



Malaviya National Institute of Technology Jaipur

## A Prayer Meet



## About :

The Wellness Club, DSW Office at Malaviya National Institute of Technology Jaipur, in collaboration with the Hostel Committee, organized a Prayer Meet at Vinodini Girls Hostel on January 25, 2025. This event was held from 10:00 AM to 12:30 PM in the hostel vinodini reception area, with the aim of fostering peace, devotion, and spiritual well-being among the residents.

The session was conducted by Shri Hari Bhakti Das, a monk from ISKCON, who led the attendees through a spiritually enriching experience. The Prayer Meet included kirtan (devotional chanting) and insightful discussions on spirituality, promoting peace and a deeper sense of devotion among the Vinodini Hostel residents.

The event was organized under the guidance of Wellness Club and Hostel Committee members and was honored by the presence of a special guest, Dr. Anupama Soni, Mrs. Asia International 2018. Dr. Soni, who is deeply involved in social causes and wellness activities, was invited to share her valuable words, further inspiring the residents with her experience and commitment to such meaningful initiatives.

## Resource Person:

Shri Hari Bhakti Das is a revered monk from ISKCON, known for his deep spiritual knowledge and devotion. He leads kirtans and spiritual sessions that inspire peace and mindfulness, encouraging individuals to connect with their inner selves through devotion and meditation. His teachings focus on promoting a life of spiritual fulfillment and tranquility.

Dr. Anupama Soni, Mrs. Asia International 2018, is a well-known figure in both the beauty and wellness sectors. Passionate about women's empowerment and mental well-being, she actively supports social causes. Dr. Soni shared her valuable insights at the event, inspiring the residents with her commitment to inner peace and personal growth.



**Session Highlights:**

- Spiritual Guidance and Healing: The session began with Shri Hari Bhakti Das guiding the residents on how spirituality can help overcome challenges and promote mental well-being. In light of the recent tragedy, the focus was on healing and creating a positive, supportive environment through spiritual practices.
- Kirtan for Peace and Unity: A kirtan session followed, aimed at uplifting the residents' spirits and fostering unity. The chanting helped create a peaceful atmosphere and provided comfort during this difficult time.

**Learning Outcomes:**

- Spiritual Healing: Residents learned how spirituality and mindfulness can aid in emotional healing and overcoming negativity.
- Peace Strategies: The session provided practical tools like meditation and devotion to promote inner peace and a positive environment.
- Coping Mechanisms: Participants gained coping strategies to deal with grief and find strength through collective spirituality.
- Unity and Support: The session highlighted the power of collective spiritual practices in fostering a supportive community.

