

LAKSHMI NARAIN COLLEGE OF TECHNOLOGY, BHOPAL

Department of CSE, LNCT Bhopal

SHORT TERM TRAINING PROGRAM

AICTE Sponsored One Week STTP on “MORAL VALUES, ETHICS, BEHAVIORAL SCIENCE AND ATTITUDE”

Phase-I

02 to 07 November 2020

On 02 Nov. 2020, the STTP was inaugurated by the Chief Guest Hon'ble Chairman NBA, Prof. K K Aggarwal sir, Guest of honor Hon'ble Chancellor LNCT University and Chairman LNCT Group Shri J. N. Chouksey Sir, Respected Secretary LNCT Group, Dr. Anupam Chouksey Sir, and Respected Director Administration LNCT, Dr. Ashok Kumar Rai Sir.



Prof. (Dr.) K K Aggarwal
Chairman, National Board of Accreditation



Shri J. N. Chouksey
Chairman, LNCT Group
Chancellor, LNCT University



Dr. Anupam Chouksey
Secretary, LNCT Group



Dr. Ashok Rai
Director of Administration

One week Short Term Training Program, Sponsored by AICTE under AQIS on
MORAL VALUES, ETHICS, BEHAVIORAL SCIENCE AND ATTITUDE
Organized by LAKSHMI NARAIN COLLEGE OF TECHNOLOGY, BHOPAL

Speaker of the session
Ms Sugandh Parekh.
She presented an
expert session on
"Adhering to
Commitments through
inner peace & outer
Dynamism"

HOW TO HAVE INNER PEACE



Don't go for short term happiness but remain stick to your commitments, that will bring happiness to your life, will make your life joyful



Ms.Sugandh Parikh from Art of Living on 2 Nov. 2020

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Speaker of the session
Shri Pradeep Jain. He
presented an expert
session on "Relaxation and
Clarity of Mind through
Meditation"



He said, we know to be more successful in life everyone have to be more focused, but people think that if you are focused you could not be relaxed. But reality is just reverse, you are more focused and remember every thing only if you are relaxed

Mr. Pradeep Jain from Art of Living on 04 Nov. 2020

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Speaker of the session
Shri Anantha Sesha Dasa
Prabhu. He presented an
expert session on "Goal of
Life"



He said, people are running in rat race, they don't know where they want to reach and what is their Goal of Life. We must understand the ultimate reason why we came on this earth.

Shri. Anantha Sesha Dasa from HKM on 05 Nov. 2020

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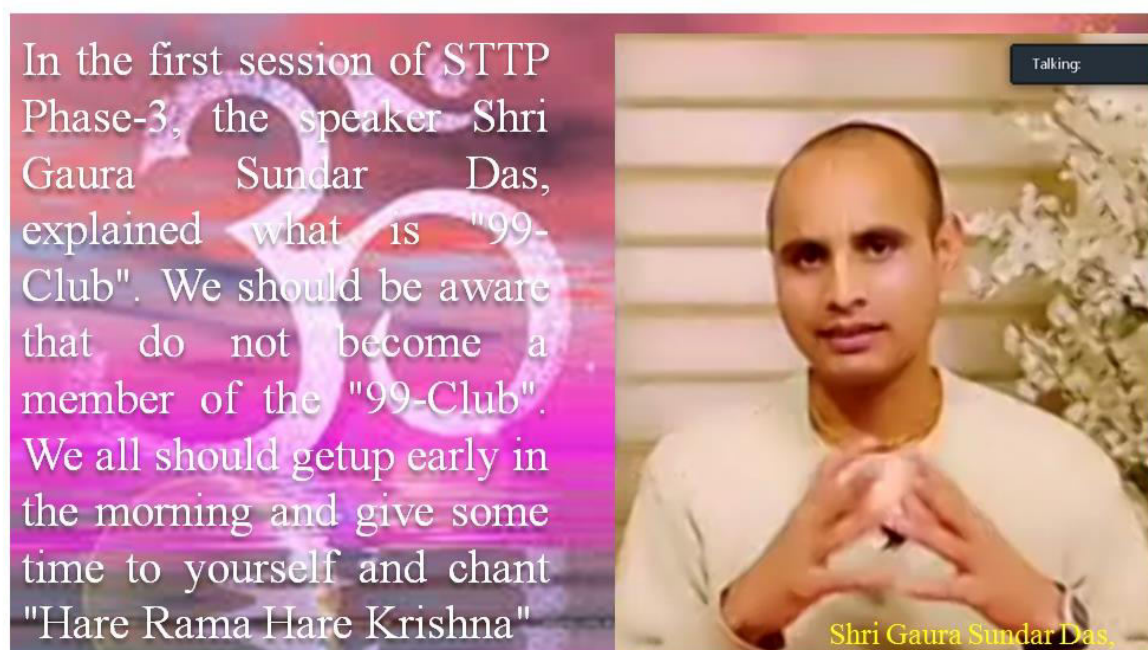
Phase-II

30 Nov. to 05 Dec. 2020



Phase-III

21 Dec. to 26 Dec. 2020



Shri. GauraSundar Dasa from HKM on 21 Dec. 2020

In the second session of STTP Phase-3, The speaker Ms. Mariyam Shahid said the key of happiness is in two things: Stress free Mind and Positive Attitude. She emphasise that, Rather than small desires if we keep our focus on big goals we will remain more happy and satisfies in da to day life. Yoga can stop future troubles in our life. Yoga is a method to bring happness in your life. Yoga donot means some excersise but it means your connection with your self



Ms. Mariyam Shahid

Ms. Mariyam Shahid from Art of Living on 22Dec. 2020



Lakshmi Narain College of Technology, Bhopal

Department of Computer Science and Engineering

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In the Fifth session of STTP Phase-3, the speaker Shri Raghavananada Das, through some light on celebrating spirituality. To live good life we must have purpose meaning and direction. Spirituality gives you a direction to our life. When we understand absolute purpose of our life are and we can live a meaningful life



Shri. Raghavananada Das

22/12/2020

Shri. Raghavananada Das from HKM on 23Dec. 2020

**26 December 2020**



AICTE Quality Improvement Schemes
Sponsored online

Short Term Training Program [STTP]

on
"Moral Values, Ethics, Behavioral Science and Attitude"
Phase- III







Organized by
Department of Computer Science & Engineering
Lakshmi Narain College of Technology, (LNCT)



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