



SYMBIOSIS SCHOOL OF PLANNING ARCHITECTURE & DESIGN, NAGPUR

Symbiosis International (Deemed University)

YOGA for Mind, Body & Soul

to boost the positive thinking and creative visualization for the Architecture

28/08/2019

Symbiosis School of Planning Architecture and Design, Nagpur had organized the special lecture on “YOGA for Mind Body & Soul” to boost the positive thinking and creative visualization for the Architecture, Design and LAW students on 28th August 2019. The guest of honor was Director of SLS, Nagpur Dr. Sukhvinder Singh Dari., Asso. Prof. Dr. Purva Mange welcomed all the guests. The guest speakers oriented and demonstrated students on the importance of Mind Yoga in their studies and personality.

Dr. Sara Chinthamwala introduced students to the power of thoughts, Positive thinking and creative visualization. She focused on the positive thinking and to find the happiness within to build the happiness around in life.

Professor Christopher Chappel focused on the importance of mind yoga and demonstrated the chants with Dr. Manju Jain. Prof. Chapple has published numerous books and papers on the history and philosophy of Indian religion, and on the intersection of religion and ecology.

Prof. Maureen who is also a trainer at Vipassana meditation center facilitated a demonstration and made students aware of the powers within through meditation. Director of SSPAD, Nagpur Prof. Parshan Singh Sindhu felicitated the guests with the memento and sapling followed by the intensive interaction session.

The event was coordinated by Asst. prof. Ar. Akshay Revekar. The other faculties present were Prof. Dr. Nandani Kulkarni, Asso. Prof. Dr. Purva Mange and Asst. Prof. Simrandeep Saini.





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