Research Centre
Bank Name: HDFC Bank Ltd
Account No: 00540330002223
Branch: Ashok Marg, Jaipur
IFSC Code: HDFC0000054

10. As per Rule 211(1) of GFRs, the accounts of the project shall be open to inspection by the sanctioning authority/audit whenever the institute is called upon to do so.

11. There is no due pending UC from the institute for this scheme/project as per the details in the PFMS.


12. Principal Investigator (PI) is directed to acknowledge "research grant" in all publications emerging out of this particular project. For example, "Authors acknowledge Department of Science and Technology, Government of India for financial support vide Reference No. under Cognitive Science Research Initiative (CSRI) to carry out this work."

13. Sanction has been entered at SI. No. in the Register of Grants (2015-16)



(HB Singh)
Scientist-E

Copy forwarded for information and necessary action to:-

1. The Director of Audit (CW & M-II), AGCR Building, IP Estate, New Delhi-110 002.
2. Copy with two spare copies of the sanction to the DDO, DST Cash Section.
3. The Principal, Jaipur Engineering College & Research Centre, Jaipur-302022.
4. Dr. Mukesh Agarwal, Associate Professor, Department of Computer Science & Engineering, Jaipur Engineering College & Research Centre, Jaipur-302022.
5. Pay & Accounts Officer, DST, New Delhi.
6. Accounts Section, DST, New Delhi.
7. Head, CSRI.
8. Sanction Folder.
9. COA, DST, New Delhi.
10. IFD, DST, New Delhi.
11. CSRI Secretariat


(HB Singh)
Scientist-E

9
15/7/21
(Mukesh AG)


PRINCIPAL
Jaipur Engineering College &
Research Centre
Tonk Road, Jaipur-302022



Inauguration

6 Oct - 2016



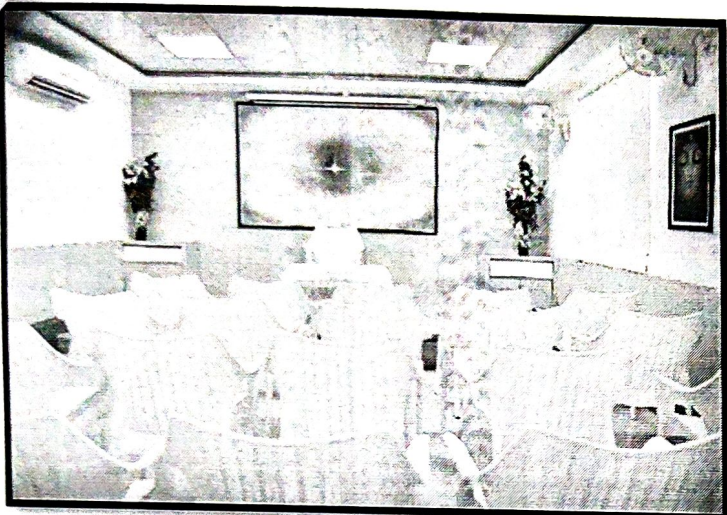
Rajyogi BK Mruthyunjay Ji, Executive Secretary, Brahmakumaris, Dr. U.S. Agarwal, Principal, S.M.S Medical College, Jaipur, BK Sushma, Subzone Incharge, Brahmakumaris, Jaipur, Shri Arpit Agarwal, Director, JECRC Foundation inaugurating Indias First Rajyoga Thought Laboratory at JECRC Campus.

(Mukesh Agr)

(Signature)

PRINCIPAL
Jaipur Engineering College &
Research Centre
Tara Road, Jaipur-302022

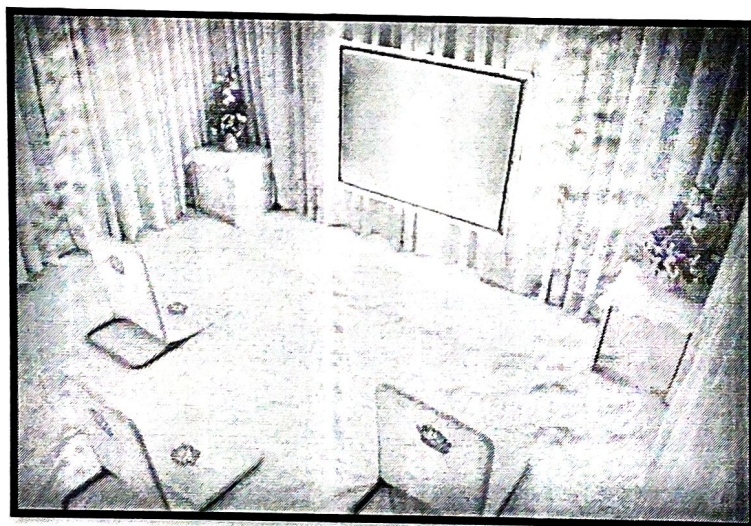
Infrastructure



"Wisdom Hall"



Spiritual Research Cell



Meditation Room




Spiritual Library



Research Lab

15/8/21
(Mukesh Ag.)


PRINCIPAL
Jaipur Engineering College &
Research Centre
Tonk Road, Jaipur-302022



JAIPUR ENGINEERING COLLEGE
AND RESEARCH CENTRE

Ref. No. JECRC/2021/105/57

14/07/2021

To Whomsoever It may Concern

This is to certify that below mentioned members -

1. Shri Mukesh Agarwal
2. Ms. Chitra Khandelwal
3. Ms. Neha Bharti

are looking after the Centre of Excellence of Science & Spirituality and are exclusive to this centre only. They have no other teaching assignment in any department.

Prof. V.K. Chandna
PRINCIPAL

PRINCIPAL
Jaipur Engineering College &
Research Centre
Tonk Road, Jaipur-302022



JECRC Foundation
www.jecrcfoundation.com

Jaipur Engineering College and Research Centre

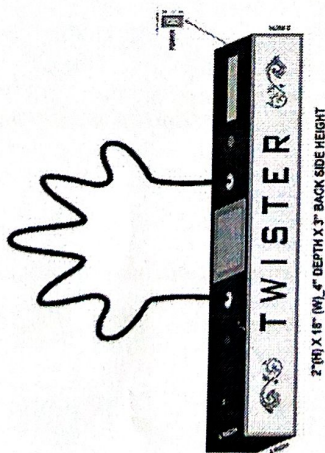
Approved by AICTE & Affiliated to RTU

JECRC Campus, Shri Ram Ki Nangal,

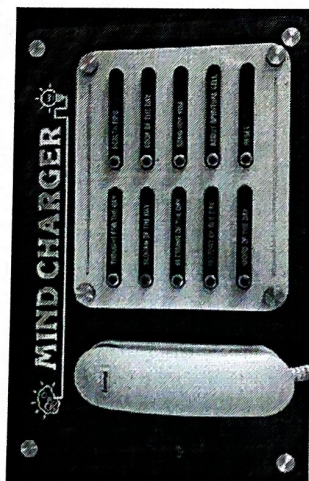
Via Sitapura RIICO, Opp. EPIP Gate, Tonk Road, Jaipur 302 022

t: 0141 2770120, 2770232 f: 0141 2770803 e: info@jecrcmail.com

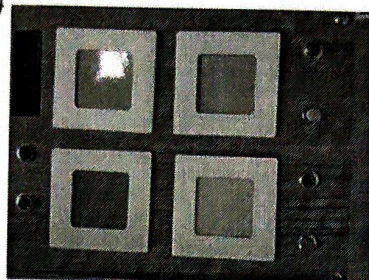
Product Development



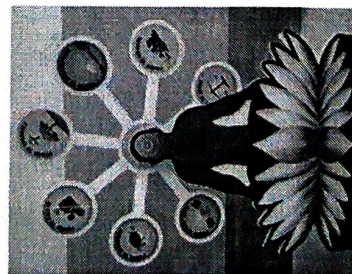
Twister



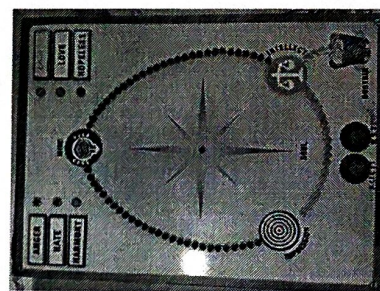
Mind Charger



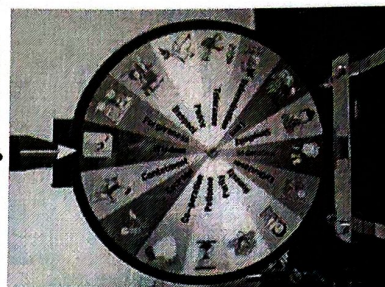
Memory Matrix



Eight Power



Model of Mind (SIM)



