

Lecture on Innate Qualities of self

A lecture on “Innate Qualities of Self” was delivered on 8th December 2021 by B.K Priyata Kumar in Happy Thinking Labortary from 2pm to 4pm. Total 37 students from Economics, Social Work, Sociology, Mass communication & Journalism joined the lecture. Mrs. Priyata Kumar, in her lecture describes seven innate qualities of self, i.e. Knowledge, Peace, Purity, Love, Power, Happiness and Bliss. In addition, she also elaborated eight mental powers for mastering self, i.e. power to accommodate, power to tolerate, power to face , power to pack up ,power to discriminate ,power to judge, power to cooperate and power to withdraw. She explain with the example from daily life about how these power can help one to be healthy and happy in life.

Some feedback of students:

- The guest lecture seemed like a very kind and sweet person who imparted her knowledge on the topic self with us. Indeed a very interactive and helpful session.
- Helpful session for inculcating positive of life.
- Knowledgeable session and good spiritual session. Learned much about myself conscious.
- The session was great, we learned about Chakras and how to control body and energy.
- First of all thank you ma'am, for giving such a wonderful experience. I am very strong in everything. I might be taken your whole advice when it needed.



