



## Report on an Interactive Session

**Day/Date** : 28 April 2021  
**Organised By** : Commerce Department of ITL Public School  
**Conducted By** : Ex ITLeen – Shivendra Nath Misra  
**Attended By** : Commerce Students of Class XI

An interactive session was organised for Class XI Commerce students by **Shivendra Nath Misra, an ex-ITLeen of 2017 batch**, who is a meditator, writer, marketer and entrepreneur. The session started with sharing of real life experiences by Shivendra with the students.

He discussed about **his own start-up venture - “Eedith”** to serve clients in the hospitality and restaurant space. Currently, he's a Marketing Entrepreneur with Xeno, which is a retail-tech company helping retailers to maximize revenue from their customer base. He motivated the students to face difficult situations in life with courage and pursue their dream with passion and perseverance.

He also **published a book on Amazon by the name of “Bend Reality”**, which focuses on the right path to master your life.

He also **shared tips for stress free life and the importance of meditation in life**. He discussed various meditation techniques with the students and taught them how meditation can help improve their mental health and reduce stress and anxiety in life.

It was a wonderful session as he **guided the students to pursue diverse interests in life**. He answered various queries of the students related to developing entrepreneurial skills, academics and meditation techniques and they really enjoyed interacting with him.

