

Vivekananda Institute of Professional Studies Vivekananda School of Information Technology

MAKE MIND YOUR BEST FRIEND

"A man is what he thinks about all day long." - *Ralph Waldo Emerson*

Mind plays an important role in achieving success. VSIT organized a personality development session on 15th February 2017 for VSIT students to understand and harness the power of mind. Session on "MAKE MIND YOUR BEST FRIEND" was conducted by Ms. Varnika - the epitome of spirituality and a regular meditation practitioner. She guided students to use and channelize their energies in the right direction. She had vast experience of conducting such sessions for youth, working professionals and students. She pondered upon various factors that deplete the power of mind and how to handle them. She elaborated upon the inner mechanism of human brain. Various experiments were shown to demonstrate the negative and positive effects of thoughts on human mind. Session ended with a set of techniques told to conserve mind power and then to utilize it for better purposes. Regular meditation, learning to differentiate between waste thoughts; negative thoughts, reading healthy articles, and disciplined life can lead to holistic development of any individual. Session was a great energy booster for VSIT students.





योग: कर्मसु कौशलम्
IN PURSUIT OF PERFECTION

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