Report on Workshop

A talk entitled on “Art of Mind Management and Emotional Balance” hosted by VET BVL Polytechnic,

On 8th June 2021@11AM with the objective of enabling the students with the mental balance to brave against the outbreak of the COVID-19 pandemic.

Presenter: Sri.Vishnu Ravi, Expert from Youth Empowerment Club ISKCON, Bangalore.

Meeting Platform: Microsoft Teams

Total Participants: 130

Highlights:

1. Need for controlling the Mind.

.Mind should be Strong. Physical comfort cannot overshadow mental comfort.

.Thoughts to be controlled by Mind Management.

.Mental pain is harder to bear.

2. Understanding mechanism of Mind.

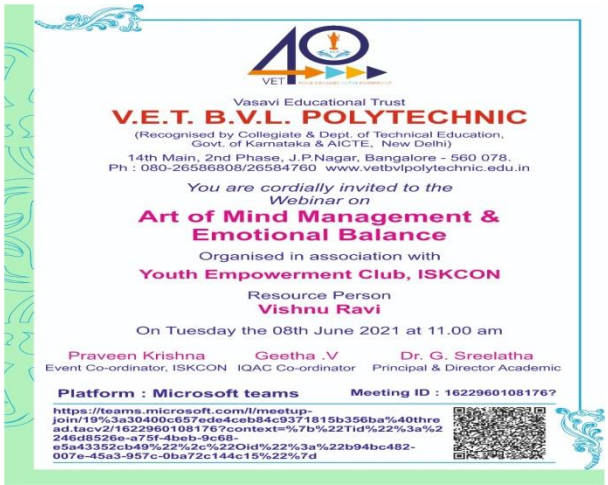
.Knowledge to be gained from the incorporation of new methodologies.

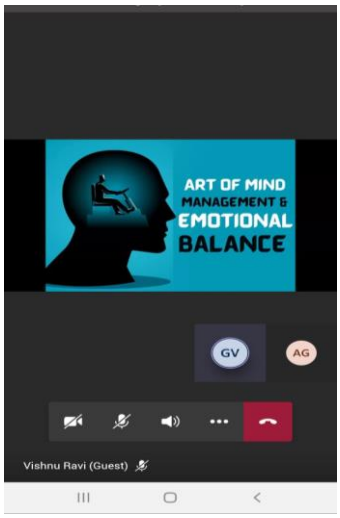
.With Intelligent Quotient, Emotional Quotient to follow Spiritual Quotient.

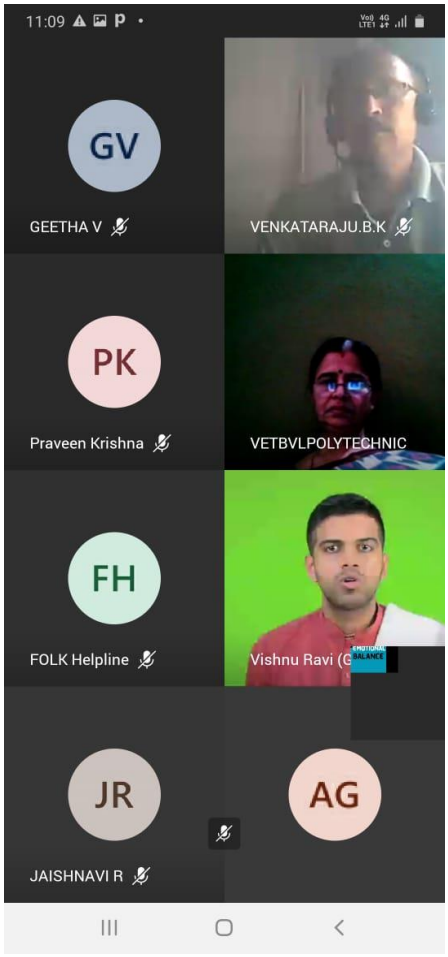
3. Methods of Mind Management.

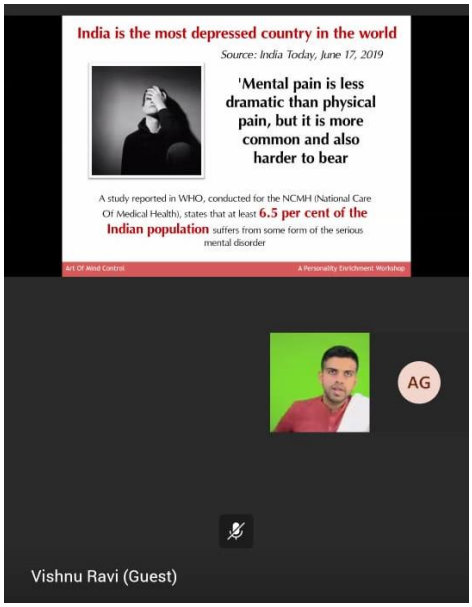
.Physical method-To inculcate Yogasanas, Pranayama, Kriyas & sitting postures.

.Mental method-To improve concentration, Affirmations, self talk & to read thought-provoking books.




ART OF MIND MANAGEMENT & EMOTIONAL BALANCE
GV
AG
Vishnu Ravi (Guest)


11:09
GV
GEETHA V
VENKATARAJU.B.K
PK
Praveen Krishna
VETBVLPOLYTECHNIC
FH
FOLK Helpline
JR
JAISHNAVI R
AG


India is the most depressed country in the world
Source: India Today, June 17, 2019
'Mental pain is less dramatic than physical pain, but it is more common and also harder to bear
A study reported in WHO, conducted for the NCMH (National Care Of Medical Health), states that at least 6.5 per cent of the Indian population suffers from some form of the serious mental disorder
Art Of Mind Control
A Personality Enrichment Workshop
AG
Vishnu Ravi (Guest)