



SRI GURU NANAK DEV KHALSA COLLEGE

(University of Delhi)

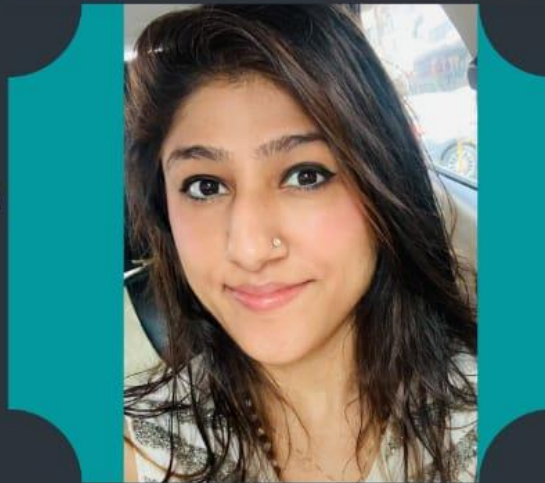
NSS UNIT

In Collaboration With

STUDENT WELFARE COMMITTEE

Presents a webinar on

**Learn how to balance logical and creative mind
with Richa Madan**



Makeup Artist

Life coach

Faculty at Art of living

TIME - 4:00PM

DATE - 31ST MARCH

VENUE - GOOGLE MEET

Dr. Deepmala
(NSS Programme Officer)

&

(Convenor :- Students Welfare
Committee)

Dr. Savilata Yadav
(Coordinator)

Prof. Gurmohinder Singh
(Oftg. Principal)

For any Queries Contact:-

ARPIT : 9315328622

JATIN : 8802955337

Name of the event: Webinar On How To Balance your Creative and Logical Mind

**Organised By - National Service Scheme Unit
(ArpitJatinGunjeetParneet)**

Date - 31st March 2021

Number of participants: 60

NSS unit of Sri Guru Nanak Dev Khalsa College organized a webinar on - How to Balance Your Logical and creative mind and NSS volunteers and college faculty took active participation.

The guest speaker of the day was **Richa Madan** who is a Makeup Artist, Life Coach and is Faculty at Art of Living.

She told us how we can balance our logical and creative mind since it's

She told us that It is possible to be both logical and creative as both are closely related, creativity is at the core of every reasoning and analytical ability. The left brain is largely considered logical, analytical and academic while the right side of the brain is considered as artistic, intuitive and creative.

She also explained to us about the Nostrils and the Brain, how we can figure out whether anyone has a logical Or creative mind.

She discussed how breathing on different sides affects the brain, as in when the left nostril is active then the right brain is active. And vice-versa.

She further discussed unblocking either or both nostrils, nadishodhan, a yogic breathing technique also known as alternate nostril breathing, can help. With patience, the energy centers in your body and brain receive nourishment from slow, deliberate breaths in and out of one nostril at a time.

She also told us ways to balance it equally.

It was a very interactive session.

There was a query session at the end and all the students asked their doubts and questions to the guest.

The event ended with our convenor's Dr. Deepmala's vote of thanks.

The duration of the webinar was 2 hours, i.e, 4:00P.M. to 6:00P.M.

A feedback form was provided to the participants so that they fill in their suggestions.

