

Lecture on Soul and Body Consciousness

On 07.12.2021, a guest lecture was organized in the Department of Psychology by Happy Thinking Laboratory, Department of Psychology, titled "Soul and Body Consciousness". B K Swarnlata told that if we make friend to our mind, then we can do any work easily because when we do any work with our mind, then our intellect supports us at that time. She also explained how information influences our behavior and forms our personality. We are spending our energy in unnecessary and negative tasks due to which we have no energy left to do necessary and positive tasks. Therefore, it is necessary that we should use our energy in good work and also learn how we can increase our energy. Guided meditation 15 minutes was also done in this lecture and it was told that we can recover our energy by regularly practicing meditation. This lecture was organized for MA inter disciplinary students in which students from various departments were present. Professor Madhurima Pradhan, Dr. Archana Shukla, Dr. Manini Srivastava, Dr. Nagma Javed, Dr. Megha Singh, and Jitendra Kumar Patel (JRF) were present during the lecture.

Some feedbacks by the students:

- Highly inspirational sessions. Got to know a much broader view of things, that are common or little, but impact us a lot. It matters a lot how we look at things .A beautiful insight was provided through this lecture.
- The most important session as the youth's need to know the internal power which reduce the stress, anxiety & depression.
- Knowledgeable session got to know about the spirituality.
- The session was very motivational and inspired for present and future as well.
- The lecture was very very positive and full of knowledge. It's necessary for every people to know.





