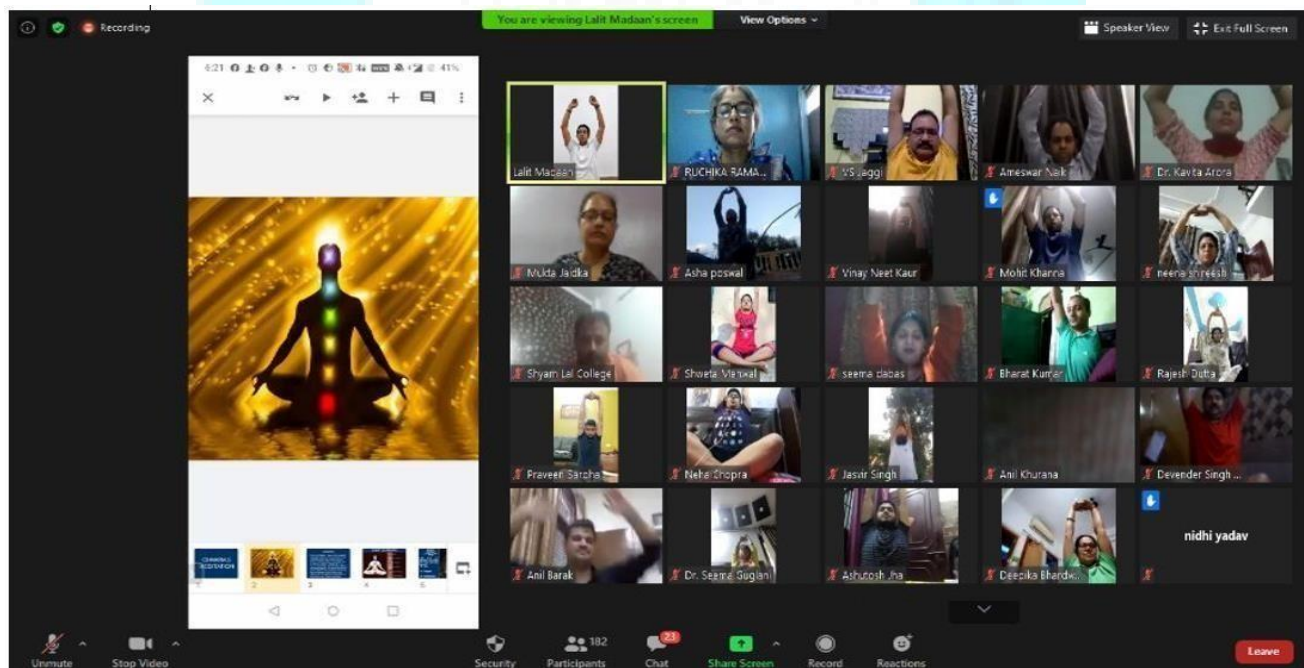


Webinar on of Psychic Energy Centers (Chakras) & its Meditation Practice: May 13, 2020

On 13th May 2020, A Webinar on the topic 'Introduction of Psychic Energy centres (Chakras) & its meditation practice' was organised through 'Google meet' application at 5 P.M. where our Key note speaker Mr. Lalit Madaan enlightened audience with his knowledge. He said that the conscious awareness and the balancing of these energy centres is believed to lead to well-being and good health. The seven chakras are the main energy centres of the body.



Chakra healing is an excellent way to balance your chakras and find balance within your body and mind. Improved overall health and well-being. Greater and faster ability to heal your mental, physical, spiritual and emotional issues. Increased openness, memory, concentration and awareness. He suggested all to practice yoga and meditation regularly.

Dr. Ruchika Ramakrishnan thanked Mr. Lalit Madaan for giving such a great and knowledgeable information on Psychic Energy Centres (Chakras). The Core motive of organising such sessions is to raise awareness on the benefits of yoga. The participants found the session interactive and very informative. The session was successful and our Principal Sir, Prof. Rabi Narayan Kar honoured the session by his presence.

The event was attended by 184 students.

