



## **Report on the Session – “The Art of Mind Control”**

An insightful and spiritually enriching session titled “The Art of Mind Control” was conducted on 28 November 2025 at New Horizon College of Engineering. Organised in collaboration with FOLK (ISKCON), the event aimed to help participants understand the significance of mind control and how conscious mind management can transform one’s daily life. The distinguished speakers, Dr. Sudharam Krishna Dasa and HG Pavan Nitai Das, shared profound perspectives on the nature of the mind, the challenges in mind regulation, and practical tools to cultivate mental discipline.

### **Key Takeaways from the Session**

#### **1. Need for Controlling the Mind**

The session opened with a discussion on why mastering the mind is essential. The speakers highlighted that an unregulated mind can lead to confusion, stress, and emotional imbalance. Gaining control over the mind is crucial for better decision-making, emotional stability, and overall well-being.

Key points included:

- Mental Clarity
- Stress Reduction
- Self-Mastery

#### **2. Understanding the Mechanism of the Mind**

Participants were introduced to the structure of the mind, emphasising the interaction between the conscious and subconscious minds. The speakers explained how awareness of these layers empowers individuals to manage thoughts and emotions effectively rather than letting subconscious impulses take over.

Key Aspects:

- Conscious Mind
- Subconscious Mind

Recognising these mechanisms and engaging with them consciously was stressed as the foundation of mind control.

#### **3. Methods of Mind Management**

A variety of physical, mental, and spiritual methods for managing the mind were presented. The speakers emphasised that regulating the body is the first step toward achieving mental discipline.

## Physical and Mental Techniques:

- Proper Nutrition, Exercise, and Sleep
- Breathing Exercises
- Yoga
- Mindfulness
- Visualisation

## Spiritual Techniques:

- Chanting mantras and participating in devotional practices to channel the mind toward spiritual energy.
- Spiritual self-reflection to understand the deeper nature of the mind and soul, supporting emotional well-being and spiritual growth.

The session also included relatable examples and demonstrations that helped participants clearly understand the significance of both the conscious and subconscious mind.

## Conclusion

“The Art of Mind Control” proved to be a powerful and transformative session, providing participants with actionable techniques to harmonise physical, mental, and spiritual dimensions of life. The insights shared by Dr. Sudharam Krishna Dasa and HG Pavan Nitai Das inspired attendees to apply these principles in their everyday routines, fostering enhanced productivity, peace of mind, and personal development.

The session concluded on a delightful note with the distribution of prasadam by FOLK (ISKCON), which led to a warm and memorable touch to the event.





# Art of Mind Control

A Personality Enrichment Workshop

Scan to Register



 **28<sup>th</sup> November 2025**

 **4:00 PM to 5:00 PM**

 **Tejas Seminar Hall**