



K. L. E. Society's  
**Arts and Commerce College,**  
Re- Accredited by NAAC in 3rd Cycle with "B+" Grade  
**GADAG, KARNATAKA. INDIA -582101**  
Contacts: 08372-297337, 9482547599

Date: 16-01-2017

## NOTICE

All the students are inform to attend the Spiritual Talk on enriching the minds of youth by B. K. Swati and B. K. Usha on 20<sup>th</sup> Jan 2017 at 12.30 pm and avail the benefit.

  
**CO-ORDINATOR**  
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K. L. E. Society's Arts & Commerce College  
GADAG  
CO-ORDINATOR

  
Principal  
**PRINCIPAL**  
K. L. E. Society's  
Arts & Commerce College  
GADAG - 582101



**K. L. E. Society's**  
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Date: 20-01-2017

## ENRICHING THE MINDS OF YOUTH

From outside the life of these students might appear perfect but the truth is that many of them are heavily burdened with fears, anxiety and peer pressures. Rather this holds true for most of the youth in the country. From a very young age he experiences stress, depressions, competition and myriad pressures resulting in a chaotic life.

To provide a meaningful insight into life, K L E Society's Arts and Commerce College, Gadag organized a talk on 20<sup>th</sup> January 2017 by B. K. Swati, B. K Usha and B. K. Jyoti a motivational instructor and teacher who has been studying spiritual knowledge and practicing the ancient technique of Rajyoga Meditation, Gadag.

The talk was intended to change the perceptions of people towards spirituality, religion and way of life. These days many people talk about Spirituality but what is it, how can we practice it in our daily lives, how is it different from being religious and how can it help us to achieve all these wonderful things. These were the questions that she addressed to a jam packed audience.

Slight change in our thought process and everything changes drastically. It is our thoughts that determine our actions and these actions form the basis of our personality. She asked, "How many of you are still thinking about your day time work". Almost everybody raised their hands. Most of us live our lives either in past or in future but never in the moment. We often believe that we have no control over thoughts but that is untrue. Everybody was asked to perform a simple exercise meant for controlling the thoughts. It is important to learn from the past experiences but not to carry the baggage of our past with us which many of us do. Once we have realized the power of now our quality of life will tremendously increase.

The following day she interacted with the students addressing their concerns. Life of youth has never been so chaotic before. And the possible solution can be obtained only if faculty and students join hands and work in this endeavor. True leaders create new trends and never follow the already laid out path. We need to live our lives intensely and fearlessly and have strong belief systems.

The time might come when our society will become bankrupt of moral values. It is not because we do not love our values and principles. It is because we are in a hurry of attaining name, fame, money and power and in this hurry we are even ready to compromise on our values. It is the amount of salary that gives us satisfaction rather than the thought of earning it. But the real happiness lies in thoughts and not matter. The sooner we learn it the sooner our lives will become peaceful.

The talk ended with huge applause from the Students. The Student's received Pocket Calendar from the Iswari Vishavidyalaya, Gadag and the students were planning to invite Brahma Kumari's in future for several such lectures.

Desk /personal /SNM./20.04.2018 Service Certificate

  
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**ENRICHING THE MINDS OF YOUTH**

B. K. Swati, B. K. Usha, B. K. Jyoti



*AKR*  
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2016-17

Enriching the minds of youth  
20/1/2017

Students Participant List

S.NO	NAME OF THE STUDENTS
1	V.M.MEVUNDI
2	KUBERAPPA.KILLIKYATAR
3	SANGAPPA Y SAPPAKKANAVAR
4	NETRAVATI.M.KINNAL
5	KOTRESH.S.KALLI
6	JYOTI S S
7	ANNAPURNA.S.KURUVINAKOPPA
8	VIDYASHREE.R.SHIRAHATTI
9	SHARIFSAB KASHIMFEERSAB GOUDRA
10	TASMEENABANU.M.BHAVIKATTI
11	HUSENSAB.F.ITAGI
12	KUBERAPPA.KILLIKYATAR
13	SUHAS.C.GADAD.
14	JYOTI.B.PATIL
15	SACHIN.A.SHALAVADI
16	MUTTAPPA.D.GADDEPPANAVAR
17	NAVEENKUMAR.Y.BANDIWAD
18	FAKKEERAGOUD.G.PATIL
19	NINGAPPA.S.SHYANAWAD
20	MANJUNATH.B.ARALI
21	SHIVARAJ BENTUR
22	RENUKA.S.KANAVI.
23	CHANDRASHEKHAR.P.MALLANAVAR
24	ANJALI.J.MERAWADE
25	RAMESH.S.KENCHALLAVAR

26	SAGAR.M.DAMBAL.
27	PRAVEEN.B.KARALINGANAVARA.
28	SUJATA.N.HALLI
29	ANAND.L.SINGADI.
30	SUKANYA.V.HOOLI
31	SARASWATI.B.MALEKAR
32	SANJU.A.HUBBALLI
33	SUJATA.N.HALLI

  
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