

Talk by Mr Arvind Kumar Sirohi

We the department of Zoology take immense pride in the list of our colloquium events. Today the event was organized in the Vivekanand auditorium of Deshbandhu College, University of Delhi. The speaker of today's talk was Mr Arvind Kumar Sirohi who is an IES and currently holding the position of General Assistant at the Center for Railways Information Systems (CRIS), Government of India. The topic of the talk was **The art of knowing self: a journey to excellence**. He shared with us his valuable experiences and took us on a journey of exploring self, a 'self' still unknown to many of us. His words compelled us to look deeper into the aesthetic aspects of life rather than the material conceptions. The war between the soul and bodily manifestations has been since times immemorial. We just need to introspect and find our souls. He wrapped up the session with teaching us the need of meditation, the necessary mental peace we should all reward our brains with. The talk was truly enlightening and interactive for everyone present. All things considered, the session was very informative and most importantly, self satisfying for us.

