<u>Seminar on "Calmness in Chaos"</u>

On 23rd January 2020, the Centre for Holistic Development (CHD) of Shyam Lal College, University of Delhi had organized an interactive session "Calmness in chaos" in its precinct. The aim behind organising said session was to teach people the discipline, wisdom, virtue, selfactualization, healing anger, etc. which are required during hard times and need of the hour. The session witness speakers from the Brahma Kumaris, the largest spiritual organization led by women. They applauded the team CHD and teacher fraternity for organizing the session. The session was a success due to the efforts put by the team and edifying guidance of Dr. Rabi Narayan Kar (Principal, SLC) and Dr. Seema Dabas (Convenor, CHD). The Enlightenment put by the speakers led to creation of positive environment in the seminar hall. The session was quite interactive from bothsides which was visible from the enthusiasm among students. The Faculty members applauded the team for organizing event in a short span of time.

The event was attended by 57 students.