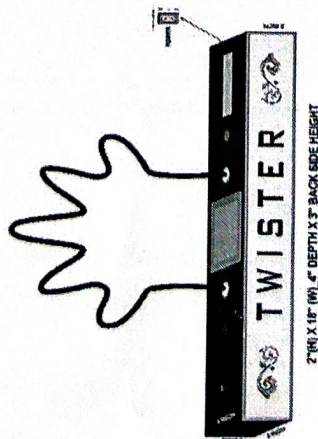
Virtue-scope

[Signature]
PRINCIPAL
Jaipur Engineering College &
Research Centre
Tonk Road, Jaipur-302022

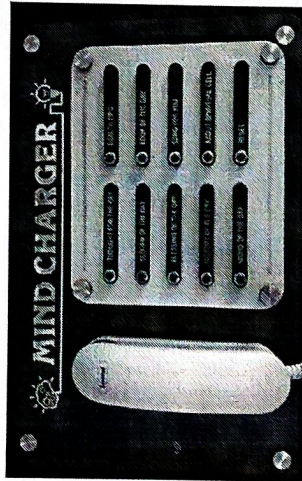
[Signature]
(Nurturing Talent)



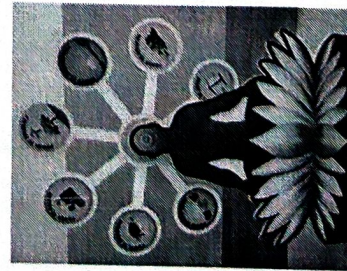
Product Development



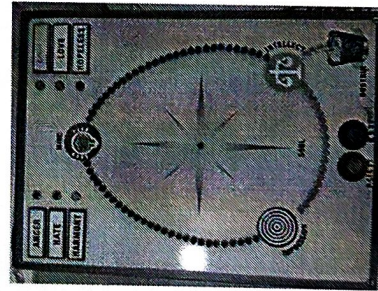
Twister



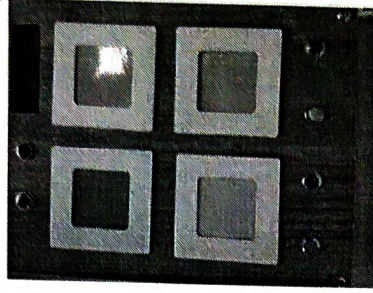
Mind Charger



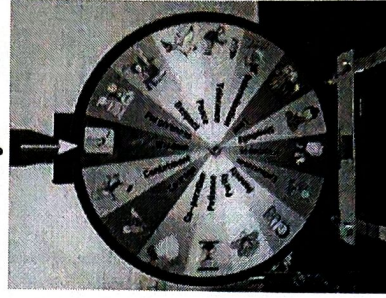
Eight Power



Model of Mind (SIM)



Memory Matrix



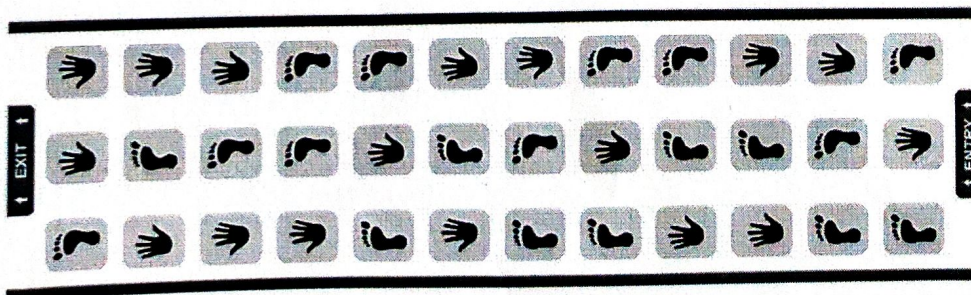
Virtue-scope

[Signature]
PRINCIPAL
Jaipur Engineering College &
Research Centre
Tonk Road, Jaipur-302022

[Signature]
(Nurturing Talent)



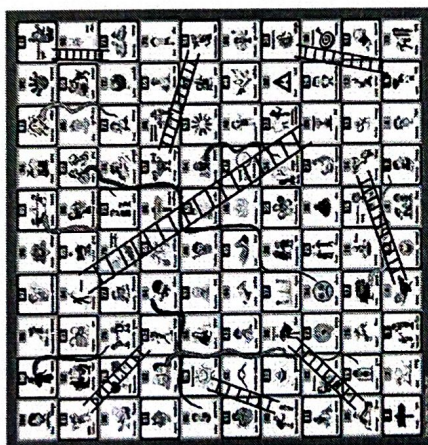
Value Games



Extension
4x16

[Handwritten signature]

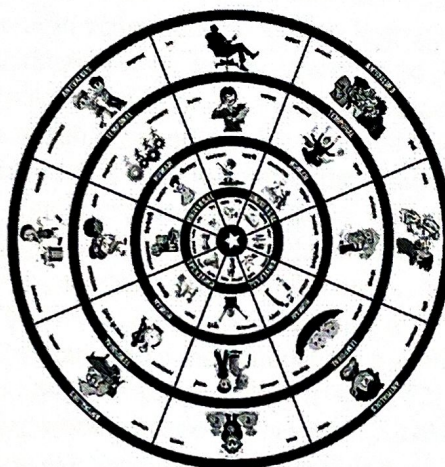
PRINCIPAL
Jai Purn Engineering College &
Research Centre
Jai Purn, Jaipur-302022



12x12 FEET

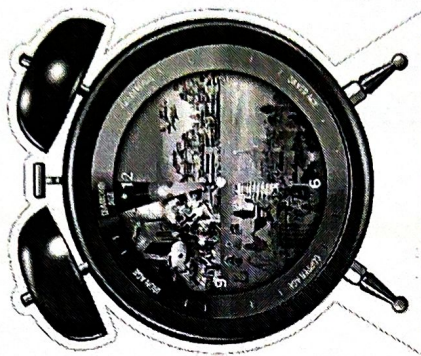


Snake & Ladder



3x3ft

Dart



9.6x12inch

Age Humanity

[Handwritten signature]

A Comparative Study of Mindfulness Between Meditators and Non-meditators



Mukesh Agarwal, Chitra Khandelwal, Aakanksha Desai
and Vinay Kumar Chandna

Abstract Meditation and mindfulness are now getting into trend contributing as the proposed benefactor in various diseases. It has been generally recommended that meditation aids in subsidizing stress levels, improving performance and relationships at home and at workplace apart from any therapeutic benefit. Rajyoga Meditation is one such meditation which is recently being explored for its holistic well-being of the individual. So, there was a need to confirm the significant differences which are attained through the regular practice of meditation. This study is on the comparative analysis between the group of meditators and non-meditators highlights the benefit of meditation. The comparison has been carried out on famous five facets of mindfulness using the FFMQ over demographically similar randomly sampled subjects. Results have a clear indication that meditators have a significant difference in terms of observation ($p < 0.0098$) and non-reactivity ($p < 0.0092$) which are the need of the hour in the demanding work scenarios. It has been concluded that regular practice of meditation may improve these facets of mindfulness. It has also been found that meditators were more judging than non-meditators whose reasons could be found in future research.

Keywords Mindfulness · Rajyoga Meditation · FFMQ

M. Agarwal (✉) · C. Khandelwal (✉) · A. Desai (✉) · V. K. Chandna (✉)
Jaipur Engineering College & Research Centre, Jaipur, India
e-mail: mukeshsir@gmail.com

C. Khandelwal
e-mail: chitra940@gmail.com

A. Desai
e-mail: mysticalaakanksha@gmail.com


V. K. Chandna
e-mail: vinaychandna@yahoo.co.in

© Springer Nature Singapore Pte Ltd. 2019
X.-S. Yang et al. (eds.), *Third International Congress on Information and Communication Technology*, Advances in Intelligent Systems and Computing 797, https://doi.org/10.1007/978-981-13-1165-9_12

133

neelanjan.dey@gmail.com

15/7/21
(Mukesh Ag.)


PRINCIPAL
Jaipur Engineering College &
Research Centre
Tonk Road, Jaipur-302022

1 Introduction

1.1 Meditation

Meditation is regarded as the most useful remedy for reducing stress-related disorders, increasing concentration, and improving overall well-being. Its benefits have been stated in India's ancient literature as well as in modern day treatments. Nowadays, according to the benefits that one wants to reap, there are numerous options available during the selection of type of meditation.

The first studies of meditation's usefulness were for mental diseases and nervousness [1], since then its research has been extended to all areas of well-being. The meditation types that originated in various regions of human civilization can be classified into three types, being open monitoring method, focused attention method [2], and automatic self-transcending [3].

In focused attention method of meditation, the aim is to have selective attention on an object of focus which has been studied in depth by Kabat-Zinn [4]. While in open monitoring method of meditation, there is no focused object but is open to the experiences observing the thought process itself [5].

