

NSS Panjab University organizes 2nd Session of IAM Meditation Technique

The National Service Scheme (NSS) Department of Panjab University organized Integrated Amrita Meditation Technique (IAM) session created by world renowned spiritual and humanitarian Sri Mata Amritaanandamayi Devi affectionately called “Amma” by millions throughout the world. IAM session which is a simple combination of yoga, pranayama and meditation that takes just 20 minutes a day was led by IAM team instructors from Amritappuri (Kerala) Shri Narender Ji and Shweta Ji. The NSS Volunteers Baljit Kaur, Monika Jaswal, Pradeep Kumari, Isha Jain and Padma were the driving force for organizing the event.

The NSS Program Officer, Dr. Upneet Kaur Mangat shared that in its endeavor to reach out youth in university, the NSS Unit of Panjab University has hosted the 2nd Batch of IAM Meditation Session for the students as a way forward to channelize and tap in their energies in positive direction. The session was well attended by around 50 participants from across different faculties.

The students were apprised that IAM technique is a synthesis of traditional, time-tested methods suited for the current mental conditions, time-constraints and needs of modern man. Amma’s disciples teach the technique, free of charge, in all parts of the world.

The IAM team informed that around 60 students from Panjab University have registered for the youth leadership program “AYUDH” to be held in Kerala from December 22-26, 2018. AYUDH leadership program aims to use the powerful force of young people to perpetuate natural harmony, social justice, and personal empowerment.. The NSS Program Officers Dr. Upneet Kaur Mangat and Dr. Gaurav Gaur shared that seeing the positive response from students to attend the IAM session more such sessions will be planned in future to reach out to the residents of university hostels.