

<b>Session:</b>	2019-20	<b>Semester:</b>	BA/BBA LLB 2 & 8
<b>Event Date:</b>	16.01.2020	<b>Event Type:</b>	Guest Lecture
<b>Event Name/Title:</b>	No Stress No Tension And Purpose of Life		
<b>Resource person Name</b>	(BK) Dr Subhash Chand Sarangi (Swargiya) (BK) Sister Jayanti (BK) Mr Prabhakar	<b>Resource person Organization</b>	Brahma Kumaris World Spiritual Center
<b>Organizing Department</b>	School of Law	<b>Organizing Student club / Society /Committee if any</b>	–

### Event Report

**Objective:** The guest lecture was organized with the objective of making students understand the causes of stress, ways to overcome stress and to ultimately realize the purpose of life

The resource person for the workshop was Dr Subhash Chand Sarangi (Swargiya). He is a naturopath and is associated with Brahmakumaris since 1986. The Philosophy of Bharmakumaris is

“Mediation is not just an experience of peace but a deep realization that I am peace.”

“We believe in the innate goodness of the individual.”

The lecture was basically for the purpose of ensuring mental peace throughout the life and feel happy about the life without any stress. Dr Sarangi clearly has attained peace, which is the reason he uses ‘Swargiya’ title as he feels the swarg (heaven) in its true form . The workshop was attended by 90 students in total from BA/BBA LLB 2<sup>nd</sup> and 8<sup>th</sup> Semester. Stress basically leads to improper lifestyle and non-achievement of goals of the life. Whether a person is young or of any age the ultimate goal is happiness all through the life. He clearly taught the students that a person can get happiness after struggle or in the journey of life itself. He finally explained that ultimately individuals themselves are responsible for making their own destiny.

This lecture was attended by a number of faculty members namely Dr Pallavi Gupta, Dr A.K. Tyagi, Dr Deepti Sinha, Dr Amita Rathi, Mr Mudit Tomar, Ms Tanushree Gupta, Mr Manvendra Singh, Ms Kritika Kakkar, etc. The event was anchored by Ms Kritika and was coordinated by Dr A.K. Tyagi. Dr Pallvi Gupata felicitated the guests with the presentation of Bamboo plants and welcomed them formally.

**Total number of students:** 90 (M) 47 (F) 43

**Photographs of Event**



**Signature of Faculty Coordinator**

**Signature of HOD**



## ENGINEERING MANAGEMENT TECHNICAL CAMPUS – JEMTEC

*(Affiliated to Guru Gobind Singh Indraprastha University, New Delhi)*  
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### Feedback

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## Feedback Analysis

### BA/BBA LLB 2<sup>nd</sup> Semester

No. of students	1	2	3	4	5	6	7	8	9	10	Total	%
Topic of the Speaker was relevant to my area of interest/Job	3	4	4	4	4	5	4	5	4	5	42	84
Speaker was able to explain the topic clearly & used relevant example	3	4	5	4	5	4	4	4	5	4	42	84
Speaker was able to make the lecture interactive & made me feel engaged	4	4	4	4	5		3	4	4	4	36	72
Speaker was able to positively influence my views towards(mention topic over here)	3	4	5	5	5	4	4	4	4	4	42	84
<b>Grand Total</b>	13	16	18	17	19	13	15	17	17	17	162	

### BA/BBA LLB 8<sup>th</sup> Semester

No. of students	1	2	3	4	5	Total	%
Topic of the Speaker was relevant to my area of interest/Job	5	4	4	4	4	21	84
Speaker was able to explain the topic clearly & used relevant example	4	5	4	5	3	21	84
Speaker was able to make the lecture interactive & made me feel engaged	4	4	4	5	3	20	80
Speaker was able to positively influence my views towards(mention topic over here)	4	5	4	5	4	22	88
<b>Grand Total</b>	17	18	16	19	14	84	