

Mahatma Education Society's
Pillai HOC College of Arts, Science and Commerce
Rasayani

Report of Session on Mind Spark – Achieving the Impossible

The mind can be man's best friend or man's worst enemy. The subconscious mind, simply put, controls every aspect of your life, and if used correctly, it can help you create the life of your dreams. Keeping this concept in mind, our institution organised a session on 'Mind Spark – Achieving the Impossible' by Mr. Aniket Dumbre, lecturer at Pillai HOC Polytechnic, Rasayani for third year students on 1 July, 2017. The speaker is a well known martial arts trainer at Shivgarjana Mardani and a certified pranic healer. This was intended to motivate the final year students to maintain their focus and determination and mentally prepare them to face the examinations with confidence.

The speaker was felicitated by our Vice Principal Mr. Binit Kumar. The speaker opened the session by pointing out the power of subconscious mind which is 100 times stronger in helping us achieving the impossible and bring about 100% change within us. "Tell your subconscious mind what you want and you may get it" was the basic concept behind the session. Mr. Dumbre also explained three vital techniques that will guide and lead us to our dreams by the power of mind. They are (i) vision board and importance of aura. Aura or energy field among humans are very important in removing negative energy which is scientifically proved by 'Kirlian photography' experiment. After meditation, the aura brightens with positive energy and contaminated aura gives negative thoughts as it produces negative enzymes. (ii) White board technique which removes negative thoughts in 120 days through regular practice and (iii) Super brain yoga which rises the power of human mind basically by practicing 'Ganesh Mudra' every day. The session concluded with a five minute meditation session to relax and rejuvenate our physical body. The entire event was highly productive and the final year students were highly benefitted by the same.



Addressing the Audience



Students engrossed in the Session



Experiencing the Power of Sub Conscious Mind



Explaining the concepts



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PILLAI HOC COLLEGE OF ARTS, SCIENCE & COMMERCE

Pillai HOGL Educational Campus, HOC Colony, Rasayani, Via: Panvel, Dist: Raigad, Pin: 410207

Tel: 02192 - 252005 / 250066 Fax : 02192 - 252067

Website : www.phcasc.ac.in Email : phcasc@mes.ac.in

Affiliated to the University of Mumbai, Approved by Government of Maharashtra

01 July, 2017

Dear Mr. Aniket Dumbre,

Lecturer, Pillai HOC Polytechnic

Subject: Letter of appreciation as Speaker for the session on 'Mind Spark'

On behalf of the staff and students of Pillai HOC College of Arts, Science and Commerce, Rasayani, I would like to extend our heartfelt gratitude for your participation as the Speaker for the session on "**Mind Spark- The Power of Sub Conscious Mind**". I would like to place on record my deep sense of appreciation to you for your gracious presence, able guidance and constant support.

I thank you for sharing your expertise in the field of 'Subconscious Mind Power' that has created a positive impact on our students.

Yours truly

Dr. Lata Menon

Principal