



GOVERNMENT OF KARNATAKA
GOVERNMENT FIRST GRADE COLLEGE
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Topic: Emotional Freedom Technique

Date: 27/06/2020

Resource Person: Shri Sampath Kumar

On 27/06/2020 the topic of lecture was “**Emotional Freedom Technique**” by Shri Sampath Kumar Yoga therapist EFT- is based on various theories of alternate medicine. This technique may be used to treat wide variety of physical and psychological disorders. Resource person addressed student from different universities and enlightened them with various methodology and techniques of self healing and creating balance between their emotions and energy flow to maintain their health during covid time. The beneficiaries responded with good feedback about this program.



Resource person- Shri Sampath Kumar addressing the session Prof. Ravi Kiran hosting the program