



**SR
HU**

योग विज्ञान स्कूल

(स्वामी राम हिमालयन विश्वविद्यालय की एक शैक्षणिक इकाई)

School of Yoga Sciences

[A Constituent Academic Unit of Swami Rama Himalayan University]

File No. SRHU/SYS/2025/142(j)

Dated: - 06/08/2025

Notice

This is to inform you that SYS has been scheduled a seminar on the topic “**Impact of Meditative Cognitive Therapy (MCP) on α -EEG in College going Students**” will be held on **07th August 2025** on **10:00 a.m.** onwards in **Nagarjuna Hall – 1**.

Attendance in this seminar is mandatory for the faculty of School of Yoga Sciences and Yoga Research Scholars.

Speaker:

1. Dr. Sandeep K Singh, Assistant Professor, SYS

Topic – “**Impact of Meditative Cognitive Therapy (MCP) on α -EEG in College going Students**”

Suhelle
06/08/2025

Officiating Principal
School of Yoga Sciences
Swami Rama Himalayan University

Principal
School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant Dehradun Uttarakhand-248016

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Seminar Report

A seminar was organized by the **School of Yoga Sciences**, Swami Rama Himalayan University, on **7th August 2025** at **10:00 AM** in **Nagarjuna Hall**. The topic of the seminar was **“Impact of Meditative Cognitive Psychotherapy (MCP) on α -EEG in College-going Students,”** and it was delivered by **Dr. Sandeep K. Singh**, Assistant Professor at the School of Yoga Sciences.

The seminar aimed to shed light on the neurophysiological effects of meditative cognitive therapy and its measurable impact on alpha brain wave activity (α -EEG), particularly in the context of cognitive enhancement in college students. Dr. Singh presented his research findings with clarity and depth, combining both theoretical background and empirical evidence. His presentation emphasized how meditative cognitive practices can lead to improved brain function, emotional regulation, and mental well-being among students.

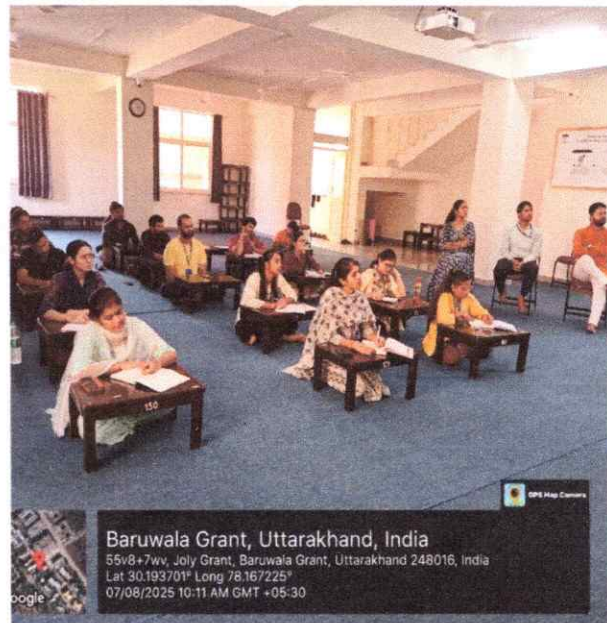
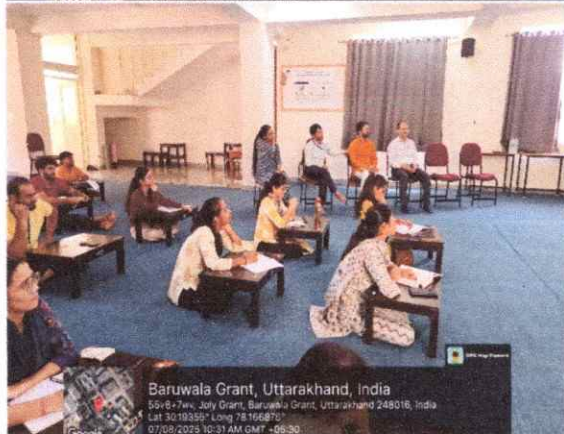
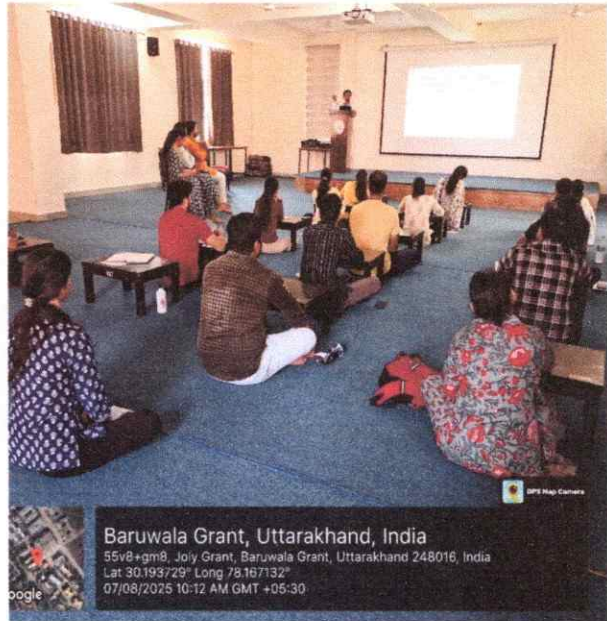
The session was marked by the active presence of all faculty members and Ph.D. scholars of the School of Yoga Sciences. The attendees remained highly engaged throughout the seminar, posing insightful questions and offering reflections on the convergence of yogic traditions and scientific methodologies. The session's interactive format cultivated a dynamic academic atmosphere, promoting meaningful interdisciplinary exchange and intellectual curiosity.

