



CIVIL ENGINEERING SOCIETY DEPARTMENT OF CIVIL ENGINEERING JNGEC SUNDERNAGAR

- ❖ The Civil Engineer Society organised an expert lecture on “Mind Power Management” on 4th march, 2023 in the conference hall of the institute.
- ❖ The lecture was delivered by Sh. Pramod Kumar, Emotional Intelligence Speaker, Founder of Divya Wellness Company and Certified Nutritionist.
- ❖ The lecture emphasized the importance of having a healthy mind and body balance for a healthy and successful lifestyle.

