



# NATIONAL YOUTH *day*

12 January, 2022 | Wednesday, 8pm - 9pm

Speaker: Brahma Kumari Swarnlata

Topic: Being Young at Heart and Mind

Register on

<https://forms.gle/j4HwhNT71N3UtFHG7>

Queries: 9919919038



12<sup>th</sup> January, 2022 on the occasion of NATIONAL YOUTH DAY, a talk was organised by Brahma Kumaris in association with Counselling & Guidance Cell, University of Lucknow and Young Managers Forum, Lucknow Management Association. Prof. Madhurima Pradhan welcomed B.K. SWARNLATA as the chief speaker of the event. B.K. Swarnlata addressed the gathering on the topic "BEING YOUTH AT HEART AND MIND". She conveyed that spirituality is essential to remain youth at heart, she also mentioned happiness comes from within and not the external or materialistic world, she emphasized on the importance of discipline, she mentioned about JAM -JUST A MINUTE conversation with heart. More than 76 students participated in the talk along with other eminent members including Professor. Madhurima Pradhan, Sir Rajeev Pradhan from Lucknow Management Association, Sir Gaurav, Sir Shobit Narayan from Brahma Kumaris and many more. The event ended with an interactive session with multiple questions of students being answered. Thereafter a beautiful meditation session was conducted.

