

## A Report on Inaugural Program of Lecture Series on “Youth and Life Management”

A Lecture series on “Youth and Life Management” was inaugurated on 10.02.2024 at Center for Basic Sciences, under Public Outreach Program, Pt. RSU, Raipur, in the auspicious presence of Prof. Sachidanand Shukla, Honorable Vice-Chancellor Pt. RSU, Raipur and Prof Kallol K. Ghosh, Director, Center for Basic Sciences and In-charge, Public Outreach Centre and all distinguished faculty of the center. The lecture series was initiated by Dr. Bhanushree Gupta, Assistant Professor, Center for Basic Sciences and the inaugural session was conducted by her. On this day two eminent speakers were invited - Prof. Toplal Verma, Govt. J. Yoganandam Chhattisgarh College, Raipur and Mr. Satish Gokul Panda, Secretary, Center for Studies in Holistic Development (CSHD), Raipur. A welcome address was delivered by Prof. Ghosh in which he mentioned the necessity of managing time and stress in our lives. A presidential address was given by Prof. Sachidanand Shukla where he talked about time management in day-to-day life and shared his personal experiences.



**Arrival of guests**



**Lighting of the lamp**



**Felicitation of the guests**

Prof. Toplal Verma emphasized the importance of youth’s contribution in nation building. The youth are essential agents of change and progress in a nation as they bring fresh perspectives and new ideas. Their energy, creativity and enthusiasm are integral assets for growth and innovation in various fields. He also addressed the significance of discipline in life. Mr. Satish Gokul Panda shared some of his first-hand experiences about time and stress management and made the students understand its importance through interesting stories. He also mentioned the importance of prioritizing tasks, dividing work into small goals setting to achieve the desired outcomes. He advised the students to live in the present and take the maximum benefit out of it instead of stressing about the past or the future. He also advised everyone to do their work with complete potential and do not worry about the results as it makes the mind more anxious and unsettled. He then told the importance of manifestation and how on being optimistic and grateful, we attract positive vibrations from the universe, cultivating a mindset of abundance and possibility.



**Some glimpse of the lecture**

Teachers as well as the students were highly benefited by the lectures and the program was a success.