

WORLD MEANTAL HEALTH DAY CELEBRATION



The world Mental Health was celebrated on 10th October 2018 at Vidyavardhaka Law College auditorium at 11.30 AM, Sri Rashika Shekar Das, Vice President ISKCON was the resource person our Principal Prof. K.B Vasudeva welcomed the resource person and gathering. The resource person in his speech opined that today everybody are behind money people and everyone wants to be happy. are not bothered about mental health. Peace of mind is necessary to avoid stress. The goal is to help raise mental health awareness. Each of us can make a contribution to ensure that people dealing with problems concerning mental health can live better lives with dignity.

He specifically pointed out the we should start to controlling our mind for all the desires. The pointed out the “ 60 thousands thoughts a person gets every day. Thoughts becomes words. Repetitive thoughts becomes actions. Watch your actions it becomes habit. Watch your habits it becomes character. Watch your chapter it becomes their destiny. A person can be attentive only 7 min. People control satellite but unable to control mind. our behaviour makes a person educated. People get into violence terrorism corruption suicide drug murder etc. 36 % of

Bangalore techies regularly consider suicide. 28%IT hurts. 20% increase in teenage hyper tension. 80% internet traffic 60 % of revenue from internet. Understanding mechanism of mind; Mind is like sharp knife.bhaghavat gita is manual for life. For him who has control over mind... the soul directs which way to go. He also explained the Methods of mind control Physical methos mental method our mind is a thought factory. 77% everything we think is negative n works against us. Spiritual method one very powerful external input to our mind body system is knowledge and wisdom. Enhance SQ HELPS US TO PURIFY MIND AND STRENGTH OUR INTELLIGENCE. Mantra man is mind of delivery. Mind control will result in positive changes in life improve personal relations develop memory increase self-confidence.



In this auspicious occasion the Teaching and Non-teaching staff of our college and also students were presented.

Co-ordinator

Principal