

## Motivational seminar on “Dynamics of Mind Management & Memory Enhancement for Success without Stress”, held in Rajiv Gandhi University



A two- day motivational seminar on “Dynamics of Mind Management & Memory Enhancement for Success without Stress” was organized at Rajiv Gandhi University. This event was organized in collaboration with **Carreer Counselling Cell** and Placement Cell and students’ body of the University coordinated by Prof. Sumpam Tanzang, Dean, Students’ Welfare. Internationally Recognized motivational Speaker & Corporate Trainer Prof. E.V. Swaminathan addressed the students and faculty members and gave them tips to release their stress with the help of various interesting examples and encouraging thoughts.

Prof. (Dr.) Saket Kushwaha, Hon’ble Vice Chancellor, RGU in his remark said that this type of motivational lectures would be organized more for the benefit of students, faculty and employees. He said that students should not get deviated from what they came for and they should focus on their career. He also spoke on the importance of punctuality and time management in their lives. He motivated the students to involve themselves in such activities as these are really going to pay them by building their positive *attitude*.

Prof. Sumpam Tanzang, Dean, Students’ Welfare welcomed all and Program was facilitated by Mrs. Doyir Ete Taipodia, Assistant Professor, Department of English, Dr. Dr. Anil Mili, and Dr. Tadang Minu, Department of Physical Education. On the occasion, Prof. Rajiv Kumar Singh, Department of Botany, Prof. S N Singh, Department of History, Prof. Kesang Degi, HoD, Department of Education, senior officials, students and teachers from various departments were also present, more than 174 participants were present for the career counseling programme.

