**PRESS NOTE**

**MVGR-NSS Unit organized Motivational Talk on "Breaking Addiction to Negative Emotions"**

Dt: 08.12.2022

MVGR-NSS unit organized a motivational talk on Breaking Addiction to Negative Emotions to all first-year students. For this session, Sri. Deepak Ji, EKAM faculty and Dr SVG Reddy, Associate Professor, CSE Department, GITAM university were invited as resource persons.

Resource person, Sri Deepak ji outlined about the EKAM organization, founders of EKAM organization – Sri Preetha ji and Sri Krishna ji and their contributions to the world. He said that EKAM is a space where individuals from all faiths and backgrounds connect to universal intelligence, or the divine, and is known to have the power to dissolve obstacles and problems while helping you to manifest your intentions. Through EKAM organization, nearly 1000 villages were provided with drinking water facilities.

He stressed the engineering students on how to control over emotions like anger, sadness, anxiety and depression. He also gave spiritual orientation to students regarding stress, depression, emotional imbalance, etc. He suggested 6 steps to achieve happy state by practicing mediation on daily basis and made students meditate and practice during the session. All first-year students were actively participated in the meditation and motivational talk session.

Another resource person, Dr SVG Reddy suggested few approaches on stress management to overcome work load & pressure in the engineering filed which makes us a happy person.

Vice principal, Dr. Y M C Sekhar encouraged students to take part in yoga and meditation sessions regularly and stressed the importance of conducting these kinds of motivational talks in the college for the benefit of the students and faculty.

For this session, S. Mohan Kumar, Dean of Students, N. Shanmukha Rao, NSS Program Officer, NSS Coordinators, Staff, NSS Volunteers & students were present.