Rajyoga Meditation is an open monitoring method of meditation and is the technique under consideration for this study. Meditation is a Latin derivative of word "*meditari*" which refers "to measure" and later modified to "*meditat-*" which means "to contemplate." Thus, Rajyoga is the continuous contemplation of the self and the supreme. There is no external focus but internal self-monitoring is in progress to measure quality of self in accordance to qualities of supreme.

1.2 Mindfulness

Mindfulness like meditation has been utilized for therapeutic benefits. Mindfulness is conscious and selective awareness of present-day activities. It assumes that individuals have a choice of awareness to attend and how they act [6]. It is the basic human ability to be fully present, aware of where one is and what one is doing, and not overly reactive or overwhelmed by what is going on around one. Mindfulness is similar to free association [7]. The term mindfulness is often coined in the same context as attention [8] so does the word in Hindi called as Dhyān refers to as meditation. Mindfulness is holding painful thoughts and feelings in balanced awareness rather than over-identifying with them [9]. Being mindful involves being aware of our own feelings, observing the environment, observing the changes that take place around, and describing one's own feelings and thoughts. It is also about not being judgmental about the thoughts or feelings and being non-reactive in variable situations presented by life.

15/7/21
(M. Uth Ag.)

neelanjan.dey@gmail.com



PRINCIPAL
Jalpur Engineering College &
Research Centre
Tonk Road, Jalpur-302022

Table 1 Five facet mindfulness parameters

	Observing	Describing	Acting with awareness	Non-judging	Non-reactivity
Meditators	O	D	A/A	N/J	N/R
Non-meditators	O_1	D_1	A/A_1	N/J_1	N/R_1

Mindfulness is also sometimes referred to as meditation where the attention is focused on either breathing or one form of sensory inputs. Although being mindful is a part of the huge term defined as meditation.

1.3 Objective of Study

To explore the relation between mindfulness and meditation using Five Facet Mindfulness Questionnaire and to compare the mindfulness of meditators and non-meditators.

2 Parameters

2.1 Five Facets Mindfulness Questionnaire

Most often used tool for assessment of mindfulness has been the Five Facet Mindfulness Questionnaire [10]. There had been number of studies to establish that this tool has minimal differential item functioning for meditating and non-meditating demographically matched groups [11] (Table 1).

Observing This parameter measures the effectiveness of individual's ability for staying in present with perceptions, sensations, thoughts, or feelings, even when they are unpleasant or painful, not distracting ourselves.


Describing Being able to describe or label in words our beliefs, opinions, emotions, expectations are measured through this parameter.

Acting with Awareness In this parameter, individual's ability to stay in present with our actions, without distraction as well as bringing that awareness in daily actions.

Non-judging of inner experience Being non-judgmental of own experience is that an individual goes through throughout the day. This parameter suggests that the extent of individual's tendency of judging or remaining non-judging during any situation that is presented.

15/12/21
(Mukesh Ag.)

neelanjan.dey@gmail.com


PRINCIPAL
Jalpur Engineering College &
Research Centre
Tonik Road, Jalpur-302022

Non-reactivity This refers being able to perceive our emotions without reacting to them, without becoming dysregulated.

3 Procedure

Subjects were selected through random sampling method. In total, 54 non-meditators and 54 meditators were assessed through the FFMQ tool under the supervision of psychologist. Both groups of subjects were demographically similar. The population from which the samples of non-meditators are selected randomly from college and the sample selection of meditators is from one of the centers of Brahma Kumaris who practice Rajyoga Meditation. Age of subjects was between 20 and 60 years both male and female. The non-meditators subject group had a minimal qualification of graduation. The meditators with meditation experience of at least 2 years were taken into consideration. The sample group of meditators was limited only to Rajyoga Meditation practitioners.

Primary data source is used as the data is collected directly through the subject groups using FFMQ. It is assumed that whatever data is provided by the subjects is utmost true for the study. The methodology followed for this research has been approved by the JECRC Ethics Committee and follows its ethical standards.

The data is collected and tabulated. Its mean, standard deviation, and range are calculated. Box plots are plotted for both groups using Minitab software.

Hypotheses are assumed that for total mindfulness and for all the five facets there is no difference between the group of meditators and non-meditators. Two sample t test with 95% confidence interval is implemented to test the hypotheses. As per the results, conclusions are inferred.

4 Results

Table 2 shows the t test results for no difference hypothesis testing for meditators and non-meditators on overall mindfulness. The results suggest that the p value (0.184) being more than 0.05, so we may accept that meditators and non-meditators are equal in overall mindfulness but differ in individual facets of mindfulness.

Table 3 shows the t test results for no difference hypothesis testing for meditators and non-meditators on observing facet. The results suggest that the p value (0.0009) is very less than 0.05, so we reject the hypothesis that meditators and non-meditators are equally in skills of observing. Also mean of meditators ($\mu_{M(o)} = 3.996$) is more than non-meditators ($\mu_{NM(o)} = 3.643$). Hence, meditators are better than non-meditators in observing skills.

Table 4 shows the results of hypothesis testing for meditators and non-meditators on describing facet using t test. The results suggest that the p value is more than 0.05,

157721
(Mukesh Ag.)

neelanjan.dey@gmail.com

PRINCIPAL
Jalpur Engineering College &
Research Centre
Tonk Road, Jalpur-302022

Table 2 Analysis for total mindfulness by FFMQ using two sample t test

	Meditators	Non-meditators
Mean	3.359	3.265
Std. deviation	0.379	0.354
Std. error mean	0.052	0.048
df	105	
t stat	1.34	
95% CI for difference	(-0.045485, 0.234374)	
$P(T \leq t)$ two tail	0.184	

Table 3 Analysis for observing facet using two sample t test

	Meditators	Non-meditators
Mean	3.996	3.619
Std. deviation	0.583	0.661
Std. error mean	0.079	0.09
df	104	
t stat	3.15	
95% CI for difference	(0.139790, 0.615765)	
$P(T \leq t)$ two tail	0.002	

Table 4 Analysis for describing facet using two sample t test

	Meditators	Non-meditators
Mean	3.459	3.389
Std. deviation	0.626	0.592
Std. error mean	0.085	0.081
df	105	
t stat	0.6	
95% CI for difference	(-0.162168, 0.302909)	
$P(T \leq t)$ two tail	0.55	

so we may accept the hypothesis and conclude that meditators and non-meditators are equally in skills of describing.

Table 5 shows the t test results of hypothesis testing for the two groups for acting with awareness. The results suggest that the p value is more than 0.05, so we may accept the hypothesis that meditators and non-meditators are equal in skills of acting with awareness. Therefore, non-meditators and meditators may have no significant difference in acting with awareness.

The test results of hypothesis testing for non-judging of inner experience for the two groups are shown in Table 6. The results suggest that the p value is less than 0.05; hence, in skills of being non-judging there is significant difference between both groups. It can also be inferred that non-meditators are better than meditators

9
15/3/24
(Mylcerh Ag.)

neelanjan.dey@gmail.com

PRINCIPAL
Jaipur Engineering College &
Research Centre
Tonk Road, Jaipur-302022

Table 5 Analysis for acting with awareness facet using two sample *t* test

	Meditators	Non-meditators
Mean	3.465	3.319
Std. deviation	0.814	0.75
Std. error mean	0.11	0.1
df	105	
<i>t</i> stat	0.97	
95% CI for difference	(-0.152255, 0.444847)	
P($T \leq t$) two tail	0.333	

Table 6 Analysis for non-judging of inner experience facet using two sample *t* test

	Meditators	Non-Meditators
Mean	2.441	2.728
Std. deviation	0.618	0.568
Std. error mean	0.084	0.077
df	105	
<i>t</i> stat	-2.51	
95% CI for difference	(-0.513637, -0.060437)	
P($T \leq t$) two tail	0.014	

Table 7 Analysis for non-reactivity facet using two sample *t* test

	Meditators	Non-meditators
Mean	3.515	3.257
Std. deviation	0.447	0.651
Std. error mean	0.061	0.089
df	93	
<i>t</i> stat	2.39	
95% CI for difference	(0.043978, 0.470837)	
P($T \leq t$) two tail	0.019	

in the skills of being non-judging because the mean of the non-mediator group is higher than that of mediator group and the calculated test statistic is negative.

The fifth facet, non-reactivity, with the *t* test results is given in Table 7. The test results suggest that as the *p* value is very less than 0.05, so we reject the hypothesis that meditators and non-meditators are equally non-reactive. Moreover, according to the mean specified the non-meditators are found to be more reactive than their counterparts. Similar results are seen from the box plots of the respective test results as shown in Fig. 1 which are individually plotted in Minitab software. It clearly indicates the differences and similarities of all five mindfulness parameters and the total mindfulness score derived from FFMQ.

