Report on Art of living session Held on06.08.2019

Date of Event	06.08.2019
Name and Type of Event	How to stay positive during the lockdown (Webinar)
Conducted by	Dr Pompidas Sengupta
No. Of Participant	72

Art of living session was conducted as a part of Induction Programme on 6th August, 2019. Mr.PhaniSamhith from IIT Dhanbad enlightened the students with the inspirational words. The participants of the session were BBA- Sem I and BA- Sem I students. The main aim of this session was to check the presence of mind and to increase the concentration of the students by engaging them in various activities. It emphasizes the importance of inner peace of the individual. Students learned various techniques of meditation in the session. Students attended the session with full zeal and enthusiasm.

