

## WELLNESS CLUB

### Report

#### Seminar - "The Purpose of Human Life"

**Date:** March 3<sup>rd</sup>, 2025

**No. of Participants:** 80

**Timings:** 12:00 PM onwards

**Venue:** Seminar Hall, 9th Floor, 9th Block

**Faculty Coordinators:** Ms. Neetu Agarwal, Assistant Professor, Dept. of Computer Applications

Ms. Kamna Vaid, Assistant Professor, Dept. of Economics

**Guest Speaker:** Mr. Neeraj Gupta, Prof. of Practice, CSE, MAIT

The **Wellness Club** of Maharaja Agrasen Institute of Management Studies (MAIMS) successfully organized a seminar on "**The Purpose of Human Life**" on the 3<sup>rd</sup> of March, 2025. This insightful session, conducted under the aegis of the Internal Quality Assurance Cell (IQAC), witnessed enthusiastic participation from students, faculty, and staff members. The objective of the seminar was to provide attendees with a deeper understanding of the purpose of human life from various philosophical, spiritual, and practical perspectives. The session emphasized the importance of self-awareness, personal growth, and leading a meaningful and fulfilling life.



*Mr. Neeraj Gupta delivering the lecture to the audience*



*Faculty Coordinators along with the resource person and Director General, MAIT.*

The resource person, **Mr. Neeraj Gupta**, Professor of Practice in the CSE Department at MAIT, shared profound insights on the meaning of life, the pursuit of happiness, and the role of ethics and values in shaping one's destiny. He emphasized the importance of spiritual consciousness, self-discipline, and continuous learning as key factors in achieving a purposeful life. The session included an interactive discussion, where participants raised thought-provoking questions and engaged in meaningful conversations with the speaker. Real-life examples and motivational anecdotes enriched the discourse making it both enlightening and relatable. The event was a resounding success, leaving participants with a renewed sense of purpose and motivation to lead a more conscious and meaningful life.