

2017

Young Indians- Dealing with Choices



Salesian College

8/4/2017

The Siliguri chapter of Young Indians (YI) organised a session on "Dealing with Choices" on August 4, 2017. All the newly registered YUVA members of Salesian College, Siliguri Campus, participated in the session. The programme started in the conference hall at 11am with the welcome words delivered by Mr. Anirban Ghosh. He introduced the speaker, Mr. Punit Mishra, the Group Commander, Indian Air Force.

Mr. Mishra, spoke about YUVAs making choices in life, listening to one's heart and keeping the focus. He shared about the benefits of meditation he had in his life and encouraged students to practice meditation, irrespective of any religion. He made the students go through fifteen minutes of meditation using very simple techniques. After the meditation was over, three students shared their experience about the silent sitting. Mr. Mishra, answered various questions put forth by the students.

The interactive session ended with the YI office bearers asking the students their view point about the session. The talks enlightened the students about the various benefits of meditation; starting from being calm, focusing to producing good results. The students felt encouraged towards the meditative process.

The sixty students who participated in the session felt enthralled with the inputs and the interactions. The seminar came to a close at 12:20 pm with the vote of thanks proposed by Mr. Anirban Ghosh. The speaker and the YI office bearers were presented with the college annual magazine. Before leaving the campus, they expressed how much they were impressed with the interest and participation of the students.



