



ATHARVA EDUCATIONAL TRUST'S

# ATHARVA COLLEGE OF ENGINEERING

(Approved by AICTE, Recognized by Government of Maharashtra

& Affiliated to University of Mumbai - Estd. 1999 - 2000)

Department of Humanities and Applied Sciences

Date: 06th Dec. 2022

## A Report on Art of Living's Mind Matter Session

The Humanities and Applied Sciences Department has successfully organized a Guest Lecture under FE induction program on \*‘‘Art of Living’s Mind Matter Session’’\* conducted on, 6th December, 2022. The lecture was delivered by \*Ms. Vasudha Jhunjhunwala (A social worker, Faculty at the Art of Living Foundation).\*

The Speaker started her discussion from student's challenges in life. She enlightened the students to understand the freedom of mind, so that they can constructively think for their dreams.

During the lecture she conducted a short meditation session for attendees, hence everyone could experience the power and magic of meditation.

Students participated in the lecture enthusiastically and got the opportunity overcome their fear and could express their views. In total **257** students participated in the session.

Her expertise over meditation, spirituality and Yoga, made the session very insightful and interactive. Students contributed to the session unreservedly and provided a positive feedback.

Prepared by:-

Workshop/Seminar/Guest lecture Coordinators.

Dr. Abhilasha Saini.

Dr. Priyanka Badani



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