

2nd March, 2020

Workshop on 'Positive Thinking & Healthy Living'

Celebrating 'Ek Bharat Shreshtha Bharat', the Department of Students Welfare, University of Jammu organized a workshop on 'Positive Thinking & Healthy Living' for the students of different affiliated colleges and University departments at Brig. Rajinder Singh Auditorium, University of Jammu. Being a core student centric activity, the workshop was organized under RUSA II. Prof. Promila Batra (Professor of psychology) from M.D.U. Rohtak and Dr. T.R. Raina, a multifaceted and eminent social worker of the region were the Resource Persons. Prof. Aarti Bakshi, Head Department of Psychology, University of Jammu was the moderator and provided the logistic collaboration for the same.

In his welcome address, Prof. Yash Pal Sharma, Chairman Campus Cultural Committee elaborated the concept of the workshop to the participants, he also deliberated upon various cultural and literary activities being organized by the Department of Students Welfare for the overall personality development of the students. He also made audience aware about certain rare feats of the University. Prof. Aarti Bakshi presented a detailed introduction of the experts who have achieved various milestones in their respective fields. Prof. Anupama Vohra, Co-Chairperson Campus Cultural Committee presented the vote of thanks with a special mention of gratitude to Prof. Naresh Padha, coordinator RUSA, University of Jammu for always coming forward for the activities which are for the benefit of students.

In an interactive manner, Dr. T. R Raina presented his enlightening presentation which received tremendous response from the participants. The effectiveness of positive thinking was exemplified through various credible examples with scientific and yogic references as well, he emphasized on the yogic lifestyle (in broader prospective) for internal and eternal bliss. Prof. Promila Batra, in her informative and compassionate presentation, provided a brief tour of different established schools of

thought in the context of positive and healthy thinking. She cited very common yet effective examples where a simple shift of thoughts can be a life changing experience. Some tasks and exercises were also given to the participants.

The event was conducted by Sumeet Sharma and coordinated by Ms Mansi Mantoo and Ms Ifra Kak. The sound and projections were looked after by Arif Paul and the hall management was taken care by Raghbir Singh Bandral and Balwant Singh.