

# REPORT

**webinar on the topic." Boost productivity and Manage Stress through Meditation" on dated**

**13 September 2021**

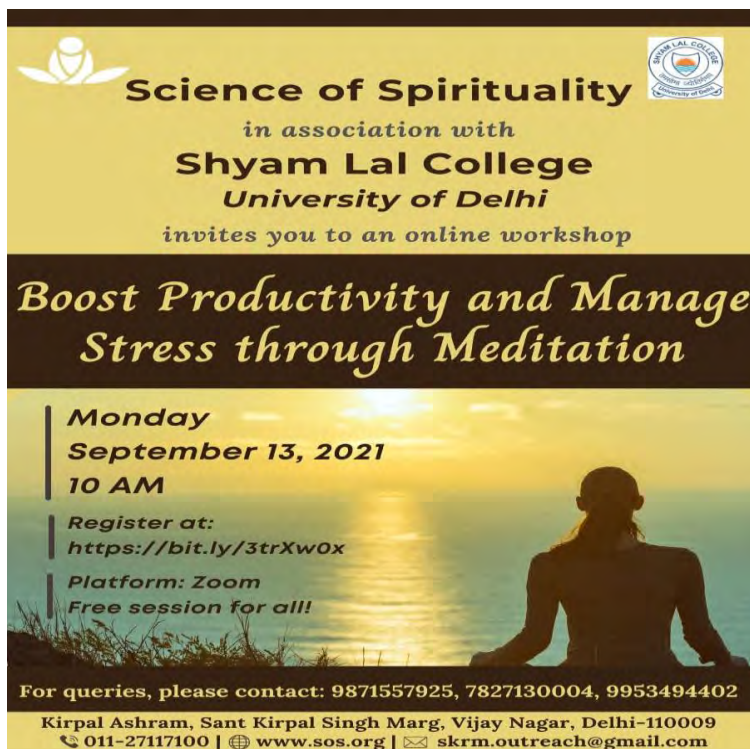
Department of chemistry and physics

Department of chemistry and physics in association with IQAC of shyam lal college organized an online webinar on the topic." Boost productivity and Manage Stress through Meditation" on dated 13 September 2021. The main objectives of this webinar was to provide a platform for students and teachers where they can learn the basics of meditation and science of spirituality. More than 150 participants attended the webinar. The chief guest for this webinar was prof. Rabi Narayan Kar ,principal ,Shyam Lal College, university of Delhi. In his address, he said that when we begin meditating, we can tap our inner resources and can experience our true nature. We begin to see life and everything around us from a new angle of vision. This is the most effective way to bring peace in the world, by becoming peaceful ourselves. The invited speaker was Dr. Rajinder Arora, Principal Govt. College of Girls, Cheeka, Kaithal, Haryana. He said that in today's competitive world, deadline pressures, work expectations and maintaining pace with coworkers are a sure cause of stress. Stress brings with it a whole baggage of ill effects that ruin your health and happiness in one go!



The constant stress and strain of the technological age has directed human race towards the fundamental quest of life, leading to questions such as: Who am I? Why am I here? What is my life's purpose? and What will bring me fulfilment? Answers to these questions are already within us, which can be accessed through the key called 'Meditation'.

He emphasized that healthy level of stress ensures steady performance, while over-stressed employees suffer from impaired performance at work resulting in lower productivity, strained relations with coworkers and frequent absences from work. If one is higher up the echelons-- higher would be the stress and burnout. There is a now growing acceptance and popularity of meditation and companies all over the globe give their employees 'meditation breaks.' Meditation is known to unclutter the brain, make us healthy, positive and happier. We then have better work-life balance, greater coping skills, be able to better understand and manage our emotions and start to see life from a higher perspective.

He gave the mantra that—for productivity’s sake, let’s meditate!



