



REPORT 01

DEVI AHILYA VISHWAVIDYALAYA, INDORE

DEPARTMENT OF LIFELONG LEARNING

SESSION 2021-2022

Dr. Bharti Joshi

Head

WEBINAR

NATIONAL YOUTH DAY

Date	Time	Platform	No. of. participants	Coordinator
12 Jan, 2022	8:30 Am	Online	35 Students ,senior citizens & home makers	Dr. Chaina Trivedi

**Devi Ahilya University,
Indore**

Department of Life long learning

**WEBINAR ON
National youth day**

विवेकानन्द: युवाओं के लिये प्रेरणा स्रोत
आजादी का अमृत महोत्सव अन्तर्गत "वास्तविक जागरण एक सच्चा
परिप्रेक्ष्य : स्वामी विवेकानन्द

12 jan. Wednesday
Time -8:30 Am join us
Link -<https://meet.google.com/ikd-shdw-zdc>

Patron

Dr.Ashok Sharma Rector DAVV, Indore	Dr. Renu Jain Hon'ble Vice-Chancellor DAVV ,Indore	Dr. Anil Sharma Resigstrar DAVV , Indore
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 Dr. Chaina Trivedi Faculty DOLLL DAVV,Indore	 Mr.Rajesh Raverkar Working as Dy General manager Adani wilmar ltd Heartfullness trainer	 Mr.Nimesh Paliwal Entrepreneur Practicing Heartfullness	 Dr. Bharti Joshi HOD, DOLLL DAVV,Indore
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Department of lifelong learning DAVV, Organized webinar on National Youth Day on 12th of Jan on the occasion of **Swami Vivekananda Jayanti** for students, senior citizen and home makers and also for interested peoples. Webinar is conducted online at google meet in which 30 participants take actively part and learn something useful for their health and positive thoughts.

The meeting started with Dr. Bharti Joshi (HOD DOLL) welcoming Mr. Rajesh Raverkar & Mr. Nimes Paliwal following which Mr. Rajesh Raverkar-answer session happened at the later phase of the webinar.

OBJECTIVE OF THE WEBINAR: To promote participants for mediation and learn about Devine energy to feel positively and feel energetic and by attending the webinar they learn how to meditate and what's right process for doing meditation. Thought the session participants do practice according to the expert guidance and norms and learn the right way and direction to do it.

- 1.** To aware students about the Vivekananda: Inspiration for youth.
- 2.** To counsel students on emerging associated opportunities related to subject (harthfullnes).
- 3.** To make students aware about Vivekananda & it's self-thought pertaining to the subject.

IMPORTANCE OF MEDITATION:

Meditation is a way to relieve stress at the mental level and help us have a healthy mind.

Meditation gives Physical, Mental & emotional health.

Improves self-esteem and self- awareness.

Manage anxiety or depression.

Meditation makes better focus and concentration.

DEVINE ENERGY: The most important part of the human body is the latent divine energy which

