

FORTHCOMING EVENTS

6th International Conference on Management Practices & Research: 22nd July, 2016



EVENTS

Faculty Seminar on 'Yoga for Everyone'

Dr. Rajneesh Mahajan delivered a seminar on Yoga for every one on 14th April, 2016 in Faculty Seminar Series, 2016. He demonstrated seven yoga asnas, including two asnas for gaining energy such as Bhujang Asana, Adho Mukha Asana and five for dealing with day to day stress like Baddha Kon Asana, Marjary, Anjali Mudra, Dand Asana and Sukh Asna. He further added the all these basic yoga asnas can be performed in 20-25 minutes.

Poster
Making
Competition

Faculty Seminar on Eating Decision Pro Online Survey Software

Dr. E.P. Singh delivered a seminar on Eating Decisions, wherein he talked about mindful, "mindfull" and mindless eating. He also talked about the RDA- the Recommended Dietary Allowance. He suggested how making small changes in our own behavior and the environment around us, we can reduce overall calorie intake and be healthy.

Faculty Seminar on 'E-governance and its Applications'

Prof. Anchal Gupta delivered a lecture on 'E-governance and its Applications' on 26 th April, 2016 during the faculty seminar series. She gave her inputs on various e-governance projects running in India and highlighted their importance and usage in daily life. During the session, hands-on experiences on some of the recent e-governance applications were also discussed. It was a very fruitful and enlightening session for everyone.

Faculty Seminar on 'National Pension Scheme'

Dr. Divya Jindal delivered a seminar on 'National Pension Scheme (NPS)' on 29th April, 2016. She explained the workings of the Scheme and the benefits from subscribing to it. She highlighted the additional tax savings from contributing to the scheme and outlined the process for both physical and online application for NPS. She concluded by advising all present to consider NPS when carrying out tax planning for the current financial year.

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