



**B.V. Patel Institute of Management,
Uka Tarsadia University**



Date: 08/09/2022

Session on ‘Finding Yourself and relieve Stress’

Date	08-09-2022
Time	12:30 PM to 2:20 PM
Venue:	Manjula Auditorium, Uka Tarsadia University
Class:	All Classes of BBA
Expert:	Ms. Rujuta P. Vimawala
Coordinator:	Ms. Kruti Bhatt, Dr. Taral Patel
Category	Spiritual Club

Ms. Rujuta P. Vimawala delivered a session on the topic of “Finding Yourself and relieve stress.” The session was about the search of true happiness. How one can differentiate between temporary and permanent happiness. The session was started with Guru stuti. Rujuta Madam explained about the importance of soul and Satpurush who can guide a human towards a right spiritual path. Students had participated in interactive session. As a token of gratitude, a memento was given to the expert.





The session was filled with the knowledge based on spirituality.