



**MANAV RACHNA
UNIVERSITY**
Declared as State Private University vide Haryana Act 26 of 2014

**SDG 3
&
SDG 16**

**LIFE SKILLS SESSION
ON**



**CREATING
STABLE MIND
IN
CHALLENGING
TIMES**



**BK ER.SONIKA
RAJYOGA TEACHER
& TRAINER**

**VENUE: I BLOCK
AUDITORIUM**

WEDNESDAY 23RD AUGUST 2023

@12:15 PM ONWARDS

ORGANISED BY:

**DEPARTMENT OF SCIENCES
PROGRAM MATHEMATICS**

TITLE -Creating Stable Mind in Challenging Times

Date: 23rd August, 2023
Time: 12:15AM
Venue: I-Block Auditorium

Resource Person: BK Er. Sonika (Rajyoga Teacher & Trainer)

Participants: 108 Students and 12 Faculty members

The Department of Sciences (Program - Mathematics), Manav Rachna University organized a Life Skills Session on “**Creating Stable Mind in Challenging Times**” by “**BK Er. Sonika**” on **August 23, 2023**, for the students and faculty members.

B.K. Sonika, a Rajyoga teacher and trainer under the domain of the Om Shanti Retreat Center (ORC), Gurugram was the guest speaker for the session. The aim of the session was to guide and offer insights into the principles and practices that can aid individuals in fostering resilience, emotional equilibrium and mental clarity.

The session began with the welcoming of the speaker and audiences. A brief introduction about B.K. Sonika Ji was given by the Program Head – Mathematics, Dr. Aparna Vyas.

B. K. Sonika gave us an informative and comprehensive overview of types of problems an individual faces and how one should look at tough times. Giving examples from students' lives, sister Sonika guided students to foresee challenges as an opportunity to learn, grow and emphasized on how to improve the situation rather than cribbing on the problem. She also shared strategies to create a positive lifestyle and offered some intriguing studies, anecdotes, and facts. At the same time the speaker highlighted the key issues and made some recommendations for potential remedies.

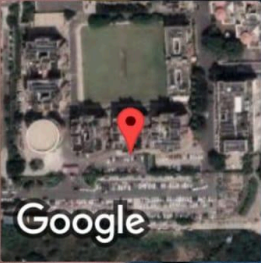
The audience tasted the essence of peace and positivity through mediation conducted during the session. The session was attended by respected Deans, HOD's, faculty members and students from different departments of the university.

The entire session was highly interactive and was fruitful for the audience followed by questions from students and faculty members. The session was concluded with the vote of thanks by the organiser of the event, Dr. Deepa Arora, Associate Professor, Mathematics.

Kindly find a few pictures of the event.



 **GPS Map Camera**



Faridabad, Haryana, India
C7XP+W9W, Gadakhor Basti Village, Sector 43, Faridabad, Haryana
121003, India
Lat 28.449909°
Long 77.285928°
23/08/23 12:30 PM GMT +05:30



