

The institute organized International Youth Day on the 12th of August, 2013. The title of the event was “Awakening the Youth”. The speaker of the event was **Mr. Avinash Tiku**, an engineer by profession and a teacher by passion. He is a well known social Entrepreneur and a faculty with the Art of Living foundation.



During the talk, the speaker emphasized on a lot of youth related issues such as how to be focused and relaxed at the same time, how to eliminate stress and anger. He made the students realize the importance of voting as a right and their duty. The event was closed with a 20 minutes of meditation session.

Event Coordinator: Ishita Nangru, Asst. Prof.