

**MET's Institute of Engineering
Bhujbal Knowledge City, Adgaon, Nashik
Department of First Year Engineering**

Name of the program: Expert Session "Spirituality and Technology"

Date: 26/08/2025

Time: 12.30 to 2.00pm

Day: Thursday

Venue: IOE-Seminar Hall

Induction Coordinator-Dr. R.S. Dhake & Prof. R.D. Rajkuvar

Activity Coordinator: Prof. Sneha Pekhale

Event Coordinator:
Prof. Jyotsana S. Gore
Prof Harshal Khairnar

Resource Person: Mr. Adwait Rao (Art of Living Faculty)

No. of Participants: 95

Objectives of the Program-

1. To explore the relationship between spirituality and technology in the modern world.
2. To help students understand how mindfulness and inner balance can improve focus, innovation, and productivity.
3. To promote ethical and responsible use of technology.
4. To encourage students to integrate spiritual values such as empathy, discipline, and awareness into their professional journey.
5. To reduce stress and digital burnout through simple spiritual practices.

An expert session on "*Spirituality and Technology*" was conducted by the *Art of Living Foundation* as part of the institution's ongoing efforts to promote holistic development among students. The session aimed to explore the relationship between modern technological advancements and timeless spiritual principles, emphasizing how both can coexist to create a balanced and meaningful life. The session was led by **Mr. Adwait Rao** a faculty member of the *Art of Living Foundation*, who shared valuable insights on managing stress, enhancing focus, and maintaining emotional well-being in today's technology-driven world. The speaker highlighted how technology, while a powerful tool for progress, can also contribute to distraction and burnout if not balanced with mindfulness and inner awareness.

Through engaging discussions and practical demonstrations, the speaker explained how simple breathing techniques, meditation, and mindful use of technology can help individuals stay calm, centered, and productive. Real-life examples and relatable anecdotes made the session both inspiring and impactful.

- Spiritual practices enhance mental clarity, creativity, and emotional intelligence.
- Technology should serve as a tool for growth rather than a source of stress.
- Mindfulness and meditation can improve focus, reduce digital fatigue, and foster inner peace.
- Balancing digital engagement with moments of reflection leads to better overall well-being.
- The session was highly informative and thought-provoking. It encouraged participants to reflect on their own relationship with technology and adopt spiritual practices to maintain harmony between the digital and personal spheres of life. Students and faculty expressed appreciation for the session, describing it as a refreshing and transformative experience.



**DEPARTMENT OF FIRST YEAR ENGINEERING
INDUCTION PROGRAM 2025**

Expert Lecture on
**SPIRITUALITY
AND TECHNOLOGY**



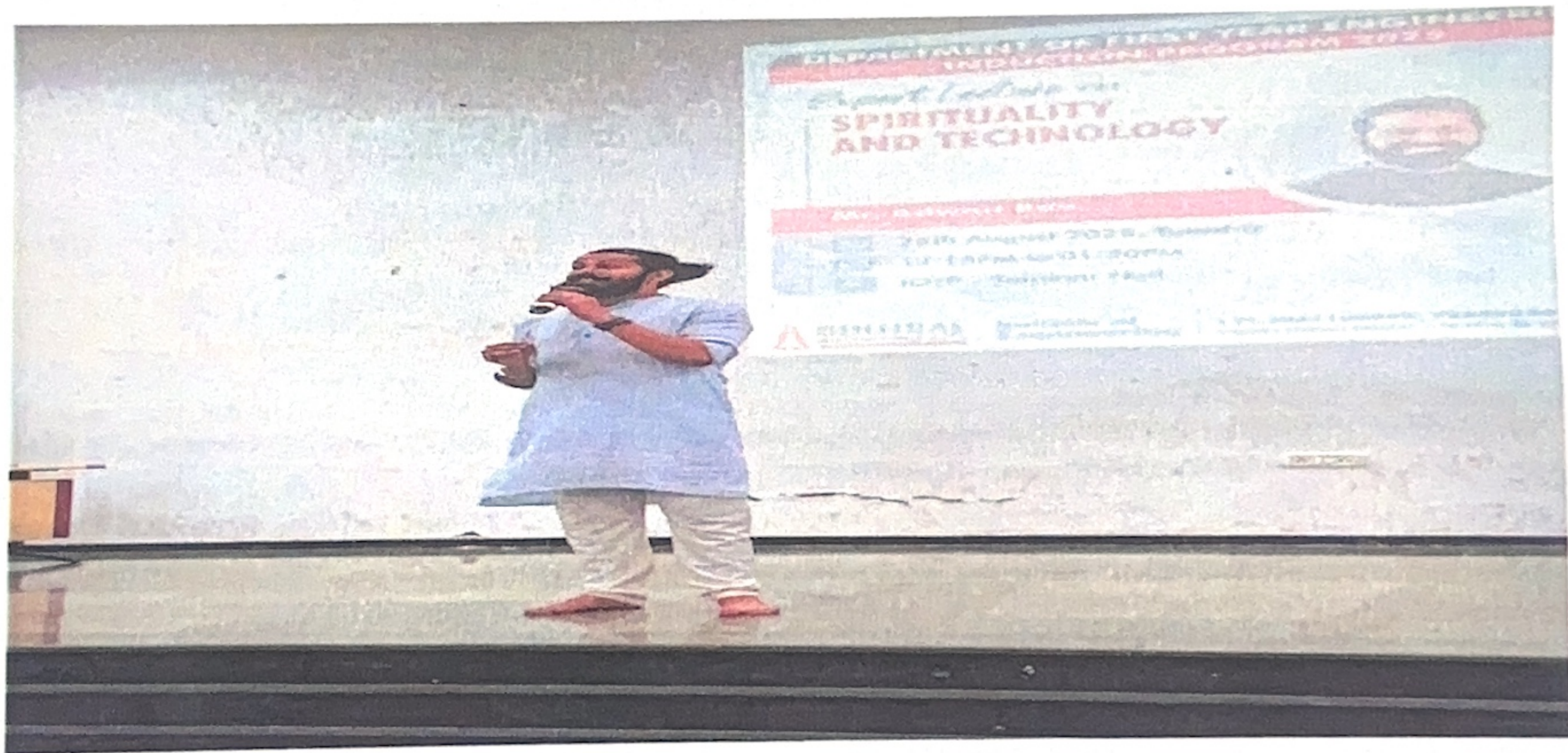
Mr. Adwait Rao
(Art of living faculty)

