

# Mind Power Development

## Schedule

Time	Activity
09:00 – 09:30	Registration
09:30 – 11:00	What is mind power? Do our thoughts have power? How strong is mind power?
11:00 – 01:00	Different Aspects of Mind Power Development
01:00 – 02:00	Lunch Break
02:00 – 03:30	Tips to boost up the mind power
03:30 – 04:30	The power of subconscious mind
4:30 – 5:30	Interactive session

## Reports of the Activity

Kind of the Activity	Workshop
Date of the Activity	03-12-2019
Name of the Speaker	Mr. J.C. Patel
Topic of the Activity	Mind Power Development
No. of the Participants	280

## Summary of the Activity

The workshop on 'Mind Power Development' was organized on 3<sup>rd</sup> December, 2019 at our college premises. The inaugural function, started with prayer and lightening of lamp by the principal, the guest speaker and the faculty members. The students were actively present in the inaugural session.

In the first session, the speaker discussed and explained what mind power is. He described that the thoughts that pass through the mind are responsible for everything that happens in the life. He further discussed that the thoughts running through the mind can help to manifest the life of one's dream. At the same time, he explained that the subconscious mind is a powerful force to be reckoned with.

In the second session, the speaker discussed the role of subconscious mind which is the powerful secondary system. After the lunch session, the speaker gave the tips to boost up the mind power by keeping mind organized, cultivate quality of enthusiasm, sharpen the interest, improve concentration and observation skills.

In the fourth session, the speaker explained deeply, how to overcome phobia, compulsions and bad habits. He said that the power of subconscious mind goes forth than one's thinking.

The concluding session was an interactive session. The participants really learnt a lot from this workshop and the speaker indeed enlightened the participants through imparting his knowledge.

