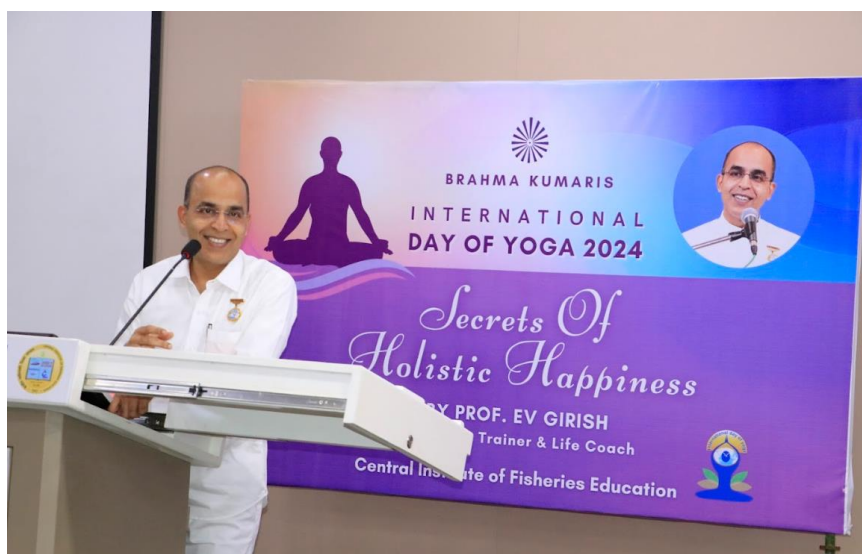


Special Talk on ‘Secrets of Holistic Happiness’



Prof. E. V. Gireesh speaking to audience

As a part of the celebration of ‘10th International Day of Yoga- 2024’ a special talk by Prof. E.V. Gireesh, on ‘Secrets of Holistic Happiness’ was organized on 19th June, 2024 at ICAR-CIFE Mumbai. Prof Gireesh is an International Transformational Speaker, Corporate Trainer and Life Coach. He has been associated with ‘Brahma Kumaris World Spiritual University’ and is an Internationally Certified User of ‘Thomas Personal Profile Analysis’ for behavioral assessment of an individual with over 10 years of experience in imparting behavioral training programs.

The program was attended by more than 125 participants including faculty members, staff, students and delegates from Brahma Kumaris, Mumbai. At the outset, Dr. N.P. Sahu, Joint Director, ICAR-CIFE welcomed Prof. Gireesh with floral bouquet. Prof. Gireesh explained that too much pleasure can lead to addiction; whereas true happiness is linked to ‘giving’ and is long-term. The audience roared with laughter at the anecdotes shared by Dr. Gireesh in his unique style. Drawing examples from everyday life, he explained the importance of spirituality in managing stress and to remain happy during difficult times. It was a very engaging session that ended with a short meditation which gave the audience a blissful experience. The program was co-ordinated by Dr. N.S. Nagpure, Principal Scientist, FGB and Dr. Nalini Poojary, Chief Technical Officer, AEHM.



A view of audience in the Conference Hall