



योग: कर्मसु कौशलम्
IN PURSUIT OF PERFECTION

Vivekananda Institute of Professional Studies Vivekananda School of Information Technology

The Power of Subconscious Mind

The subconscious brain is the treasure given by Mother Nature to us. It is the power we don't want to acquire, but we already possess it. Within the subconscious mind, we can find the solution for any problem. The subconscious mind is the captain and master of our ship (includes our body, daily life, and environment). The law of life is the law of belief. Therefore, one must believe in the power of their subconscious mind to heal, strengthen, and prosper oneself.

By keeping this thought, Dr. Neha Malhotra, VSIT, VIPS has conducted one session on the topic of the power of subconscious mind and the focus of the session was, on how to use these powers which resides inside the subconscious mind. Certain practices were discussed how one can charge the subconscious mind and use that charging to keep them calm and spread a peaceful atmosphere everywhere around them.

The session was conducted scientifically and explaining the importance of keeping thoughts positive, as well as reducing waste thoughts generating in our mind. In addition to that, the importance of 'Meditation' was also highlighted. Total of 30 students participated in the session; finally, the session was terminated with an interactive questions and answers round followed by a feedback session.



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POWER OF SUBCONSCIOUS BRAIN



 17th Jan, 2020  12:50 to 01:50 PM  307, A Block

Benefits:

- 1) To increase concentration powers.
- 2) Calm and relaxed mind.
- 3) More focus and clarity.
- 4) reduces depression and stress.
- 5) Better decision making and many more.

Glimpse

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