

March 5, 2016

## Lecture on “Art of Living”

### Event Report

### Art of Living

by Mr. Rashmin Pulekar

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ECE department, MSIT and BCA department, MSI had jointly organizing a lecture on “**Art of living**” on March 5, 2016 (Saturday) at 12:00 pm in Room No #206. The Lecture was delivered by Mr. Rashmin Pulekar, International Faculty with Art of Living Foundation.

The Lecture was attended by all Directors, Deputy Director, HODs and faculty members of MSIT and MSI .He gave an interactive session to the faculty of MSIT.



He explained the 7 levels on which the human functions and how stress and negativity seeps down and causes harm to the entire system slowly and steadily. Through examples of situations from our everyday lives, it was made clear that a stressed out mind pulls in negativity and is a cause of concern for everyone around. He went on to explain how to deal with such a situation by practicing breathing exercises and other techniques.

The faculty members were made to participate in a guided meditation session which lasted about 15 minutes and within that time itself clear changes in the behavior and disposition of the mind were noticeable to them. Thus the power of just 15 minutes of meditation was made clear by example.

The members were encouraged to conduct an Art of Living Workshop within the college itself to fully grasp the depth of these simple techniques and incorporate them into their lives. Such workshops happen across various colleges all over the world including IITs and IIMs.



The faculty members were made to fill out a feedback form and all of them showed keen interest in the talk and were eager to further explore the field for themselves. The session ended with the plant presented to Mr. Rashmin Pulekar as token of thanks.