

NEW HORIZON COLLEGE OF ENGINEERING

A REPORT ON WORKSHOP “ART OF MIND CONTROL”

Art of Mind Control – A Personality Enrichment Workshop was organized by ISKCON on 18th May 2024. A total of 156 students from New Horizon College of Engineering participated in the session. "Art of Mind Control" is one of the most popular short presentation workshops, where participants learn to harness the untapped potential of the mind through techniques of mind control based on the timeless wisdom of the Bhagavad-Gita.

The following principles, based on the timeless wisdom of the Bhagavad-Gita, were discussed in the workshop:

- Improve Memory & Concentration
- Enhance Intelligence Quotient (IQ)
- Increase Productivity & Efficiency
- Build a Positive Attitude
- Manage Emotions
- Control Thought Processes

The session enlightened students about moral values, the role of the Bhagavad-Gita in real life, and provided insights into the mind and its behavior. It also explored how habits shape the mind and eventually form attitudes. The session addressed common student challenges related to concentration during study and issues with volatile memory, offering various techniques or methods to control the mind, including physical, spiritual, and mental approaches.

The session was highly beneficial for students as they navigate upcoming social changes. It motivated them to develop good habits and train their minds. The session concluded with an activity focused on sound meditation.

