

## **Webinar on "Importance of Inner Peace and Physical Health for Researchers"**

The overall health of human beings and their minds play a pivotal role in improving the intellectual as well as physical efficiency. It similarly applies to all the researchers. To benefit all, especially the young mind i.e. students and others Dr. K.P. Raverkar, Dean, PGS planned the webinar on "Importance of Inner Peace and Physical Health for Researchers" under the aegis of Post Graduate Society.

On Friday, March 05, 2021 at 4:00 p.m. a webinar was given by Mr. Adi Manohar Das. Dr. Ranjan K. Srivastava, Professor Horticulture & Joint Coordinator, PGS welcomed and introduced the speaker.

Guest Speaker, Mr. Adi Manohar Das is B.Tech. Hons in Electronics and Communication Engineering from Dr. A.P.J. Abdul Kalam Technical University. He has worked in Infosys as a Software Engineer with valuable contribution in different US based projects.

During deliberations, Mr. Adi Manohar Das revealed that Unrestricted and Undesirable thoughts creates disturbances in the inner peace. He emphasized that stable mind is must for any work or research to be carried out effectively. Mr. Das discussed the ways to cope up with the disturbed mind and for good physical health. Regular chanting excavates the path for inner peace and yoga nurtures good health. According to him connection with the supreme power provides steady mind as well as peace.

The webinar gave an opportunity to researchers including faculty members and students to realize their inner power for developing healthy mind, peace and health for effective meaningful research and overall happiness.

The webinar was coordinated by Dr. Arpita Sharma, Asstt. Professor, Agricultural Communication & Staff Counsellor, PG Society. At the end she put forth vote of thanks to the speaker and all concerned. More than 50 researchers and faculty members across the Colleges of Universities & other advantaged by the Webinar.