

Workshop on "Awakening for True Living"

Amity Business School organized a workshop on "**Awakening for True Living**" on 6th June, 2020 under Pratyahara - Department of Spirituality, Consciousness and Research at ABS.

With an aim of overcoming the challenges that everyone is facing in the world and it is high time now we need to move from head to heart and from thinking to feeling. ABS organized this workshop in order to inculcate these vital capabilities and to inspire everyone to imbibe Meditative practices, Yoga, awareness about eating right and correct breathing in our life.

The workshop made a platform with renowned speakers from the field of Meditation to Medicine and discussed important aspects for complete living. List of speakers is given below:

Speakers:

- Mr. K.C Jain, Hon. Director, Adhyatm Sadhna Kendra
- Dr. Sunita Gupta, Life style Consultant
- Dr. Priti Dhakad, Consultant & Motivational Speaker on health and Yoga Practitioner
- Mr. Ajay Sharma , Yoga Therapist and Expert
- Dr. Maya Daruwala, Medical Practitioner

Dean FMS & Director welcomed Mr. K.C Jain IRS(R), and all the speakers of the session. At the end of workshop thanked all the speakers from the area of Yoga, Medical practitioners and Meditation experts for their valuable inputs. There were total 412 participants 58 from ABS and 354 outside participation.