

2. Clutter to Clarity- Art of Living

Date of Event – 20.06.2023

Day of Event – Tuesday

Approx. Time – 2 hrs

No. of attending students – 80

Resource Person - Mr. Rashmin Pulikar(Art of Living)

Details of the event

The objective for this seminar was to develop soft skills and help students to finally clear those stubborn clutters in their life for a clean start, with a wealth of space for one's freedom and happiness to grow. It was conducted in collaboration with Art of Living. The seminar highlighted the understanding of the three core causes of clutter and how they directly manifest in specific rooms and forms of clutter. Use practical and actionable exercises to clear out clutter hot spots. To reclaim personal space for the thoughts, things, and people in one's life.