The poster features a yellow background with a white logo of a person in a meditative pose on the left. On the right is the Kirpal Lal College logo, which includes the text 'KIRPAL LAL COLLEGE' and 'University of Delhi'. The main text is centered and reads: 'Science of Spirituality in association with Shyam Lal College University of Delhi invites you to an online workshop'. Below this, a dark brown banner contains the title 'Boost Productivity and Manage Stress through Meditation' in a gold, cursive font. The lower half of the poster has a background image of a person meditating at sunset over water. Text on the left side of this section includes: 'Monday September 13, 2021 10 AM', 'Register at: https://bit.ly/3trXw0x', 'Platform: Zoom', and 'Free session for all!'. At the bottom, contact information is provided: 'For queries, please contact: 9871557925, 7827130004, 9953494402', 'Kirpal Ashram, Sant Kirpal Singh Marg, Vijay Nagar, Delhi-110009', and '011-27117100 | www.sos.org | skrm.outreach@gmail.com'.

 **Science of Spirituality**   
*in association with*  
**Shyam Lal College**  
*University of Delhi*  
*invites you to an online workshop*

***Boost Productivity and Manage  
Stress through Meditation***

**Monday**  
**September 13, 2021**  
**10 AM**

**Register at:**  
<https://bit.ly/3trXw0x>

**Platform: Zoom**  
**Free session for all!**

**For queries, please contact: 9871557925, 7827130004, 9953494402**

**Kirpal Ashram, Sant Kirpal Singh Marg, Vijay Nagar, Delhi-110009**  
**☎ 011-27117100 | 🌐 www.sos.org | ✉ skrm.outreach@gmail.com**

**SHYAM LAL COLLEGE**  
University of Delhi

Department of  
**Physics & Chemistry in**  
Association with IQAC  
*organizes a webinar on*

**Boost Productivity and Manage Stress  
Through Meditation**

13 SEPTEMBER 10:30 am on Zoom

'Let's Meditate'

**Chief Guest**



**Prof. Rabi Narayan Kar**  
Principal, SLC

**Prominent Speaker**



**Dr. Rajinder Arora**  
Officiating Principal Company Secretary (C.S.),  
HOD Commerce, Associate Professor, Govt.  
College of Girls, Cheeka, Kaithal, Haryana

**Key points of webinar**

- Who am I?
- Why I am here?
- What is my life's purpose?
- Maintaining pace with co-workers
- Better work-life balance
- Greater coping skills
- Understand and manage our emotions
- See life from a higher perspective
- Physical, and mental health transformation
- Academy excellence through meditation
- Self confidence through meditation
- Deadline pressures

