## LECTURE SERIES ON MENTAL PEACE AND HAPPINESS BY THE HON"BLE VICE CHANCELLOR





An online HRD lecture series on mental peace and happiness was given by Hon'ble Vice Chancellor Dr. Jagannath Patnaik of the ICFAI UNIVERSITY, SIKKIM on 17th March 2023 to All India Income Tax officers in the country. Dr. Patnaik who is a spiritual guru and renowned educationalist of the country addressed various issues during the interaction with the IT officers and explained them the ways to manage peace and happiness at workplace. He provided various solutions of happiness in the current scenario of anxiety, depression, frustration, I'll health etc. Later he provided mantra to success in everyday life which can change the daily life of an individual.