

Guest lecture: Mind over matter

Speaker: Swami Prabhudanand, Director of Capacity Building Programs (CBP) and an experienced faculty of Capacity in largest volunteer based, Non-profit NGO of world, Art of Living Foundation.

Department of Medical Education, AIIMS, Rishikesh scheduled a Guest Lecture on 22 Nov 2017 delivered by Guest Speaker Swami Prabhudanand, In his talk, Swami Prabhudanand stressed on importance of all levels of physical existence- Mind, Intellect and Memory and how holistic and integrated session, "Mind over Matter", designed so as to provide tools- to achieve, and maintain our peace and calm of mind and yet be dynamic and proactive. Program gave a glimpse of what a happy state of mind can do. Session covered how to gain stress relief, relieve anxiety and depression. Meditation enhances brain function improves concentration and efficiency, enhance well-being, heighten awareness, and bring clearer perception. Swami Prabhudanand also gave tips on maintaining harmony in relationships and disarmed spiritual health.

Session was much appreciated by the Faculty and Senior Residents.



