

Contribution of Yog in 'Vyasan mukti'

Date : 21/06/2024

Place: Conference Hall,

Main Office- Vanita Vishram,

Surat.

Objective: awareness about soul consciousness and how to control your mind with positivity and detach yourself from different addictions.

Vanita Vishram Institute organized a seminar on Contribution of Yog in 'Vyasan mukti' The programme was organized in the presence of Secretary of SAC Vanita Vishram Shri Manharbhai Desai. B.K. Falguni ben was a keynote speaker of this seminar. The entire programme was directed by the Principal Dr. Jigisha Parekh of Sir V.D.T Girls' High School (Self-financed). A special guidance was given by B.K Falguni for the awareness of soul consciousness and how to control your mind from negativity.How to control ourselves from different addictions. It was really a positive experience for the students of 11th and 12thGrade. It was an informative and inspiring session.