

The department of MBA, BBA- B.Com, MCA, and BCA conducted a seminar on “How to Manage Mind Menace?” Under the guidance of IQAC, Personal Counselling & Mentoring Cell- Apthamithra was held on 26/02/2022 at 11.00 am to 01.00 pm in Dr. Premchandra Sagar Auditorium, DSI. The speaker Radhe Shyam Das Ji emphasized on various concepts related to understanding mind. Practical tips on how to manage mind menace were provided. He also focused on the important role that habits play in our lives & how to develop resourceful habits. The qualities to be an effective leader were discussed and special emphasis was laid on the 6 urges to be conquered to become a successful leader. Insights on leadership & self awareness derived from Srimad Bhagavad Gita and Chanakya Neeti were provided. The speaker also focused on strategies for controlling the senses & the need of Meditation for leading a stress-free life