9
15/7/21
(Mukesh Ag.)

neelanjan.dey@gmail.com


PRINCIPAL
Jaipur Engineering College &
Research Centre
Tonk Road, Jaipur-302022

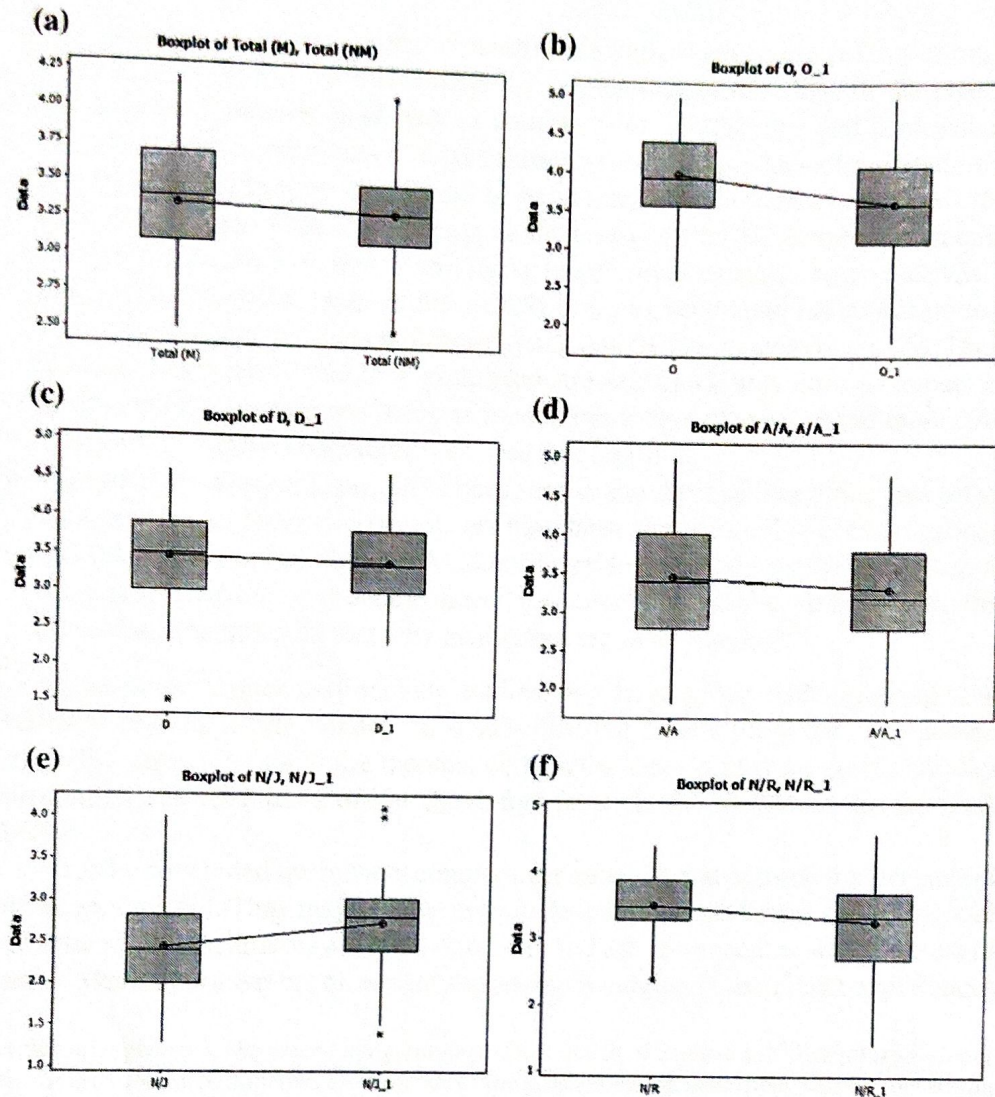


Fig. 1 Box plots of FFMQ parameters. a Total mindfulness, b observing, c describing, e acting with awareness, f non-judgmental, g Non-reactive

5 Conclusions

From the statistical analysis of the stated test results on comparing meditators and non-meditators for mindfulness, the following conclusions are derived:

- Meditators and non-meditators may have no significant difference on the basis of overall mindfulness score as calculated using the Five Facet Mindfulness Questionnaire. But there is a significant difference in individual parameters which are used as per the present context.
- Rajyoga Meditators are very good in observing the experiences as compared to the average non-meditator individual. Learners of Rajyoga Meditation have better

15/7/21
(Mukesh Ag.)

neelanjan.dey@gmail.com

PRINCIPAL
Jaipur Engineering College &
Research Centre
Tonk Road, Jaipur-302022

observing due to increased concentration developed over the period of time through practice. Hence, we say that meditation improves concentration. In the present scenario, there are cases of lack of concentration in student's and professional lives which have a significant impact through sustained practice of meditation.

- Rajyoga Meditators are also found to be non-reactive in various situations that arise in daily life. Hence, practicing meditation is useful for people who require increased resilience or non-reactivity in tough circumstances. Non-reactivity is also a very important value in the current times as very small issues accumulate and creates bigger conflicts which are rising day by day in everyone's life. These conflicts many times results in prolonged stresses which may have an impact on health factor. Accurate practicing of meditation everyday leaves mind more calm and resilient to face challenges with ease and less stress.
- There maybe no significant differences seen in the skills of describing and acting with awareness. These two parameters have been almost equal in both the groups.
- Results also show that Rajyoga Meditators are found to be more judging than an average non-meditator about the inner experience. This maybe a lead to extending the research in this area that why meditators are more judging?

Other future scopes may include studies on a large group with sampling from different regions of the country to standardize the results proposed. The authors may also suggest to study the therapeutic benefits that result from practicing such meditation and usefulness of the above five facets in the meditators overall well-being.

It can be concluded overall that comparing meditators and non-meditators have no difference overall. They maybe same even in describing experiences and acting with awareness. But meditators are good observers and are non-reactive, which are useful traits. Meditators are more observant and are more judging in their inner experiences.

Acknowledgements We extend our gratitude to Department of Science and Technology—Cognitive Science Research Initiative, Government of India, for providing us financial support for carrying out this research. We are also thankful to Dr. Smita Jain for helping us in statistical analysis of this study.

Compliance with Ethical Standards:

Funding: This study was funded by Department of Science and Technology, New Delhi, (SR/CSRI/131/2012).


Conflict of Interest: Mukesh Agarwal declares that he has no conflict of interest. Chitra Khandelwal declares that she has no conflict of interest. Aakanksha Desai declares that she has no conflict of interest. Vinay Kumar Chandna declares that he has no conflict of interest.

Ethical approval: All procedures performed in studies involving human participants were in accordance with the ethical standards of the JECRC Ethics Committee and with the 1964 Helsinki declaration and its later amendments or comparable ethical standards.

Informed consent: Informed consent was obtained from all individual participants included in the study.

9
15/7/21

(Mukesh Ag.)


PRINCIPAL
Jaipur Engineering College &
Research Centre
Tonk Road, Jaipur-302022

References

1. Diekman AJ (1966) Experimental meditation. *J Nerv Ment Dis* 136:329–373
2. Lutz A et al (2008) Attention regulation and monitoring in meditation. *Trends cogn Sci* 12(4):163–169
3. Travis F, Shear J (2010) Focused attention, open monitoring and automatic self-transcending: categories to organize meditations from Vedic, Buddhist and Chinese traditions. *Conscious Cogn* 19(4):1110–1118
4. Kabat-Zinn Jon (1982) An outpatient program in behavioral medicine for chronic pain patients based on the practice of mindfulness meditation: theoretical considerations and preliminary results. *Gen Hosp Psychiatry* 4(1):33–47
5. Bishop SR, Lau M, Shaipiro S, Carlson L, Anderson ND, Carmody J, Devins G (2004) Mindfulness: a proposed operational definition. *Clin Psychol Sci Pract* 11:230
6. Hirst IS (2003) Perspectives of mindfulness. *J Psychiatr Ment Health Nurs* 10(3):359–366
7. Delmonte MM (1990) Meditation and change: Mindfulness versus repression. *Aust J Clin Hypnotherapy Hypn* 11(2):57–63
8. LaBerge D (1995) Attentional processing: the brain's art of mindfulness. Harvard University Press, Cambridge, MA
9. Neff Kristin D (2003) The development and validation of a scale to measure self-compassion. *Self Identity* 2(3):223–250
10. Baer RA et al (2006) Using self-report assessment methods to explore facets of mindfulness. *Assessment* 13(1): 27–45
11. Baer RA, Samuel DB, Lykins EL (2010) Differential item functioning on the Five Facet Mindfulness Questionnaire is minimal in demographically matched meditators and nonmeditators. *Assessment* 18(1):3–10

9
15/7/21
(Mukesh B.)


