<u>6th October,2020</u>

JU organizes webinar on "Positive Thinking & Team Work"

University of Jammu organized a virtual lecture on 'Positive Thinking & Team Work' by the holy mother **Pravrajika Divyanandaprana,** Monastic Member, Sri Sarada Math, Ramakrishna Sarada Mission, New Delhi. **Pravrajika Divyanandaprana,** presently based at Ramakrishna Sarada Mission, New Delhi, is active in the publications of the Math, and is currently Editor of Samvit and has also remained Headmistress of Delhi Mission School and regularly conducts courses on Yoga-Vedanta at IIT Delhi. Pravrajika Divyanandaprana in her talk stressed on the need of positive thinking which is a universal remedy to all negativity, stress, materialism anxiety, etc.; and yoga and meditation are the ways forward for creating a holistic positive team work environment for progress and self –contentment,

Prof. Manoj K Dhar, Vice Chancellor was the Chief Guest of the session and in his concluding remarks termed the webinar talk given by Mata jee as the major accomplishment of the Department of Students Welfare during the Covid 19 days. The Vice Chancellor stressed that organizing such type of events on mental wellbeing of the students, scholars and employees of JU in these difficult times of Covid Pandemic is important at present times as lives have drastically changed due to the stay-at-home life and the fear of the unseen virus. Prof. Sanjana Kaul introduced the revered speaker moderated the interaction in which a series of questions, clarifications, queries and the path ahead were discussed. The remarkable soul serene session was attended by teachers, officers, staff, students, scholars of JU, CLUJ, CUJ, members of civil society and participants from outside J&K UT. Madam Kewal Sharma was the special guest. Prof. Jasbir Singh, Dean Students Welfare presented the welcome address and especially thanked **Pravrajika Divyanandaprana** for sparing her valuable time for all the stake holders of University of Jammu. Prof. Anupama Vohra, Chairperson, CCC presented vote of thanks.