

Date: 12 December, 2022

Expert Guest Lecture: Healthy Mind with Healthy Thoughts: A Way to success

Resource Person: Adv. Anjali Bhadale, Pune

Date: 12 December 2022

Participants: 50

Objectives:

- The importance of healthy mind.
- Ways to develop positive thinking.
- Directions and guidance to become to achieve mental equilibrium.
- The role of mental health in life.

Points Discussed:

- What is life : Journey from birth to death.

Activities conducted:

- **Identify the person with clues: Five clues**
 - Who is this person?
 - Strong body
 - Elegant movement
 - Empathetic mind
 - High intellect
 - Youth icon
 - **Answer: Swami Vivekananda**
- Youth song: Suhasini Rane
- Bharatmata song: Adv. Anjali Bhadale
- **Person with five bodies**
 - Physical body
 - Prana energy
 - Mind
 - Higher intelligence



- Supreme bless
- **Factors contributing personality development**
- Nature
- Nurture
- Culture
- Factors beyond my control
- Factors within control

Guidelines given to the students:

- If you want respect, urn it.
- Change the pattern.
- Focus on what is in your control.
- We should love ourselves.
- Differentiate between facts and opinions.
- Study Need hierarchy.
- Overcome fear.
- Learn to lead.

Where mind is located

- Part of subtle body
- Consciousness
- Sensation
- Feelings

Part of mind

- Sensory motor mind
- Intellect
- Ego
- Memory

You are responsible for what you are Swami Vivekananda.

Mind game

- Mind - thoughts, emotions, desires
- Neurons work as we think
- Body _Passive, aggressive, assertive
- Thoughts - helpful non- helpful
- Emotions - healthy, unhealthy
- Behavior - right, wrong

Personal Interview:

- The student from MA MCJ ManasI conducted personal interview of Adv. Anjali Bhadale.



Student Organising Committee:

Sr. No.	Name of the student	Volunteers	Responsibility
1	Sneha Kapse	SY BCOM	Discipline and stage arrangement
2	Vaibhavi Kalmakar	SY BCOM	
3	Harshada Deshmukh	SY BCOM	
4	Vaibhav Waphare	SY BCOM	Guest felicitation
5	Vaishnavi Kumare	SY BCOM	Vote of thanks
6	Jyoti Sharma	SY BCOM	Anchoring
7	Divya Gawade	SY BCOM	Guest Refreshment
8	Mayuri Vahile	SY BCOM	

The expert session was helpful for the students. Prof. Diksha Kadam, Dr. Archana Aher, Prof. Pravin Kharat, Prof. Abhijit Netke, Prof. Surekha Gaikwad, Prof. G. B. Singh, Prof. Pallavi Bongane and Dr. Anil Swami attended the session. Principal Dr. B. B. Waphare, Vice Principal Dr. Manasi Atitkar and HOD Dr. Padmavati S. Undale provided guidance and support to the event. The department faculty members and the students took efforts to make the event successful.


Dr. Padmavati S. Undale
Arts & Commerce




Dr. B. B. Waphare
Principal