PRINCIPAL
Jaipur Engineering College &
Research Centre
Tonk Road, Jaipur-302022



**SPIRITUAL RESEARCH CELL
OF**

JAIPUR ENGINEERING COLLEGE AND RESEARCH CENTRE

PRESENTS

THREE DAYS
Student Development Program
ON
CONCENTRATION
ENHANCEMENT
THROUGH
MEDITATION

5th - 7th April 2021

TAKE AWAY

Tips for Concentration Enhancement

Experience Benefits of Meditation

Get a contented life

Reinvent yourself



Scan QR Code



MEETING ID & PASSCODE

will be e-mailed to all the registered participants.

Certificate will be given to all the participants with 75% attendance

REGISTRATION FREE BUT MANDATORY

Faculty Coordinator:
Ms. Chitra Khandelwal
+91 92520 11765

Student Coordinator:
Aastha Agarwal +91 63784 15779
Shashwat Jain +91 85038 67233

[Signature]
PRINCIPAL
Jaipur Engineering College &
Research Centre
Follow Us On
15/3/21
Mukul M. Tonk Road, Jaipur-302022

For more details please contact: src@jecrc.ac.in / rajyogathoughtlab@jecrc.ac.in



JAIPUR ENGINEERING COLLEGE
AND RESEARCH CENTER

**Spiritual Research Cell
Presents**



Webinar on

Digital Wellness

by

Mr. Bala Kishore

VP Transformation, SEARCE Technologies

Divya: 96600 53900

Shashwat: 72299 17955

email: src@jecrc.ac.in

25th November
2020

3:00-4:30PM



link will be
shared to the
registered
candidates.



15/11/21
(Mukul Ar.)

[Signature]
PRINCIPAL
Jaipur Engineering College &
Research Centre
Tonk Road, Jaipur-302022



25th MARCH

ENLIGHTENMENT

Limited Seats! Experiencing
30
Rajyoga
Meditation

Exhibition on
Science &
Spirituality

Psychological
Test

Creative
Activity

25th-26th
MARCH

Time
12:00pm-2:00pm

Basics of
Spirituality
Visiting Spiritual
Center

Memento
Distribution

Contact :-

Ujjwal sharma 9521023532

Piyush Mantri 9116519139

Venue: Spiritual Research Cell

Entry Fee
200/-

RENAISSANCE

• 2018 •

PRIZES
WORTH
8 LACS

STAY TUNED -
FACEBOOK.COM/JECRCRENAISSANCE
INSTAGRAM.COM/JECRCRENAISSANCE
TWITTER.COM/RENJECRC

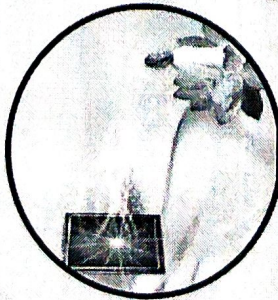
FOR MORE DETAILS:
WE ARE AVAILABLE 24X7 AT : RENAISSANCE@JECRC.AC.IN
FOR REGISTRATION & DETAILS VISIT WWW.JECRCRENAISSANCE.IN



renaissance 19

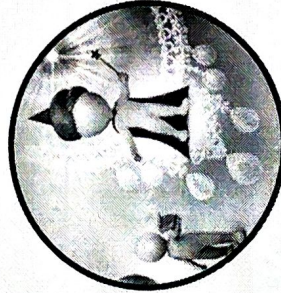
presents

Enlightenment (A 3hrs Workshop)



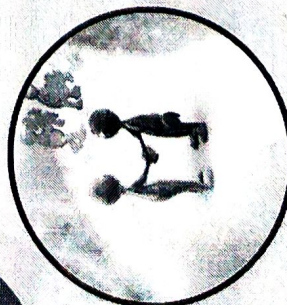
Meditation
Experience

Time:
10:00 A.M- 1:00 P.M

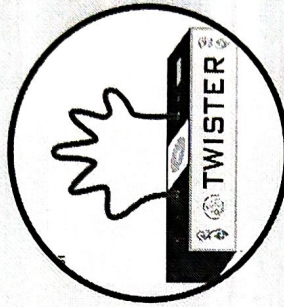


Creative Activity

Venue:
Wisdom Hall ,SRC

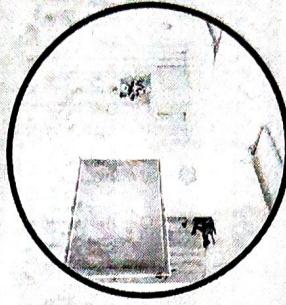


Understanding
Spirituality



Techno Spiritual
Exhibition

Date:
18th March 2019



Visit of
Spiritual Research
Cell

Fee- ₹200



Ujjwal-9521023532
Piyush - 9116519139 (Paytm)

STAY TUNED -
FACEBOOK.COM/JECRCRENAISSANCE
INSTAGRAM.COM/JECRC77-11-2019-IE
TWITTER.COM/RENJECRC

JECRC UNIVERSITY
JUPITER ENGINEERING COLLEGE
AND RESEARCH CENTRE
BUILT YOUR WORLD

FOR MORE DETAILS:
TECHNICAL: +91 82906 18718, SPLASH: +91 8210536087
SPONSORSHIP: +91 9529583644, PROMOTION: +91 95580 19043
WE ARE AVAILABLE 24X7 AT :RENAISSANCE@JECRC.AC.IN
FOR REGISTRATION & DETAILS VISIT :WWW.JECRCRENAISSANCE.IN



JAIPUR ENGINEERING COLLEGE
AND RESEARCH CENTRE

Presents
Sessions
on

THOUGHT MANAGEMENT AND LEADERSHIP

The Power of
Positive Thoughts

Transforming
Challenges into
Opportunities

Meditation &
Stress Management

28th - 30th September 2020



Sister Shivani

Globally Acclaimed
Spiritual Mentor

30th Sep 2020 (2:00 PM)



Sneh Desai

International Motivational
Speaker & Life Coach

29th Sep 2020 (2:00 PM)



Dr. Girish Patel

Renowned Clinical
Psychologist



Dr. EV Swaminathan

Renowned Corporate Trainer
and Consultant



Bala Kishore

VP Transformation,
Seacore Technologies



BK EV Gireesh

Dynamic Trainer &
Counselor

Curator

Ms. Chitra

Call: +91 925201785

Coordinator

Dr. Om Shankar Prajapati

Call: +91 7976221482



Please scan QR code for registration

[CLICK HERE TO REGISTER](#)

Zoom meeting ID and Password will be
sent to all the registered participants



TEQIP-III RTU (ATU)
SPONSORED ONE WEEK

FACULTY DEVELOPMENT PROGRAM
ON

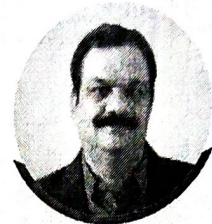
STRESS & ANGER MANAGEMENT

ORGANIZED BY

RAJASTHAN TECHNICAL UNIVERSITY, KOTA
&
JAIPUR ENGINEERING COLLEGE AND RESEARCH CENTRE



Prof. R.A. Gupta
Honble VC RTU



Prof. V. K. Chandna
Principal, JECRC

15th-19th DECEMBER, 2020

TAKE AWAY

❖ LET GO INNER PAIN ❖ WORK LIFE BALANCE ❖ LEARN MEDITATION ❖ EXPERIENCE PEACE



Rajyogi BK Surya
Senior Rajyoga Faculty
Mount Abu



Devi Chitralekha
Spiritual Speaker
Haryana



Sister Usha
Stress Management Trainer
Abu Road



Dr. Avdesh Sharma
Consultant Well-Being
Psychiatrist, Delhi



Dr. Suresh Gupta
Senior Professor (Psychiatry)
Psychiatric Centre &
SMS Medical College Jaipur



Sister Chandrakala
Incharge, Brahma Kumaris,
Vaishali Nagar, Jaipur



Dr. Mohit Gupta
Cardiologist, GB Pant Hospital
Delhi



Dr. EV Swaminathan
Renowned Corporate Trainer
& Consultant, Kerala



BK EV Gireesh
Dynamic Trainer & Counselor
Mumbai



Balakishore
VP Transformation,
Seacore Technologies
Hyderabad

Click here to register

📺 ZOOM MEETING ID & PASSCODE will be e-mailed to all the registered participants.

