


## Online talk on “How to stay calm and its benefits” by Pr.Divyaanandaparna Mataji, Ramakrishna Sarada Mission, New Delhi

The online talk on “How to stay calm and its benefits” was organized by the Centre for Human Values & Ethics (CHVE), GGSIPU University on 08.03.2022. Pr.Divyaanandaparna Mataji - a monastic member/nun of Sri Sarada Math, Daksineswar, presently posted at Ramakrishna Sarada Mission, New Delhi delivered the talk. Mataji is the Editor of Samvit, the English journal of Sri Sarada Math. Apart from religious and spiritual teaching, the organisation carries out educational and philanthropic work in India. In the fields of education, health, women's development, the nuns of the Sri Sarada Math are also providing services. Sri Sarada Math also has some speakers on [Vedanta](#) and [Hinduism](#) who have been travelling the various parts of the world to deliver lectures, talks, and discourses




**Centre for Human Values and Ethics**  
Guru Gobind Singh Indraprastha University


Presents

**A Lecture on**  
**How to Stay Calm and its Benefits**  
by  
**Pravrajika Divyanandaparna Mata Ji**

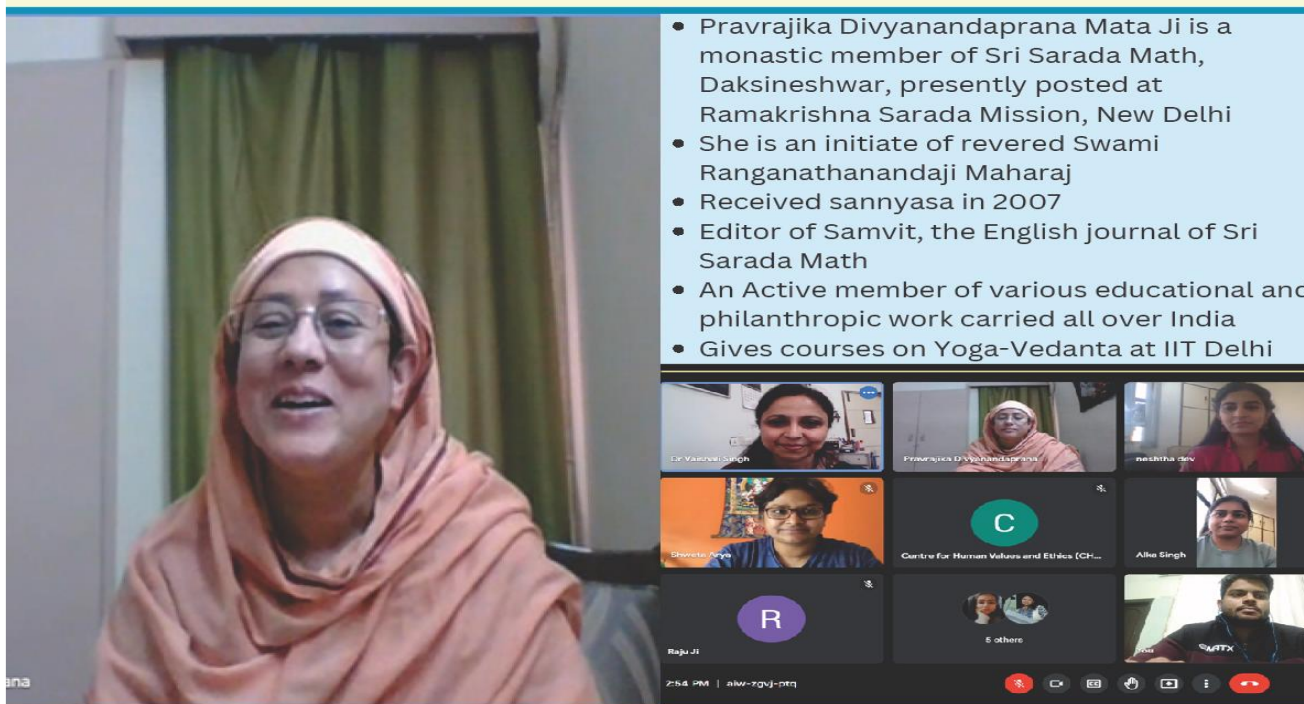
(March 8, 2022, Tuesday at 3.00pm)

**Meeting Link**  
[meet.google.com/aiv-zgvj-ptq](https://meet.google.com/aiv-zgvj-ptq)

  
**Pravrajika Divyanandaparna Mata Ji**  
Ramakrishana Sarada Mission, New Delhi

  
**Prof. (Dr.) Mahesh Verma**  
Vice Chancellor, GGSIPU

Organized by  
**Prof. Vaishali Singh, In-charge(CHVE)**  
Contact: Ms Divya Uppal, 01125302402, chve@ipu.ac.in



- Pravrajika Divyanandaparna Mata Ji is a monastic member of Sri Sarada Math, Daksineswar, presently posted at Ramakrishna Sarada Mission, New Delhi
- She is an initiate of revered Swami Ranganathanandaji Maharaj
- Received sannyasa in 2007
- Editor of Samvit, the English journal of Sri Sarada Math
- An Active member of various educational and philanthropic work carried all over India
- Gives courses on Yoga-Vedanta at IIT Delhi