

ARUNACHAL FRONT

Explore inner-self through concentration: VC



RONO HILLS, Nov 12: The Rajiv Gandhi University's Placement & Career Counselling Cells organized a motivational interaction talk for young minds of the University here today. Gracing the programme, RGU Vice-Chancellor Prof Saket Kushwaha encouraged everyone to explore the inner-self through concentration for holistic development. "Concentration is essential for everything that you do in life because it prevents the mind from wandering aimlessly in all directions. Without concentration you cannot achieve anything. Work done with a concentrated mind becomes more enjoyable," he said. The VC motivated the students, faculty members and all the officers to work together with full concentration to bring the recognition of the University at national and global level. Well-known international corporate management trainer, counsellor and consultant Dr E V Swaminathan, who was the resource person at the programme, enthused the students about the power of concentration. Sthiti Pragya, the enormous symbol of one's self-determination brings happiness in one's life in achieving many things in the endeavour. Dr Swaminathan stressed upon the physical, mental, and spiritual practices for developing concentration and self-determination in life. Practice sessions were conducted for students for improving their concentration and for releasing the unnecessary pressure of their life for holistic development. He also emphasized on the integration of mind, body and soul before concluding his talk by motivating all particularly students to live a happy life. Besides students, the programme was attended by the dean student welfare, dean life sciences, heads of various departments, and faculty members.

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