[Signature]
PRINCIPAL
Jaipur Engineering College &
Research Centre


COORDINATOR: DR. B. D. GIDWANI, RTU +91 946011 9790 | MS. CHITRA, JECRC +91 92520 11765

*21/12/20
(Muzam)*



**AICTE SPONSORED FACULTY DEVELOPMENT PROGRAMME ON
PRODUCTIVITY ENHANCEMENT THROUGH MEDITATION**

Session Topic Schedule

DAY	DATE	10:00 - 11:30	12:00 - 1:30	3:00 - 4:30
DAY - 1	MONDAY 24th May 2021	Inauguration Chief Guest Dr. M.P. Poonia , VCM, AICTE Sh. EV Gireesh - Keynote Speaker Motivational Speaker, Mumbai	Dr. Manpreet Singh Manna How to make oneself productive: Tools to unlock your skills	Sister Sneha Journaling for Emotional and Psychological Stability
DAY - 2	TUESDAY 25th May 2021	Sh. EV Gireesh Emotional Intelligence and Productivity	Dr. Mohit Gupta Creating a conscious future	Dr. Anurag Joshi Stress management: A scientific approach
DAY - 3	WEDNESDAY 26th May 2021	Sh. Balakishore Digital Wellness	Prof. Vedvyas Diwedi Productivity Enhancement in Higher Education	Dr. Mandeep Singh Cognitive Enhancement through Meditation
DAY - 4	THURSDAY 27th May 2021	Sh. Balakishore Sleep in Digital Age	Ms. Ritu Thakkar Unleashing the potential	Mukesh Agarwal Rajyoga Thought Lab
DAY - 5	FRIDAY 28th May 2021	Sister Chandrakala Powers for adapting to the new ecosystem	Dr. Manpreet Singh Manna Role of 5 quotients to make the workplace a place of creativity	 Online Test and Feedback

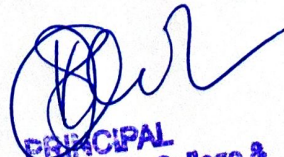
(Mukesh Agarwal)
15/05/21
Principal
Jawahar Education Centre for Research &
Innovation
Tarak Road, Jaipur-302022



Spiritual Event @ SRC

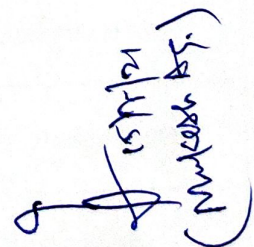
- FDP on Thought Management and Leadership (RTU, TEQIP-III)
- FDP on Stress & Anger Management (RTU, TEQIP-III)
- Productivity Enhancement through Meditation (AICTE)
- SDP on Concentration Enhancement through meditation
- SDP on Enlightenment annual event during Renaissance
- Self Empowerment through meditation for students

15/12/21
(Munesh K. J.)


PRINCIPAL
Jaipur Engineering College &
Research Centre
Tonk Road, Jaipur-302022

One Week Training Program (Fee 1000/-)

Day	Session 1 (90 Min.)	Session 2 (90 Min.)	Session 3 (90 Min.)
Day 1	Importance and types of thoughts	Understanding the concept of SIM	Science of Meditation & Introduction to Aura Scanning
Day 2	Uplifting self esteem	Over-coming Anger and anxiety	Introduction to Karada Scanning
Day 3	Connection with the power source	Healthy and Happy Lifestyle	Opportunities of Technical Hardware Projects in Spirituality
Day 4	Meditation for inner stability	Experiential learning	Product development using Raspberry-Pi
Day 5	Over-coming examination fear	Digital Wellness	Product development using Arduino
Day 6	Activity: Charging Food	Journey for a new beginning	Spiritual Product development using sensors

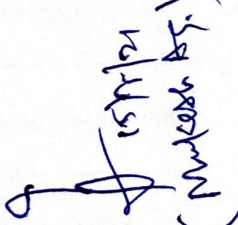

 (Principal)



PRINCIPAL
 Jaipur Engineering College &
 Research Centre
 Tonk Road, Jaipur-302022

One Week Training Program (Fee 1000/-)

Day	Session 1 (90 Min.)	Session 2 (90 Min.)	Session 3 (90 Min.)
Day 1	Importance and types of thoughts	Understanding the concept of SIM	Science of Meditation & Introduction to Aura Scanning
Day 2	Uplifting self esteem	Over-coming Anger and anxiety	Introduction to Karada Scanning
Day 3	Connection with the power source	Healthy and Happy Lifestyle	Opportunities of Technical Hardware Projects in Spirituality
Day 4	Meditation for inner stability	Experiential learning	Product development using Raspberry-Pi
Day 5	Over-coming examination fear	Digital Wellness	Product development using Arduino
Day 6	Activity: Charging Food	Journey for a new beginning	Spiritual Product development using sensors


 (Principal A.S.)



PRINCIPAL
 Jaipur Engineering College &
 Research Centre
 Tonk Road, Jaipur-302022

Two Week Training Program (Fee 2000/-)

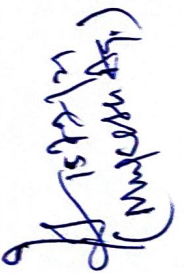
#	Session 1 (Technical)	Session 2 (Spiritual)	Session 3 (Project)
Day 1	Electronic Components Overview	Science of Meditation	Karada scanning
Day 2	Introduction to Arduino and Raspberry Pi	Importance and types of thoughts	Science of Aura
Day 3	Interfacing arduino with Raspberry Pi	Understanding the concept of SIM	Aura Scanning
Day 4	Implementation of IoT with Arduino and Raspberry	Connection with the power source	Analysis of Aura Scanned
Day 5	Setting and Configuring the board	Uplifting self esteem	Brain Wave Analysis using EEG
Day 6	Controlling LED using Raspberry Pi	Healthy and Happy Lifestyle	Nerve Conduction Velocity using EMG
Day 7	Basics of Python for IoT Applications	Activity: Charging Food	Experiment: Discovering peace in action
Day 8	Python Programming-1	Meditation for inner stability	Response-Ability in roles and relationships
Day 9	Python Programming-2	Over-coming Anger and anxiety	Experiment: A closer look at my actions
Day 10	Python Programming-3	Digital Wellness	Importance of Daily Spiritual Studies
Day 11	Python Programming-4	Handling stress	Experiment: Power of good wishes
Day 12	OCEAN Personality Test	Over-coming examination fear	Digital detoxification
Day 13	How to Prepare Detailed Business Plan / LMC	Gift of Values	Experiment: Charging water
Day 14	Product Costing and Cost Consciousness & Profitability & Balance Sheet	Faith in adversity	Sleep in digital age
Day 15	IPR Awareness	Rajyoga Meditation	Sharing Feedback

15/7/21
(Mukesh B)


PRINCIPAL
 Jaipur Engineering College &
 Research Centre
 Tonk Road, Jaipur-302022

Six Weeks Summer Internship Program (Fee - 5000/-)

S. No.	S1 (Spiritual Science)	S2 Science & Technology	S3 (Project)
	9:00 - 10:30	10:30 - 12:00	1:00 - 2:30
1	Science of Meditation	Karada scanning	Dimensions of Projects in Science and Spirituality
2	Importance and types of thoughts	Science of Aura	Opportunities of Projects in Value Games
3	Understanding the concept of SIM (1)	Aura Scanning	Opportunities of Projects in Audio Visual Perspective
4	Understanding the concept of SIM (2)	Analysis of Aura Scanned	Gesture Controlled Projects
5	8 step method for concentration	Brain Wave Analysis using EEG	Opportunities of projects in sensor based applications
6	Connection with the power source	Nerve Conduction Velocity using EMG	Opportunities of projects in emotion recognition
7	Self-Esteem: Learning to believe in myself	Electronic Components Overview	Automation
8	Healthy and Happy Lifestyle (1)	Introduction to Arduino and Raspberry Pi	Understanding Design Softwares
9	Healthy and Happy Lifestyle (2)	Interfacing arduino with Raspberry	Printing and Cutting Technologies
S. No.	S1 (Spiritual Science)	S2 Science & Technology	S3 (Project)
	9:00 - 10:30	10:30 - 12:00	1:00 - 2:30
10	Healthy and Happy Lifestyle (3)	Implementation of IoT with Arduino and Raspberry	Brainstorming-1
11	Understanding the Universal Time Cycle	Setting and Configuring the board	Brainstorming-2
12	Karma Philosophy: Answer to many questions (1)	Controlling LED using Raspberry Pi	Brainstorming-3
13	Karma Philosophy: Answer to many questions (2)	Basics of Python for IoT Applications	Brainstorming-4
14	Mind Drills	Python Programming Environment	IPR Awareness
15	Experiment: Discovering peace in action	Python Programming - I	IPR Expert in Product Development
16	Response-Ability in roles and relationships	Python Programming - II	IPR Expert in Product Design
17	Experiment: A closer look at my actions	Python Programming - III	Hands on working
18	Importance of Daily Spiritual Studies	Python Programming - IV	Hands on working


