

A Talk on Stress Free Life

3rd April 2019



Mr.Narendra Lamba, Senior Art of Living Expert addressing on Stress Free Life on 03.04.2019

An extra moral session titled "STRESS FREE LIFE" organised by Srusti Academy of Management on 03/04/2019. Mr. Narendra Lamba an art of living eminent expert shared his experience on meditation. He elaborated the fact that stress has adverse effects on our life, we still deny admitting that this could be a mental disorder. Leading a stressful life hinders our efficiency and reduces our ability to live a healthy and happy life. Being stressed, you may fall sick more often, can feel grumpy and even irritated too. A peaceful 10 mins meditation made mind calm and creates better self control. He emphasizes to Live in present with minimum expectation. Four Sources of Energy required for our body i.e Food, Good Sleep, Breath, and Meditation. Also elaborated on seven levels of our i.e Body, Mind, Intellect, Chinta Sakti, Intellect etc.

In this occasion Srusti Newsletter inaugurated by Guest, Our Chief mentor Prof.(Dr.) Ranjan Kumar Bal presented a memento as a token of love and appreciation to Mr. Lamba. At the last but not the least Prof. Swetalina Mishra, Asst. Prof. extended vote of thanks. The programme was attended by students of MBA, IMBA, all faculty and Ministerial Staff of the institute.