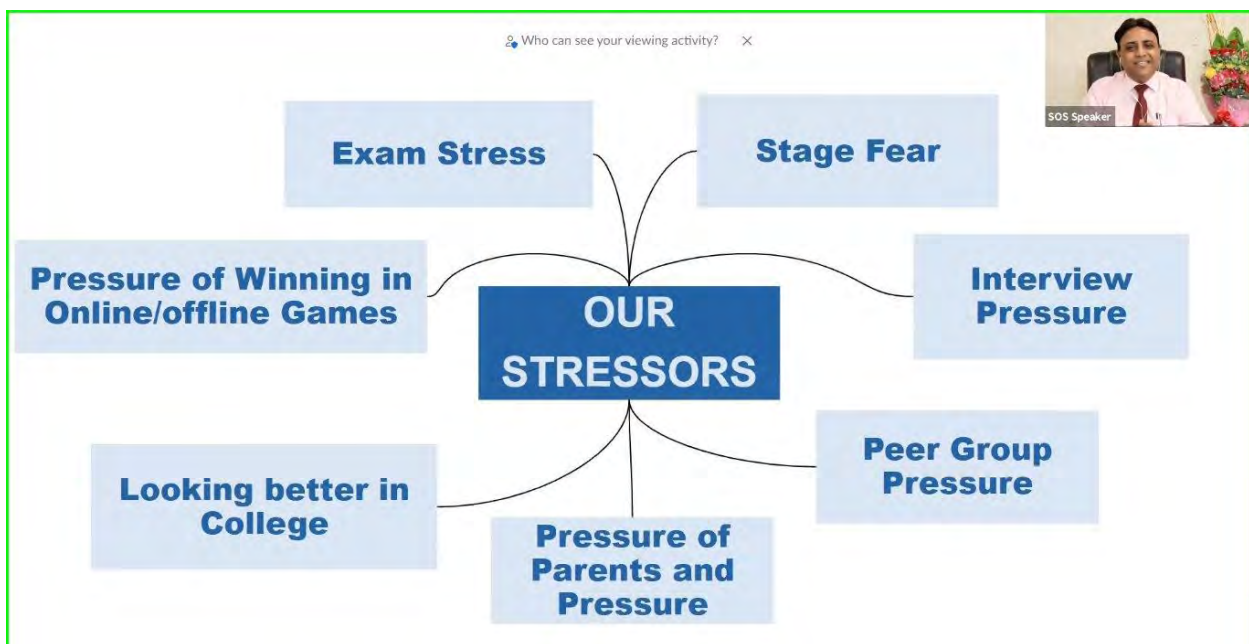
**Organizing Committee**

Dr. Vijay Kumar Sharma  
Teacher In Charge, Physics

Dr. Sanjay Kumar  
Teacher In Charge, Chemistry

Prof. Kusha Tiwari  
Co-ordinator IQAC

Prof. Rabi Narayan Kar  
Principal, SLC



Recording... Dr.Rabi Narayan Kar is talking...

<b>Dr Seema Dabas</b> Dr Seema Dabas	<b>Subham Mishra</b> Subham Mishra	<b>Akash padhan</b> Akash padhan	<b>DR. OMPAL SIH...</b> DR. OMPAL SIHGH YADAV	<b>Nikita Naik</b> Nikita Naik
<b>Biswa Ranjan N...</b> Biswa Ranjan Naik	<b>Akankshya</b> Akankshya	<b>Thaya</b> Thaya	<b>Madhbi</b> Madhbi	<b>Kisan Takaria</b> Kisan Takaria
<b>Bibek</b> Bibek	<b>Nutan Durga</b> Nutan Durga	<b>Nobo Kishor</b> Nobo Kishor	<b>Panchanan</b> Panchanan	<b>Dharitri Sahu</b> Dharitri Sahu
<b>Suchit</b> Suchit	<b>Kaushikkumar's...</b> Kaushikkumar's Galaxy J7 Duo	<b>Bikash</b> Bikash	<b>Sibu</b> Sibu	<b>Siddhartha Sara...</b> Siddhartha Sarangi
<b>Nitesh kumar m...</b> Nitesh kumar meher	<b>Dr. sanjay kumar</b> Dr. sanjay kumar	<b>Ompriya yadav</b> Ompriya yadav	<b>Muskan</b> Muskan	<b>Jyotish</b> Jyotish

zoom Boost Productivity and Manage Stress Through ... - Shared screen with speaker view Download (3 files)

Chat Messages

- Pujanya Sharma** 45:37  
Digital certificate will be provided on the information provided in this form.
- Dr. sanjay kumar** 46:06  
<https://forms.gle/U7GxaRQyyhmUxjx7>
- Dr. sanjay kumar** 46:20  
feedback and attendance form
- Bhanu Gurjar** 01:07:23  
peaceful
- Radhika Gupta** 01:07:30  
relax
- Rohit Gupta** 01:07:48



# NDE's: The Life Review and Being of Light



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The Being of Light gave them  
unconditional love.

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Give love, Get love in return;  
Give pain, Get pain in return.

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**LAW OF UNIVERSE IS THE LAW OF LOVE**

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A screenshot of a Zoom meeting interface. The main window shows a slide with a yellow flower background and the text: 'Science of Spirituality Welcomes You', 'A non-profit Spiritual Organization', and contact information for Kirpal Ashram. A chat window is open on the right with a message from 'SOS Emcee' and a red circle around the 'Type your question/query here' input field, with a red arrow pointing to it. The Zoom control bar is visible at the bottom.



You may ask any questions in the **chat window**.