 (Principal's Sign)

S. No.	S1 (Spiritual Science) 9:00 - 10:30	S2 Science & Technology 10:30 - 12:00	S3 (Project) 1:00 - 2:30
19	Experiment: Power of good wishes	Sensing the world	Hands on working
20	Digital detoxification	Communication with the world	Hands on working
21	Experiment: Charging water	Art to Speech Converters Application	Hands on working
22	Sleep in digital age	Use: Personal Meditation Assistant	Hands on working
23	Experiment: Sharing feelings	MBTI Personality Test	Hands on working
24	Yogaasan-1	OCEAN Personality Test	Hands on working
25	Yogaasan-2	Developing Entrepreneurial Competencies - Product Development and MVP	Project Testing
26	Yogaasan-3	How to Prepare Detailed Business Plan / LMC	Project Testing
27	Pranayam-1	Market Survey: Questionnaire Preparation Tools, Techniques and Guidelines	Project Testing

Handwritten signature: *(Signature)*

PRINCIPAL
Jalpur Engineering College &
Research Centre
Tonk Road, Jalpur-302022

BIYANI**GROUP OF COLLEGES**

ACCREDITED BY NAAC - GRADE 'A'

Run by Biyani Shikshan Samiti



- ❖ Biyani Girls College
- ❖ Biyani Institute of Science & Mgmt. for Girls
- ❖ Biyani School of Nursing & Paramedical Science
- ❖ Biyani Girls B.Ed. College
- ❖ Biyani College of Science & Mgmt. (Co-Ed.)
- ❖ Biyani Law College (Co-Ed.)
- ❖ Biyani Institute of Skill Development (Co-Ed.)
- ❖ Biyani Institute of Pharmaceutical Sciences (Co-Ed.)
- ❖ Biyani Institute of Yoga & Naturopathy (Co-Ed.)
- ❖ Biyani Pvt. ITI (Co-Ed.)

BIYANI
Where you can trust

Approved by UGC, AICTE, NCTE, INC, PCI, QCI & Bar Council of India • Affiliated to :- • University of Rajasthan • Rajasthan Technical University
• Rajasthan University of Health Sciences • Rajasthan ILD Skill University • Jagadguru Ramanandacharya Rajasthan Sanskrit University

Ref.: BGC/2021-22/135

Dated: 08.04.2021

Prof. Dr Vinay Kumar Chandna,
Principal JECRC,
Tonk Road, Jaipur

Subject : Consultancy for establishing and operating Rajyoga Thought Laboratory at our campus

Dear Sir,

This is to inform you that a team of our faculty members visited Spiritual Research Cell – A Rajyoga Thought Laboratory situated at JECRC campus and highly inspired to develop such facility in our campus. We wish to work in this direction and looking for the various possibilities of support from the experts of Spiritual Research Cell at JECRC.

Further, we had an in-house meeting with our management and faculty members in which we came to a conclusion that it would be great if we can get some consultancy from your side in this matter. Please let us know the commercials involved along with the details to proceed in this matter. We need consultancy in the following areas:

1. Layout of Rajyoga Thought Lab
2. Equipment
3. Spiritual Library
4. Tools for creating spiritual ambience

Regards,

Dr. Sanjay Biyani
Dr. Sanjay Biyani
Director (Academics)

9/15/21
(M. W. Keshav A. G.)

Principal
Principal
Jalpur Engineering College &
Research Centre
Tonk Road, Jaipur-302022





- ❖ Biyani Girls College
- ❖ Biyani Institute of Science & Mgmt. for Girls
- ❖ Biyani School of Nursing & Paramedical Science
- ❖ Biyani Girls B.Ed. College
- ❖ Biyani College of Science & Mgmt. (Co-Ed.)
- ❖ Biyani Law College (Co-Ed.)
- ❖ Biyani Institute of Skill Development (Co-Ed.)
- ❖ Biyani Institute of Pharmaceutical Sciences (Co-Ed.)
- ❖ Biyani Institute of Yoga & Naturopathy (Co-Ed.)
- ❖ Biyani Pvt. ITI (Co-Ed.)

Approved by UGC, AICTE, NCTE, INC, PCI, QCI & Bar Council of India • Affiliated to :- • University of Rajasthan • Rajasthan Technical University
 • Rajasthan University of Health Sciences • Rajasthan ILD Skill University • Jagadguru Ramanandacharya Rajasthan Sanskrit University

Ref.: BGC/2021-22/136

Dated: 18.04.2021

Prof. Dr. Vinay Kumar Chandna,
 Principal JECRC,
 Tonk Road, Jaipur

Subject : Acceptance for consultancy proposal for Rajyoga Thought Laboratory at our campus

Dear Sir,

After going through the detailed proposal vide letter dated 14 April, 2021 and as per discussion with our experts and team we accept your proposal and agree to your commercials. Kindly spare both the experts from your side for this work.

The amount INR 250000 (Two lakh fifty thousand) is inclusive of all taxes will be paid to JECRC Foundation. After completion of work. The next meeting on the progress will be held in the month December, 2021. The project is to be completed by June 2022.

Dr. Neha Pandey, Principal will be the SPOC for further communications from our side.

Looking forward to initiate this work at the earliest possible.

Regards,

Dr. Sanjay Biyani
 Dr. Sanjay Biyani
 Director (Academics)

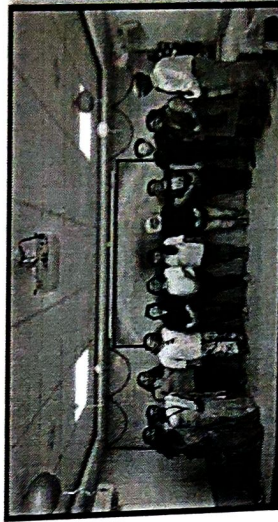
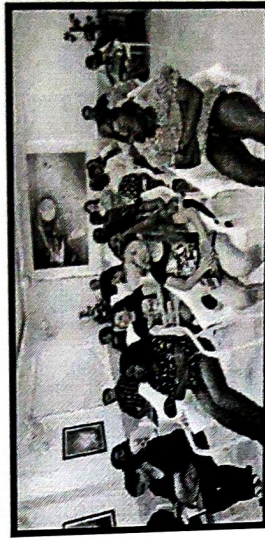
Mukesh Ag.
 15/7/21
 (Mukesh Ag.)

Principal
 PRINCIPAL
 Jalpur Engineering College &
 Research Centre
 Tonk Road, Jaipur-302022



International Delegates (Participants from 26 countries visited SRC)

International Visitors					
Sr. No.	NAME OF THE PARTICIPANT	COUNTRY	Sr. No.	NAME OF THE PARTICIPANT	COUNTRY
1	Mr. Faheem Mominzoda	Afghanistan	14	Mrs. Thanh Truc Tran	Vietnam
2	Mrs. Kamrun Naher	Bangladesh	15	Mr. Obed Attah Yeboah	Ghana
3	Mr. Sonam Lhendup	Bhutan	16	Mrs. Angela Matsinhe, Mr. Benedito Diche, Mrs. Vania De Lurdes Alfredo	Mozambique
4	Mr. Jose Miguel Rodriguez Castellon, Ms. Tathiana Vanesa Sanchez Nieto	Colombia	17	Ms. Chinyere Dymyona Ekechukwu, Mr. Ahmed Salisu Sanusi	Nigeria
5	Ms. Hala Mahmoud Rashad Salama Shaker	Egypt	18	Mr. Gervais Richard Ntahamba, Ms. Lulu Adam Masanja, Mr. Aliy Kibona	Tanzania
6	Mr. Nestor Tamba Tolno	Guinea	19	Mr. Collins Kasampi	Zambia
7	Mrs. Algerim Shaimova, Ms. Kamar Kozhakmetova	Kazakhstan	20	Mr. Kallash Ladfha	Bangkok
8	Ms. Nurgul Sydykova, Mr. Talasbek Dzhushev	Kyrgyzstan	21	Mr. Girl Agarwal	USA
9	Ms. Ramatou Boubacar Hassane	Niger	22	Ms. Latitia	France
10	Mr. Yuri Caverro, Ms. Karla Ines Calderon Mayo	Peru	23	Juliamila Martinez	Valencia, Spain
11	Ms. Susana Deril	Russia	24	Charlie Hogg	Australia
12	Ms. Yosra Hassyaoui, Ms. Fatma Triki	Tunisia	25	Mr. Sanjeev Ohri	London
13	Mr. Khurram Olloyorov	Uzbekistan	26	Dr. Gerald Luttgen	Germany



Fee Structure

Training Programs

S. No.	Activity	No of Student	Fee per student	Quantity	Amount
1	One Week Training Programming	25	1000	4	100000
2	Six weeks Summer Internship	50	5000	1	250000
3	Two Weeks Winter Internship Program	50	2000	1	100000

15/7/21
Principal
Jaipur Engineering College &
Research Centre
Tonk Road, Jaipur-302022
(Mukesh Ag.)

