

This particular session was much appreciated by the participants as it entailed addressing of multitude of queries about Social Security Act and the ambiguities centered on it.



#### **Session V – Work life balance in today’s world**

#### **Mr. Bodhisattva Swami Anand Arun – Founder and Coordinator of Osho Tapoban**

The audience was spellbound during the session of Mr. Bodhisattva Swami. Swami emphasized on the importance of work-life balance and that the life is meant to be celebrated. A successful life is the one, which is full of happiness. He further emphasized that success should not be measured in terms of material acquisition. He highlighted the relationship between mind and body and how we should take care of physical health to be able to achieve mental health, which ultimately is the reason for experiencing bliss.