



योग: कर्मसु कौशलम्
IN PURSUIT OF PERFECTION

Vivekananda Institute of Professional Studies - Technical Campus

Affiliated to Guru Gobind Singh Indraprastha University, Delhi, Recognised by Bar Council of India and AICTE

NAAC Accredited Grade 'A++' Institute, NBA Accredited for MCA Programme

Recognised under Section 2(f) by UGC, ISO 9001:2015 Certified Institution

Vivekananda School of Information Technology

Webinar on DEBUGGING THE MIND

Vivekananda School of Information Technology organized a webinar on “Debugging the Mind” on 28th January 2023 from 3:00 PM on Google Meet.

There is no denying the fact that students face a lot of mental pressure in their daily life. A situation like this can increase the level of stress in students. To counsel students regarding this issue, VSIT conducted a webinar on “Debugging the Mind”. It was attended by around 60 students. The objective was to motivate students to live happy and healthy life.

The Speaker **Dr Rakhi Motwani, Computer Scientist at Pentagon Technology**, PhD in Computer Science and Engg, talked about the common problems we face in our daily life and how we should prepare for them. She also discussed the most important tips regarding how to deal with them. Attendees learnt about the importance of debugging the mind and the positive impact it can have on mental and emotional well-being. The Speaker also provided the attendees with scientific facts and a detailed presentation. At the end of the webinar, a short meditation session was conducted. Overall attendees reported a positive experience with the webinar and felt that it provided valuable insights. All the queries/questions were beautifully answered and explained in detail. The positive views and reasoning of the speaker surely helped a lot of students in figuring out numerous issues, to improve their self-esteem and overall well-being.

Towards the end of the event, our faculty coordinator Ms Kanta Malik showed gratitude to our guest speaker and student coordinators to make the event prosperous. Altogether, the event received positive feedback from students and an E- certificate was presented to her as a symbol of appreciation for the immense knowledge and experience she shared with the audience.



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BY BAR COUNCIL OF INDIA (BCI) AND APPROVED BY AICTE & NBA FOR MCA ISO 9001:201
CERTIFIED

VIVEKANANDA SCHOOL OF INFORMATION TECHNOLOGY

Presents

DEBUGGING THE MIND

LIVE WEBINAR



Your beliefs, either **Positive** or **Negative**, **Helpful** or **Hurtful**, largely determine everything you do and how you do it. ~ Brian Tracy



DR. RAKHI MOTWANI

COMPUTER SCIENTIST AT PENTAGON TECHNOLOGY
(US CITIZEN, OCI)

PHD IN COMPUTER SCIENCE AND ENGG.

CERTIFIED DECISION MANAGEMENT ARCHITECT (CDM)

CERTIFIED METHODOLOGY BLACK BELT (CMBB)

CONDUCTED VARIOUS WORLDWIDE SESSIONS IN

SERVICE OF HUMANITY



SCAN QR CODE
TO JOIN



SATUR
DAY

03
PM

JAN
28



FACULTY COORDINATOR : MS. KANTA MALIK

STUDENT COORDINATORS : SANJOT SINGH SARANSH KHANNA RAHUL MISHRA

SHIVAM KHURANA RAMNEET SINGH PIYUSH SHARMA VARUN KAUSHIK

TUSHAR YADAV SUDHANSHU PANTHRI NEERAJ KUMAR



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BK Dr.Rakhi is presenting

“ Thinking Dissipates Energy ”

Meditation Regulates the Quantity and Quality of Thoughts
Be Mindful of Where Mind Connects – Anything External is Changing and Temporary

3:43 PM | tou-ejgy-azx

Participants: BK Dr.Rakhi, shivam khurana, Varun Kaushik, Sudhanshu Panthri, neeraj kumar, pankaj sharma, Piyush Sharma, 43 others, You.

BK Dr.Rakhi is presenting

Identify the Inner Bugs

Bugs can be detected by how we are Feeling at the present moment.

• Stressed	Relaxed
• Confused	Clarity
• Anxious	Carefree
• Nervous	Confident
• Upset	Happy
• Discomfort/Unease	Comfort/Easy
• Distracted	Concentrated

How would we like to feel at all times?

3:30 PM | tou-ejgy-azx

Participants: BK Dr.Rakhi, shivam khurana, Varun Kaushik, Sudhanshu Panthri, neeraj kumar, pankaj sharma, Piyush Sharma, 51 others, You.

BK Dr.Rakhi is presenting

Understanding The Mind

Mind Consantly Thinks

- Types of Thoughts: Positive/Negative/Waste/Pure(Elevated)
- Every Thought has a Feeling associated with it
- Thoughts can arise out of Desires, Perception, Experience, Belief, Intention, Memory

Mind Flips in Time and Wanders Randomly

- Thoughts of the Past or Projection into the Future

Mind Has Varying Levels of Awareness

3:15 PM | tou-ejgy-azx

Participants: BK Dr.Rakhi, Sudhanshu Panthri, Varun Kaushik, neeraj kumar, shivam khurana, pankaj sharma, Rahul Mishra, 40 others, You.