Revenue generation

S. No.	Activity	Year-1		Year-2		Year-3		Year-4		Year-5	
		No. of Programs	Amount	No. of Programs	Amount	No. of Programs	Amount	No. of Programs	Amount	No. of Programs	Amount
1	Portable Meditation Hut	1	200000	2	400000	3	600000	4	800000	5	1000000
2	Thought Laboratory	-	0	1	50000	1	55000	1	60500	1	66550
3	One Week Training Programming	4	100000	4	110000	4	121000	4	133100	4	146410
4	Six Weeks Summer Internship Program	1	250000	1	275000	1	302500	1	332750	1	366025
5	Two Weeks Winter Internship Program	1	100000	1	110000	1	121000	1	133100	1	146410
6	Income from CSR/Govt schemes/NGO	-	-	-	-	-	-	-	-	-	3000000
Total		7	650000	9	945000	10	1199500	11	1459450	12	4725395

15/7/21
(Mukesh Bg)

PRINCIPAL
Jaipur Engineering College &
Research Centre
Tonk Road, Jaipur-302022

Expenditure

S. No.	Activity	Year-1		Year-2		Year-3		Year-4		Year-5	
		No. of Programs	Amount	No. of Programs	Amount	No. of Programs	Amount	No. of Programs	Amount	No. of Programs	Amount
1	Mobile Thought Laboratory	-	0	-	0	-	0	-	0	1	4000000
2	Portable Meditation Hut	1	150000	2	300000	3	450000	4	600000	5	750000
3	Thought Laboratory	-	0	1	25000	1	25000	1	25000	1	25000
4	Science and Spiritual Exhibition Center	-	0	1	200000	-	180000	-	198000	-	217800
5	Product Development	2	50000	3	75000	4	100000	5	125000	5	150000
6	One Week Training Programming	4	100000	4	100000	4	100000	4	100000	4	100000
7	Six Weeks Summer Internship Program	1	250000	1	250000	1	250000	1	250000	1	250000
8	Two Weeks Winter Internship Program	1	100000	1	100000	1	100000	1	100000	1	100000
9	Patent Filing	1	100000	1	100000	1	100000	1	100000	1	100000
Total		10	750000	14	1150000	15	1305000	17	1498000	19	5692800

15/12/21
(Mukesh Agr.)


PRINCIPAL
Jaipur Engineering College &
Research Centre
Tonk Road, Jaipur-302022

Balance Sheet

	Year-1	Year-2	Year-3	Year-4	Year-5	GT
Revenue generation	650000	945000	1199500	1459450	4725395	8979345
Expenditure	750000	1150000	1305000	1498000	5692800	10395800
Total	-100000	-205000	-105500	-38550	-967405	-1416455

Institute will contribute 15 lacs in next 5 years for the CoE

15/7/21
(Mukesh A. P.)


PRINCIPAL
Jalpur Engineering College
Research Centre
Tonk Road, Jalpur-302022

Future Expansion

CoE in Science and Spirituality(Five Years Plan)

S. No.	Activity	21-22	22-23	23-24	24-25	25-26	Objective
1	Mobile Thought Laboratory	-	-	-	-	1	To sensitize the mass about science and spirituality through Mobile Exhibition
2	Portable Meditation Hut	1	2	3	4	5	To develop low cost meditation room for education institutes with technological support
3	Thought Laboratory	-	1	1	1	1	To develop centre of Science and Spirituality in other institutes through consultancy
4	Science and Spiritual Exhibition Center	-	1	-	-	-	To establish an state of art exhibition center of S&S
5	Product Development	2	3	4	5	5	To develop new products for commercialization
6	Startups	1	1	1	1	1	To encourage one startup annually in the field of Science and spirituality
7	One Week Training Programming	4	4	4	4	4	To improve students concentration and EQ level
8	45 days Summer Internship Program	1	1	1	1	1	To Encourage the students towards product development and entrepreneurship
9	15days Winter Internship Program	1	1	1	1	1	To develop the science and spritual concept in students and hill their inner life
10	Patent Filing	1	1	1	1	1	To safeguard the intellectual property rights


PRINCIPAL
 Jaipur Engineering College &
 Research Centre
 Tonk Road, Jaipur-302022

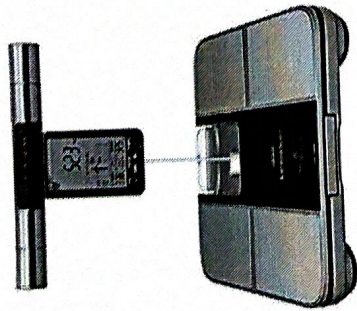
Available Equipment Budget

Equipment of Spiritual Research Cell, JECRC							
S No	Item	Model & make	Amount	S No	Item	Model & make	Amount
1	Digital Meditation	HPP PC 280g1MT Core i5 4590S(J7V61AV) Monitor HP Business TFT, 18.5" G9W86AA	154560	15	Karada Scan	Omron HBF 701	7300
2	4 Channel EMG	Clarity Medicals MG-TRSN-0082 LT Dell 5558/C1-5/8/1TB/4GB/W8 5QJJY52	252900	16	BP Monitor	Omron HEM-7120	1800
3	32 Channel EEG	Clarity Medicals UHBI-TGTE-0039 LT Dell 5558/C1-5/8/1TB/4GB/W8	53075	17	Glucom eter(2)	Omron (HGM-111), OneTouch (SN SAJVP71V)	3513
4	Printer	HP 1025 Color	14532	18	Slide Presenter	2.4ghz Wireless	2500
5	Printer	HP Laser jet 1020	8050	19	Stature Meter	Height Measuring scale Tape 200 cm, Wall mounted	499
6	Desktop (2)	HP PC 5500176 IL	87000	20	Energy Field Imaging System Bio Field Viewer Bio-well GDV	Biofield Viewer 3.0 Bio-well FTWZ17L	195000
7	Projector	EPSON EW 5300	72135	21	Tripod	Photon Tripod Stedy-450 With Pan Head 4.5' B00DM7XU98	849
8	Scanner	HP Scanjet 200	4575	22	Webcam	Webcam : Logitech C920 HD Pro Webcam	9065
9	UPS	Neumeric, 12 V, 32 Amp, 600VA Digital 600EX-V	4500	23	Headset(3)	MDR-ZX110A On-Ear Stereo Headphone	1797
10	Storage Device	External HDD 1TB Seagate PD Sony(2), HP(2) and Sandisk(1), 8GB	6704	24	Fitbit	Wrist based heart rate tracking Fitbit Charge 2 wireless activity tracker and sleep wrist band	14999
11	Projection Screen	Prime 4X6 American MW Motorised	6330	25	Personal Meditation Assistant Device - Muse	Real time state of mind feedback Muse	18135
12	Scanner	HP200	4575	26	Bio Feedback System	Relax 701	206145
13	Meditation Chairs	Supreme Cambridge Furniture	53959	27	Full Spectrum Light	72-0890 Sunlight Lamp	6500
14	Meditation Translight	LED Translight 4'X3' Bord	10900	Total			1201897

(Nureh Ag.)

PRINCIPAL
Jaipur Engineering College &
Research Centre
Tara Road, Jaipur-302012

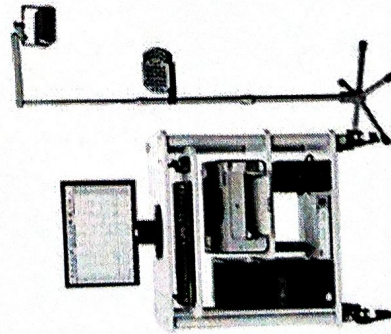
Available Equipment



KaradaScan
(HBF-701)



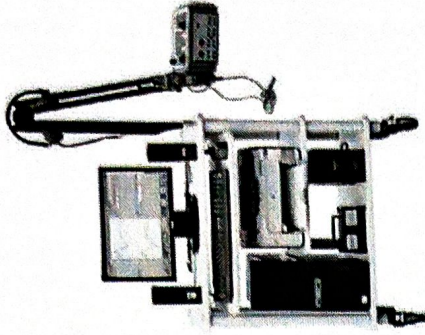
Muse
Personal Meditation Assistant



Electroencephalograph
(EEG)



VR Box
3D Meditation



Electromyogram
(EMG)



Bio-well GDV
Aura Scanner

15/12/21
(Prakash A.)


PRINCIPAL
Jalpur Engineering College &
Research Centre
Tons Road, Jalpur-302022