- 26th August 2025, Tuesday
- 12:15PM to 01:30PM
- IOTP - Seminar Hall



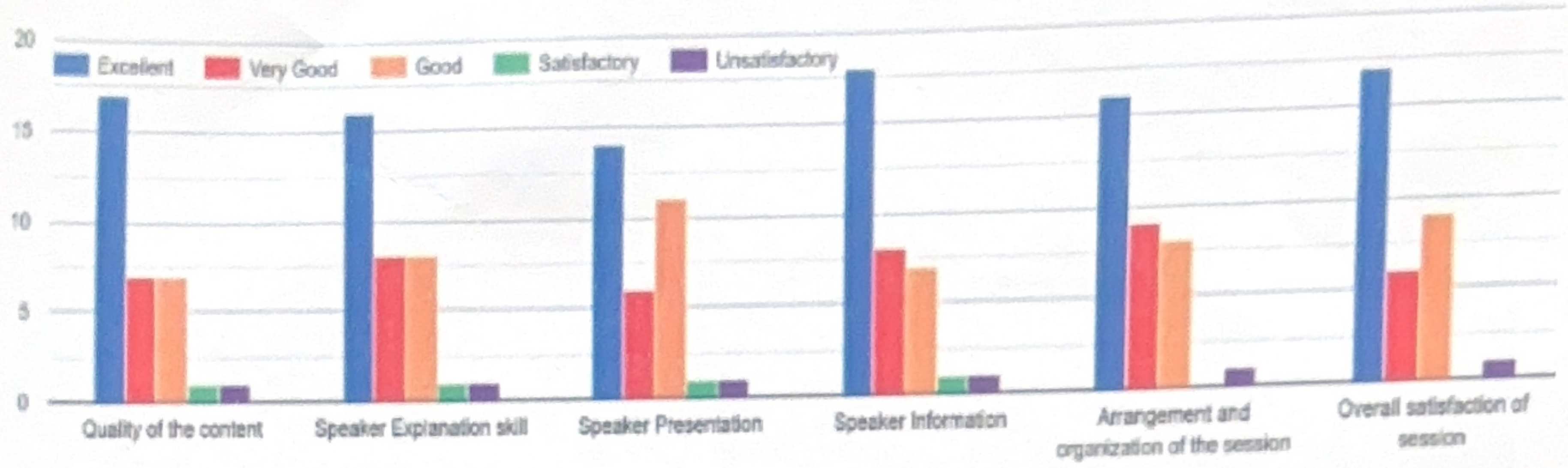
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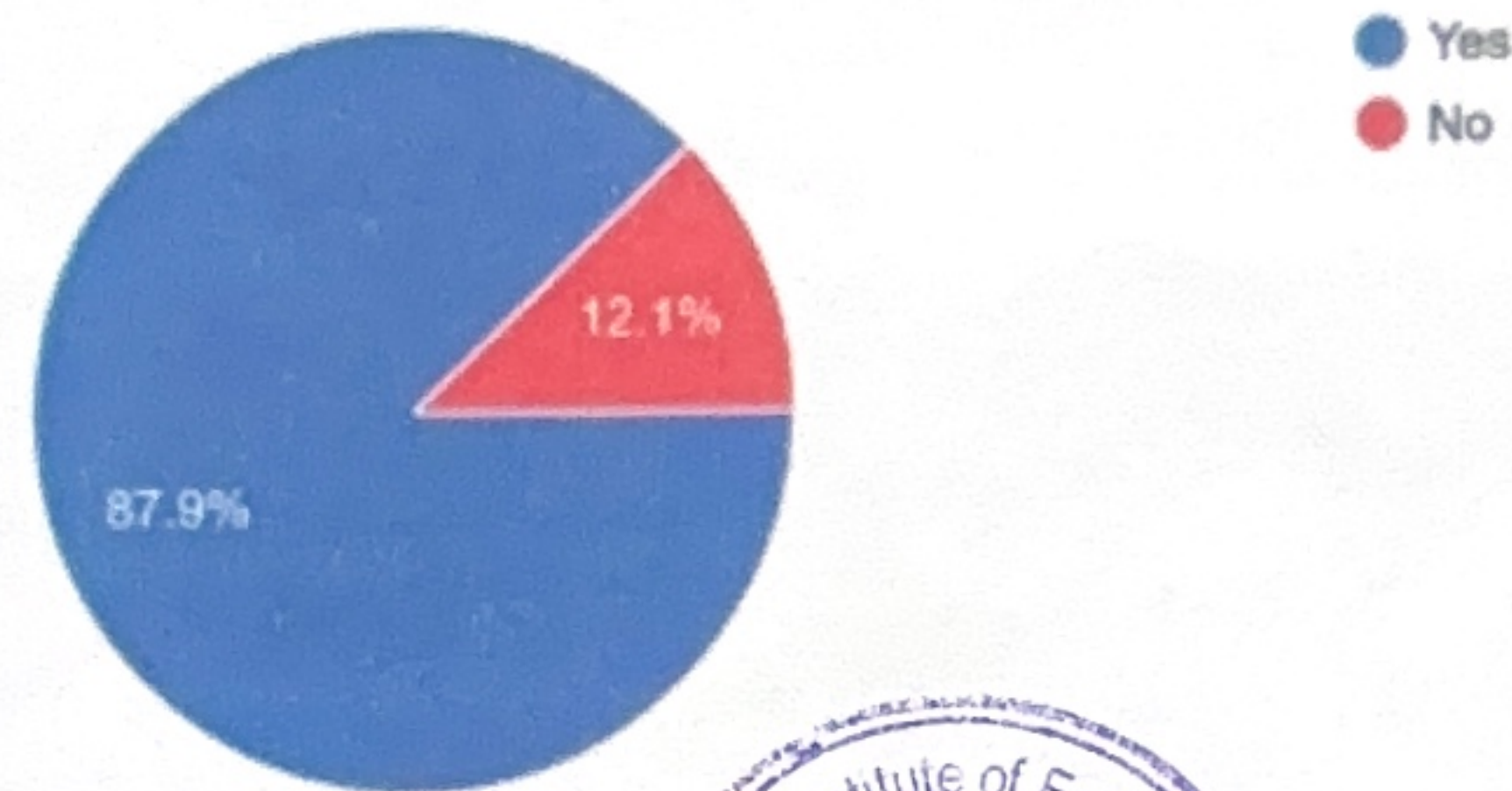



