

Maharaja Surajmal Institute of Technology

Report: Meditation and Motivational Talk conducted by NSS
Cell of MSIT on 25th Jan 2020

In order to promote the spirit of a healthy mind, body and soul, a seminar on Meditation with SAHAJYOGA was conducted by the NSS cell of MSIT in the Auditorium on 25th Jan 2020. The soulful session included unfurling the inner energy to get peace and choosing the right path.



The one-hour session followed by fifteen minutes' practical meditation session saw the teachers and students enjoying the bliss of peace. The session includes stress Management and overall wellness through Sahajyoga meditation with both theoretical and practical knowledge. The session was followed by a motivational session with **Mr Navin Gulia** -

an epitome of courage and resilience. The ex-army officer and a world record holder in adventure sports, told the students about morals, the right to question and many other important things.





The participation from the first year and second-year students were overwhelming. The motivational words had a huge impact on everyone present, who were moved by their insights on a healthy lifestyle. They made the students carry the spirit of the day forward with the help of their integral guidance in the field of sports and athletics and spread an aura of positivity throughout the auditorium.