

APPLIED SCIENCE & HUMANITIES DEPARTMENT

“Nurturing Inner Peace: A Special Lecture on Stress Management and Mental Well-being”

A special lecture on “Stress Management and Mental Peace in Life” was organized on March 27, 2026 at SIET Nilokheri by the Department of Applied Sciences & Humanities. The session featured Bhai Amit Ji from Brahma Kumaris Ishwariya Vishwa Vidyalaya as the keynote speaker, who shared valuable stress management strategies with the students. In his address he emphasized upon the fact that true happiness is not physical but spiritual. He highlighted on the importance of gratitude and acceptance in daily life explaining that these qualities help individuals maintain inner peace and emotional balance. He also encouraged everyone to practice love and respect for all, stating that when we stay away from jealousy and hatred, happiness naturally comes into our lives and helps us to overcome stress.



On this occasion journalist Mr. Mulkraj Ahuja engaged the students through his inspirational poems and satire, sharing simple and effective ways to relieve stress while also entertaining the audience. More than 150 students participated in this special session. At the end of the program Dr. T. R. Mudgal expressed his gratitude to the Director-Principal of the college, Professor Anil Kumar Rose, the keynote speaker Bhai Amit Ji and Mr. Mulkraj Ahuja. Assistant Professors Sh. Parminder Mann, Sh. Ved Prakash, Mrs. Neelam Rathee, Dr. Sahil Gupta, Dr. Hawa Singh, Dr. Pawan Kumar, Dr. Neelam, Dr. Vikram, Dr. Babita and other staff members were also present on the occasion.

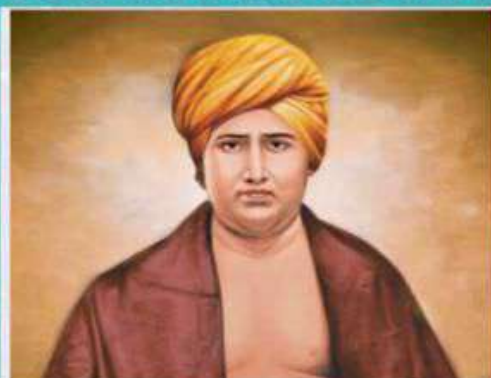
APPLIED SCIENCE DEPARTMENT

Celebration of Guru Ravidas Jayanti

Applied Science Department of the Institute celebrated Guru Ravidas Jayanti on **2/02/2026** with great devotion and enthusiasm, witnessing active participation from students and faculty members. The event honored the message of equality, unity, and social harmony. On this occasion, the Head of the Department delivered an inspiring address highlighting his life and teachings. The celebration created a positive atmosphere and encouraged students to follow his values of compassion and humility.



Maharishi Dayanand Saraswati Jayanti



Maharishi Swami Dayanand Saraswati
(Founder of Arya Samaj)
(February 12, 1824 - October 30, 1883)

The birth anniversary of Maharishi Dayanand Saraswati was celebrated on **12/02/2026** at the college with great sincerity and enthusiasm. Students and faculty members gathered to honor the remarkable contributions of the great social reformer who strongly advocated knowledge, truth, and righteous living. The celebration highlighted his vision of an educated and progressive society, inspiring students to think independently, rejected blind beliefs and embarrassed wisdom and confidence. The event served as a meaningful reminder that true education lies not only in gaining knowledge but also in nurturing values that shape responsible and thoughtful individuals.

Parents-Teacher Meeting Conducted at SIET

A Parents-Teacher Meeting (PTM) for students of all branches was successfully conducted at SIET Nilokheri on 09/03/2026. The meeting was organized with the objective of strengthening the partnership between parents and the institute and to provide a platform for meaningful interaction regarding students' academic progress and overall development. During the meeting, parents interacted with faculty members and mentors to discuss their wards' academic performance, attendance record, classroom participation, and behavior. Faculty members provided detailed feedback about students' strengths, areas requiring improvement, and strategies that could help them to perform better in their studies. The discussion also focused on maintaining discipline, improving learning habits and encouraging students to actively participate in academic as well as co-curricular activities.



The parents appreciated the initiative taken by the institute to keep them aware about their children's progress. Many parents shared their suggestions and expectations regarding teaching-learning practices, student support systems, and career guidance opportunities. The faculty members carefully noted the feedback and assured the parents for continuous support in addressing the academic and personal needs of students. The PTM also served as an opportunity for the institute to highlight various initiatives undertaken for students' development, including mentoring support, academic monitoring, and activities aimed at enhancing technical knowledge and professional skills.

The administration of SIET Nilokheri expressed gratitude to the parents for their valuable time and involvement and reaffirmed its commitment to foster an environment that promotes academic excellence, discipline and holistic development of students.







