

3rd CME Report

Date: 14th March 2020

Time: 2:30 pm – 3:30 pm

Venue: Yoga Hall, JSSINYS

Speaker: Br. Vignesh, Sevak, Chinmaya Mission

Topic: UPANISHADS, Stories of Inspiration – Practices to Perfection – Knowledge for Transformation

Participants: Teaching faculty and all the students

Session Type: Interactive

The session described the Upanishads in detail. Origin and its classification were mentioned. The speaker also projected the importance and role of Vedas from which detailed aspects of Upanishads are explained. Some practices to inculcate the Upanishads deeply into a human were discussed. Some of the interesting aspects which explained stories were also mentioned in the session.

Students were actively involved in the session and all the doubts were cleared by the speaker.



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Report prepared by
Dr. Preethi K S