



2021-2022

Name of the Department/Society: **National Service Scheme**

Name of the Event 3: Workshop: Art of Mind Control

Date of the Event: 16th July, 2021

The mind has a powerful way of attracting things that are in harmony with it, good and bad. In this age of technology, the harmony of our minds is consistently violated as there is constant access to vast amounts of information. Taking cognizance of this, we at NSS Hansraj organised a workshop on "The Art of Mind Control" on 16th July. The speaker for the session was renowned Life coach and Youth Mentor Pandava Sakha Deva. He enlightened the attendees on the insurmountable power of the mind and the nuances linked with thoughts and reasons why the mind goes astray in this rat race of life. The attendees were further taught the importance of controlling one's mind, and methods to overcome daily distractions. There were also certain small activities held in between the workshop for effective understanding of the root causes of distractions. The workshop saw enthusiastic participation from the volunteers.

