

A report  
Research & Development cell,  
Birla Vishvakarma Mahavidyalaya  
Organizes  
a lecture  
on

**“Joy Peace and Happiness are Natural – How to Harness ”**

**14<sup>th</sup> November 2022**

**10:30 am to 11.30 am**



**Organised By:**  
**Birla Vishvakarma Mahavidyalaya (Engineering College)**  
**[An Autonomous Institution]**  
**Vallabh Vidyanagar – 388120**

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## EVENT

<b>Event Name</b>	Joy Peace and Happiness are Natural – How to Harness
<b>Date</b>	14 <sup>th</sup> November 2022
<b>Duration</b>	10:30 am to 11.30 am
<b>Event Coordinator</b>	Dr A K Verma, Dr M E Shimpi & Dr D R Bhatt
<b>Number of Participants</b>	325

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### Objective:

- Awareness of how to be joyful, peaceful in day to day life
- Awareness of inner happiness and importance of spirituality in our stressful life

### About the program:

R & D, B.V.M had organized BVM Engineering College sponsored student development program on “Joy Peace and Happiness are Natural – How to Harness” on 14<sup>th</sup> November 2022. The event was organized for students of First year B.Tech and M.Tech. The program was coordinated by Dr A K Verma, Dr M E Shimpi, Dr D R Bhatt and Dr V A Arekar.

### Opening ceremony:

The Event started with the welcoming speech of Dr M E Shimpi, Associate Dean R & D Cell, BVM Engineering College. Prof. (Dr.) A K Verma sir gave a brief introduction of Dr. Mohandas Hegde, the expert, to the participants. Dr. Mohandas Hegde is M A PhD in Heartfulness, director of Heartfulness Research Centre, Bangalore. He concentrates on managerial training for 25 years. Besides, he has presented and published more than 15 research papers at national & international conferences. Sir also supervises doctoral thesis act as a guide Interdisciplinary aspects and conducted counselling sessions in corporate & Academic institutions in Gulf countries and India.

### Event Expert:

- Dr. Mohandas Hegde  
Director of Heartfulness Research Centre, Bangalore



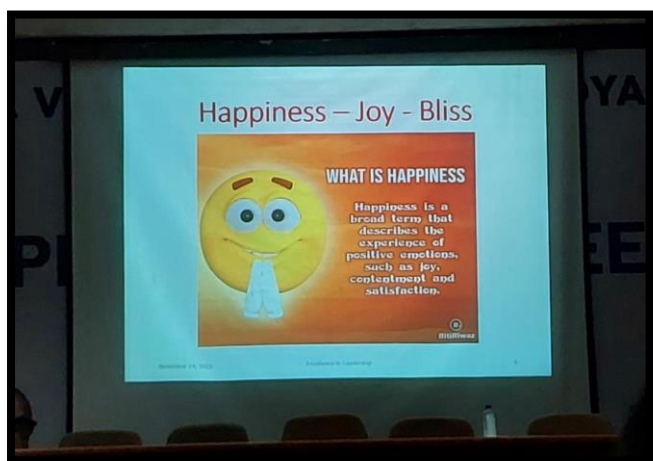
He concluded the session by thanking the programme committee, the faculty members and students of first year B Tech. A question and answer session was conducted after that. The lecture concluded with a vote of thanks by Dr D R Bhatt.



### Program Outcomes:

- Students got acquainted with various tools of happiness and joy in day to day life
- Students got information of how to calm in daily routine and stable their mind without depression or stress in life

### Snapshots:







### Coordinators

*Abhim* Shimpi m il *Abhatt*

**Dr A K Verma, Dr M E Shimpi, Dr D R Bhatt**

**Research & Development Cell, BVM**

