

Motivational prog organised at RGU

RONO HILLS, Nov 12: The placement cell and the career counselling cell of Rajiv Gandhi University (RGU) here organised a 'Motivational interaction talk for young minds of the university' on Tuesday. International corporate management trainer and counsellor, Dr EV Swaminathan, who was the resource person of the programme, stressed on the importance of physical, mental, and spiritual practices for developing concentration and self-determination. The students also participated in practice sessions on improving their concentration and 'releasing the unnecessary pressure of their life'. Earlier, RGU Vice-Chancellor Prof Saket Kushwaha in his address encouraged everyone to "explore the inner self through concentration of mind for holistic development." Pro-Vice-Chancellor Prof Amitav Mitra, heads of various departments, faculty members, and students attended the programme.

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