

G H Raisoni Institute of Management and Research

Life Skill Session for a healthy and fit lifestyle because calm mind brings inner strength and self confidence.

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Report on Life Skill Session

Date: 27/03/2019



GHRIMR always promotes the activities which give opportunity to the students to learn life skills. As we are more focused on activity based learning we always organize sessions for enhancing the skills of the students which make them more retainable in industries.

On 28th 2019, one more such session was conducted to improve the life skills of the students. Mr. and Mrs. Joshi were the resource persons called for this session. The couple is engaged in organizing such session for the betterment of the society. And we have got the opportunity to call them in our institution. MrsMadhuri had conducted the session on Sujok Therapy. It is an ancient therapy which has been introduced in advanced form in korea. This therapy help us to learn how to make your body healthy and pain free by using simple tricks of Sujok. Sujok is a simplified form of acupressure. Mrs Joshi make everyone understand the similarities between our palm and our body. She introduces us with various techniques for curing diabetes, heart attack, hyperthyroid, hypothyroid, problems related to kidney, liver and stomach etc. she also told few points to stimulate the energy level and improve the concentration level of a person,.

Faculties were also part of this program and everyone had taken benefit from it. All the participants had received certificate of 'International Sujok Therapy Course' The program was held from 1: to 4pm. everyone had enjoyed the program and ask Mr. and Mrsjoshi to conduct more such sessions for all of us.



