



Letting go of the PAST

Our Speaker for this session is a TV personality of various talk shows, International Trainer of premium institutes like IIT's & IIM's & numerous top Corporates across India & abroad. He is also the recipient of various awards like Rotary Nation Builder, Rotary Award of excellence & Sunrise Peace Award, he has a Ph.D in Emotional & Quantum Intelligence, Engineering & Management Faculty and is a renowned Counsellor who has been associated with the BrahmaKumaris for the last 25 years.



Dr. E. V. Swaminathan


B.Tech, DDH, PGDH, M.Sc.(Psych), M.Sc.(Counselling), MBA, PhD.

Trainer, Teacher, Counsellor, and Consultant with a clear focus on creating a Value Based Society.

Register Here: bit.do/mindovermatter2

Date : 28th June, 2020

Time: 5:00 PM IST

LIVE  <http://www.youtube.com/c/MindOverMatterSeriesNSSGGSIPU>

Gracing the Occasion



Sh Ravi Dadhich
Registrar, GGSIPU



Sister BK Kamala
Rajyoga Education and Research Foundation
Delhi

Conveners



Ms. Priyanka Bhutani
Asst. Professor, USICT
Programme Officer, NSS Unit - A



Mr. Gaurav Talan
Asst. Professor, USMS
Programme Officer, NSS Unit - A

Organized by:

NSS Cell, GGSIPU in collaboration with **NSS, IIT Delhi** and **Rajyoga Education and Research Foundation**
(a sister concern of **Brahma Kumaris**).



GGSIU NATIONAL SERVICE SCHEME (NSS) CELL
Guru Gobind Singh Indraprastha University
Sector 16-C, Dwarka, New Delhi – 110078
Ph. No.011-25302703, Email Id:nsscell@ipu.ac.in



F. No. GGSIPU/NSSCELL/2020/351

Dated: 26th June, 2020

NOTICE

After the highly appreciated Launching Session-1 titled Emotions & our Immune System, Mind Over Matter-2 series of sessions, NSS, GGSIPU in collaboration with the esteemed NSS, IIT Delhi and RERF cordially invite you to the **2nd enlightening session on a topic relevant to everyone's life – “Letting Go of the PAST”** by **Dr. E.V. Swaminathan, TV personality, International Trainer, Ph.D in Emotional & Quantum Intelligence** on **Sunday, 28th June, 2020, 5:00 pm - 06: 00 pm IST on YouTube LIVE** of our channel link:

https://youtu.be/wvy7x_m-JAE

The Session will be graced by **Sh. Ravi Dadich, Registrar, GGSIPU & Sis. BK Kamala, In-Charge, RERF, Dwarka-sec1, New Delhi.**

These series are aimed to help individuals, especially students to develop their inner potential, manage resources of their Mind and especially to cope with the current challenging situations of the Covid-19 era.

The problem with the PAST (loss of loved one/relationship/job or any other unpleasant event) is not the information per se. But the emotions that it brings with it. Emotions are energy in motion- very important to feel life. But, if exhibited at the wrong time towards someone or something of the past- it adversely effects the quality of one's life. Let us join together to learn the art of managing these emotions to become emotionally powerful- in the process of letting go of the past so that it doesn't cause pain, hurt and guilt.

Mind Over Matter YouTube channel: www.youtube.com/c/MindOverMatterSeriesNSSGGSIU

Email ID: mindovermatter@ipu.ac.in

Registration Link: <http://bit.do/mindovermatter2>

Best Wishes for Healthy and Happy Times ahead,
Team NSS Unit-A, GGSIPU

Ms. Priyanka Bhutani,
Asstt. Professor, USIC&T
Prog. Officer (NSS Unit-A)
GGSIU NSS Cell

Mr. Gaurav Talan
Asstt. Professor, USMS
Prog. Officer (NSS Unit-A)
GGSIU NSS Cell

Prof. B.V. Ramana Reddy
Professor, USIC&T
Program Coordinator,
GGSIU NSS Cell

Copy to:

1. All Deans/Directors/Principals of USS/Affiliated Institutes with the request to inform all the students and faculty members of their respective School/Institute
2. Controller of Finance
3. AR to Hon'ble Vice Chancellor for kind information of Hon'ble Vice Chancellor
4. AR to Registrar for kind information of Hon'ble Vice Chancellor
5. Head UITS with the request to please upload on the University website.