# Report on Importance of Mental Peace Held on 29.08.2020

| | |
|---|---|
| **Date of Event** | 29.08.2020 |
| **Name and Type of Event** | Importance of Mental Peace –Non Academic |
| **Conducted by** | SOCM-(B.Com) Ms.Priya Raman and Mr.Ranjan Kumar |
| **No. Of Participant** | 33 |

Learn edge Saturday is a weekly event organised by Department Of Commerce and Management. It imparts learning through games, activities, seminars and quizzes.

The event Importance of Mental Peace was a part of Learn edge Saturday activity. It was organized online via Google meet on 29th August 2020.

Peace of mind helps you become a calmer person and relieves you from the stress of day to day life. Every individual achieves peace of mind differently. It's just about finding out what works for you and the techniques you respond to best.

The total duration of the event was 45 minutes and it involved 33 participants apart from faculty members. This event was also graced by the presence of Honourable Director Sir, Registrar Sir, Dean Commerce and Management. It also saw the active involvement of the faculty members namely Amrita Ma'am, Kritika Ma'am, Nishant Sir, Ankita Ma'am ,Harshita Ma'am and our Program Co ordinator Ms Priya Raman.

