

## **Report on Character Building and Meditation Programme**

Counseling and Placement Cell of the college organized a one day “Character Building and Meditation Programme” at the ATIC Hall of the college on 14<sup>th</sup> February, 2019. The programme which was attended by the students of the college was facilitated by the Prajapita Brahma Kumari Iswariya Vishwa Vidyalaya under the theme “*Mera Bharat Swarnim Bharat*”. During the course of the programme, experts from the organization spoke on various aspects of character building, followed by a meditation session. The resource persons available on the dias were Brahma Kumar Rohit Bhai, Brahma Kumari Meena Behan and Brahma Kumari Adya Behan. Welcoming the gathering, Dr. Soibam Khogen Singh, SWO emphasized the role of youth in nation building, apart from the very necessity of sound mental health which could be achieved by meditation. Dr. Prasenjit Pal, Asst. Prof. proposed the vote of thanks.