Overall, the seminar proved to be both impactful and intellectually insightful. It contributed valuable knowledge to the ongoing exploration of yoga-based interventions within cognitive science and mental health research.

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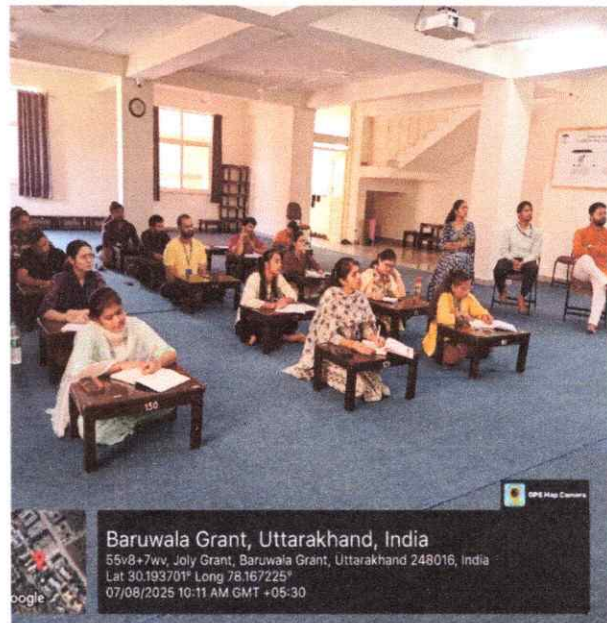
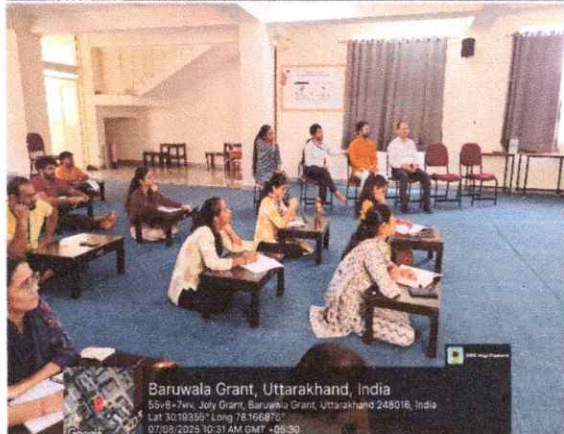
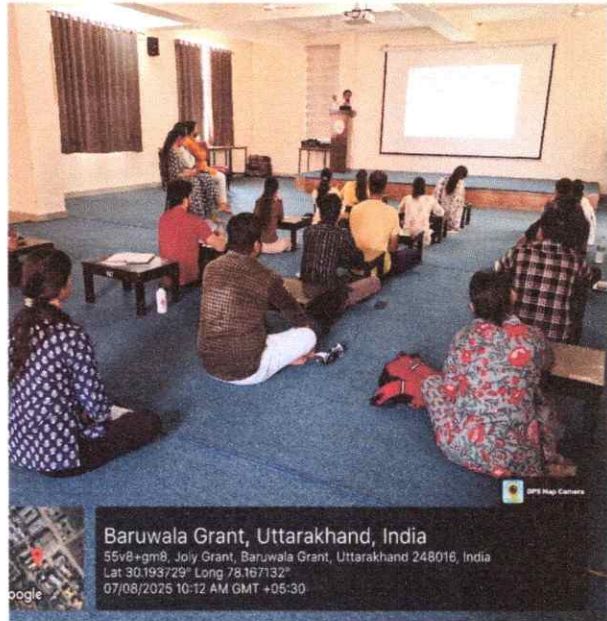
Samlata

Photographs of the Seminar



for
Samlata
Principal
School of Yoga Sciences
Swami Rama Himalayan University
Joly Grant, Dehradun Uttarakhand-218016

Photographs of the Seminar

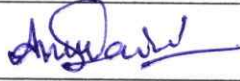




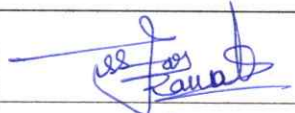



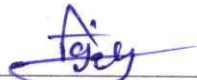


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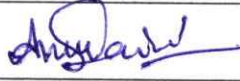



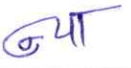
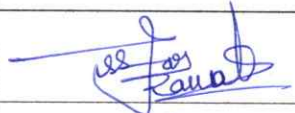



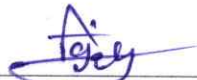
School of Yoga Sciences
Swami Rama Himalayan University
 (Program Topic:- *Impact of meditative Cognitive therapy (MCP) on α-EEG in college going students*)
 Attendance Sheet

Date:- 07/02/2025

Sl. N.	Student Name	Signature	Remarks
1.	Anushka		
2.	Gaurav Joriyal	Gaurav	
3.	AMIT	Amit	
4.	Swati		
5.	Nikas Pandey	Nikas Pandey	
6.	Anup Rautwari		
7.	Navneet	Navneet.	
8.	Ritu		
9.	Neelam patel	Npatel	
10.	Diksha patel	Diksha	
11.	Nisha Yadav		
12.	Mahima Misra	Am	
13.	Disha Pal	<u>Disha</u>	
14.	Tusshar Rawat		
15.	Srishti Thakori		
16.	Suraj Gaurang		
17.	Ankit Semwal		
18.	Vivekha Deshpande		
19.	Deepanjali	<u>OPD</u>	

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