

1. Workshop on mind matters: incredible secrets to master the successful mindset: 8th june 2020

A workshop on “MIND MATTERS: INCREDIBLE SECRETS TO MASTER THE SUCCESSFUL MINDSET” was jointly organized by BCIT and BCIP in association with the Art of Living on 8th June 2020. Dr. Charu Chadha coordinated the event from BCIP. A total of 41 students and 6 Faculty members took part from BCIP. The speaker for the day was Captain Richik Sinha Roy.

The COVID-19 pandemic has clutched the entire world in its claws, and people are suffering both physically and mentally. There is a lot of stress, anxiety, and fear among the minds, and though there are various sources of these negative feelings, no one knows the outlet. And since everyone is filled to the brim with such negative emotions, it is obviously becoming difficult to work consistently and with a full focus towards our goals.

The session was very fruitful as attendees learned about the functioning of the mind, what is true happiness, and how can one train his/her brain to be in a happy state. Students learned that our bodies are a precious gift of nature and we must honour it and acknowledge all the thoughts and feelings that come into our mind through meditation.

