

DEPARTMENT OF PHYSICAL EDUCATION

Title: Lecture by Siddheshwar: The Power of Soul
Date: February 08, 2023.
Time: 10:45 AM:
Venue: A.V. Hall.
Total strength: 160

Objective: To organize this lecture to promote "Live Life with Life" and connecting an individual to 5 E's.

As a part of Azadi ka Amrit Mahotsav, the Department of Physical Education along with NSS unit of IISU Organized an enriching session which are approved by respected Shri Gurvanandji to promote the Indian Knowledge System among the students of IISU. A team of Siddhasana came with the mission to help us to rediscover our inner self and reconnect to our authentic being by using the power of Silence. Siddhasana is an affiliate of Shri Brahmurishi Ashram World Spiritual Forum. The program includes Yoga Poses, Meditation, Chanting, Silence and various Physical Activities were performed by students under the guidance of Siddhasana team. This session is of 2 hours at last memento was given by Chancellor, Vice-Chancellor and Registrar of IISU to show their love and respect towards the team of Siddhasana.

Outcome:

The mission of this programme is to provide satisfaction and leave with a deeper sense of Happiness in an individual life. This program enhances overall Health and empowers to become the best version of an Individual.