



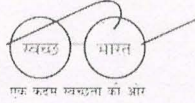
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PRESS RELEASE

**SESSION ON “FIVE ESSENTIAL ELEMENTS AND MEDITATION FOR STRESS FREE LIFE”**

**Dr. Richa Chowdhary**, Convener, Counselling Committee has organized a wonderful session from 2:00 pm to 4:00 pm in college auditorium on “**Five Essential Elements And Meditation For Stress Free Life**” and the session taken by Dr. I.S.Bansal, Chairman of Spiritual Foundation, who has spent his 35 years in the practice of “Sahaj Yoga and meditation”. Dr. Bansal has conducted different programmes globally without any cost and ensures to cure any disease without medicine but with the five elements of our nature. Dr. G.K. Arora, Principal has welcomed Dr. Bansal with bouquet. Dr. Bansal has emphasized on “**How can we deal with the stress**” and also helped us to understand that “Patience is the key to success”. 80 participants including students, teaching and non-teaching staff have actively participated in sahaj yoga and meditation and benefitted from it. Dr. Bansal with his team have given us some tips of attracting positive energy and reducing negative energy. Everybody was very motivated throughout the session and did some meditation as well. The auditorium filled with the positive energy.

*Richa*  
23/09/19