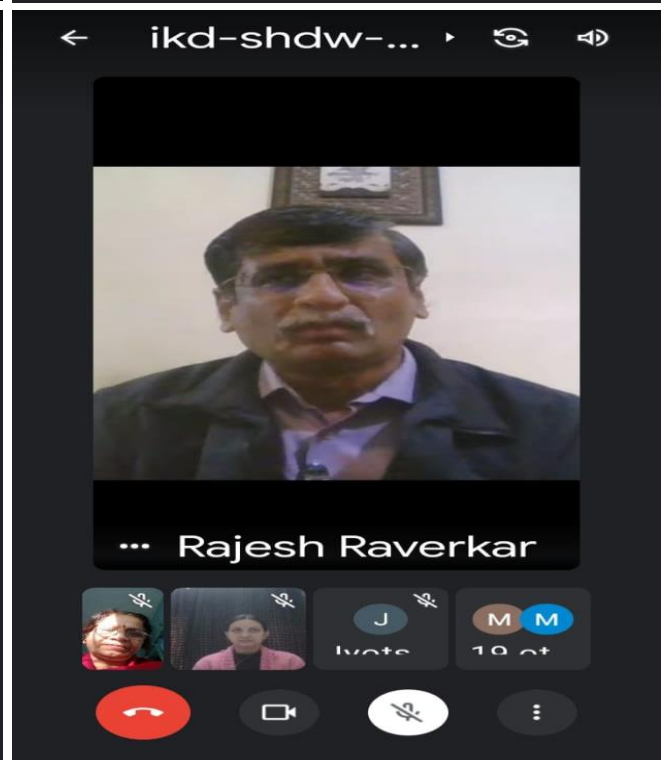
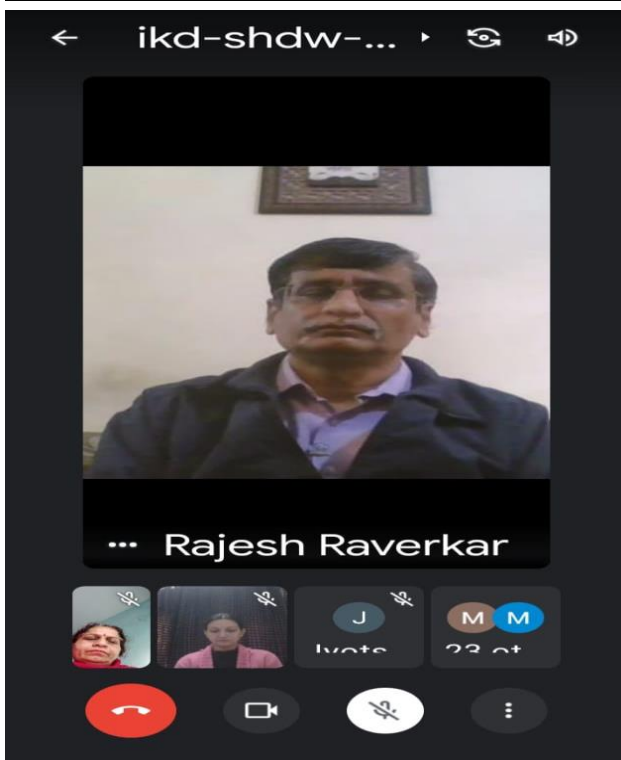
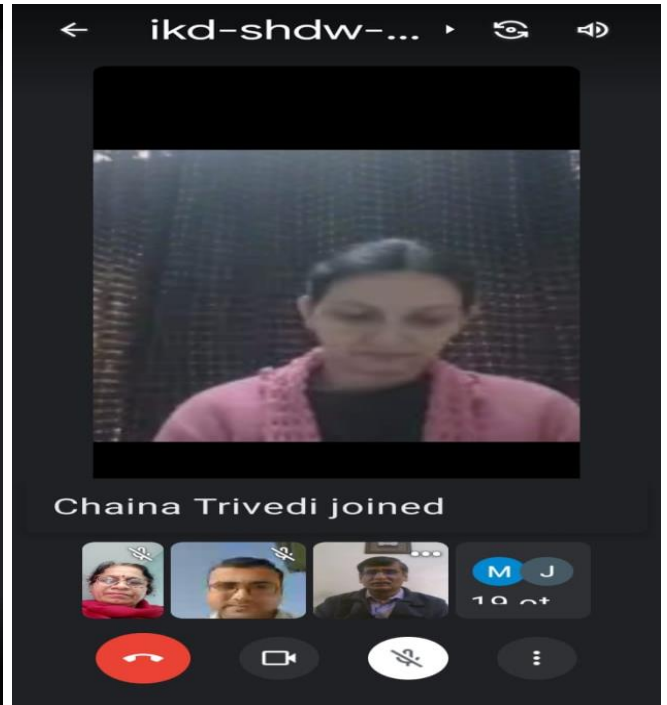
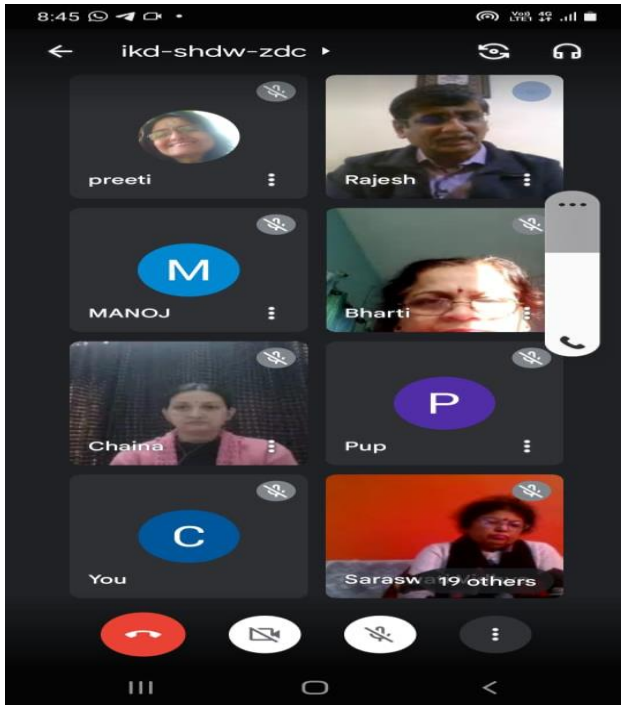
Lies between our skins to inner conscience, the potential energy or Shakti. Shakti comprises

Mind, intellect, emotions, vital senses. These are different and variable in intensity in

Different individuals.

HOW TO GET DIVINE ENERGY: Divine energy is the main resource used in the divination skill.

It is primarily obtained from wisps and may also be converted from memories at an energy rift. Half or fully open your eyes and focus on the energy in you. Thus the energy of the eyes flows inwardly stabilized your meditation. It is not experienced by every human on the planet. It is only for a few individuals who are ready to embrace it.



Bharti Joshi
Head
Dept. of Lifelong Learning
D.A.V.V., Indore

(Dr. Bharti Joshi)

HEAD