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Army College of Nursing
(Accredited by NAAC B+ Grade)
Deep Nagar,
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ART OF LIVING SESSION

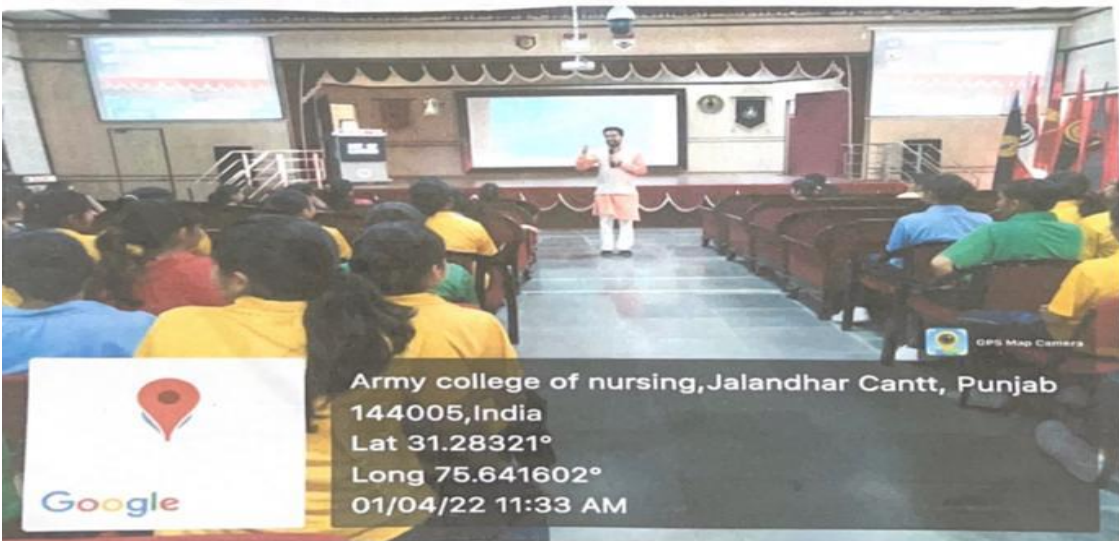
- Art of living session was conducted on 1st April 2022 in MP Hall. Gautam Sir and Saloni mam enlightened the students with the inspirational words.
- Students from all four batches participated in this Interactive Session. The main aim of this session was to check the pressure of mind and to increase the Concentration of the students by engaging them in various activities.
- It emphasizes the Importance of Inner peace of the individual. Students learned various techniques of meditation in the session. Students attended the Session with full zeal and enthusiasm.

Principal
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Arshita

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