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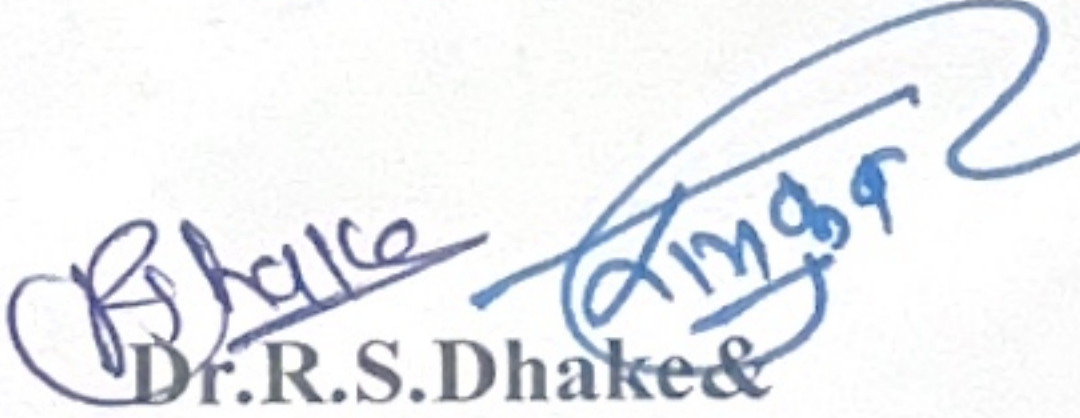


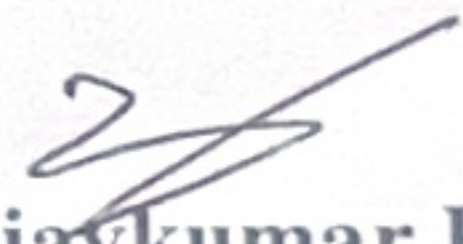
Would you like to attend a similar session in the future?

33 responses




Dr. V. S. Khairnar
(FE-Coordinator)


Dr. R.S. Dhake &
Prof. R.D. Rajkuvar
(Coordinator)


Dr. Vijaykumar P. Wani
(Principal-IOE)