

# Delhi School of Professional Studies and Research

Affiliated to G.G.S Indraprastha University

(NAAC Accredited "A" Grade Institution)

## Workshop on "Mind Matters"

*Held On*

16<sup>th</sup> January, 2018

Title	Mind Matters
Date and Time	16 <sup>th</sup> January, 2018
Venue	DSPSR Campus
Resource Person/Facilitator	Mr. Sameer Dua
No. of Participants	100
Summary	A Workshop on "Mind Matters" was organized on <b>January 16, 2018</b> for students of <b>BBA/B. Com. (Hons.)</b> students. <b>Professor Ravinder Vinayek</b> welcomed <b>Mr. Sameer Dua</b> , Delhi State Teacher Coordinator, and Faculty at The Art of Living Programs. <b>Ms. Mani Goswami</b> introduced him to the audience, and the session was handed over to Mr. Dua. Mr. Sameer Dua said that <b>to get success, we need to have 20% of domain knowledge, and 80% of different qualities like confidence, leadership, enthusiastic, etc.</b> To inculcate these qualities we must command over three things:

	<ol style="list-style-type: none"> <li>1. <b>Clarity of Mind:</b> Mind carries so many thoughts in a single moment which make mind confused.</li> <li>2. <b>Purity of Heart:</b> can be achieved through dropping the bad past experiences of a relationship or related to anything. To inculcate these qualities one shouldn't be angry, jealous, etc.</li> <li>3. <b>Sincerity in Action.</b> Involved yourself 100% whatever you do.</li> </ol> <p>And we can command all of these through <u>Meditation</u>.</p>
Winners	NA

Photographs of the event:



