

## Workshop On Mind Management By Brahmachari Divakar Chaitanyaji, Incharge Chinmaya Mission Sikkim & Kolkata Centre

Date: 01/05/2024



The Workshop on Mind Management, conducted by Brahmachari Divakar Chaitanyaji Sir at The ICFAI University Sikkim, Dr. Rohit Rathi, Registrar warmly welcomed Brahmachari Divakar Chaitanyaji sir and his team with offerings of khadas and shawl. The workshop, focusing on mental health, stress management, and happiness, Throughout the session, Brahmachari Divakar Chaitanyaji Sir engaged students in interactive discussions, emphasizing the importance of happiness and a healthy mind. He introduced various techniques, including yoga and personality integration, to achieve mental well-being.

The workshop also addressed Quality of Thoughts (QTD), emphasizing its role in improving mental health and quality management. Brahmachari Divakar Chaitanyaji's motivational insights inspired participants to address their passions and cultivate a positive mindset it was a transformative experience for all participants.