



# **ARMY INSTITUTE OF EDUCATION**

Plot M-1, Pocket P-5, Sec. CHI, Greater NOIDA

(Affiliated to GGSIP University, Delhi)

NAAC ACCREDITED & ISO 9000:2015 CERTIFIED INSTITUTE

## **Lecture cum Interaction Session on 'POWER OF HABIT'**

Aiming to provide an intense of power of habit, a special guest lecture was organized on 12 Sep 2018 at AIE by Col N S Dahiya (Retd.) The programme commenced at 2:00 p.m .

Dr. Tania Gupta, Principal, AIE gave her welcome address and felicitated the speaker. Col Dahiya delivered the lecture which comprised of three sections. Section one dealt with the theoretical and practical perceptions on Habit and its formation. The second session dealt with habit compounding followed by a skit "Say no to Drugs" presented by AIE theatre group. Third section was an interactive session between the resource person and the audience.

The event came to an end with the discussion of a bright future with the maintenance and adoption of good habits. It was truly a resourceful session which influenced the minds with immense and good practical knowledge.

Col. Bhardwaj (Retd.), Registrar, AIE delivered vote of thanks.

