



IQAC, SURENDRANATH COLLEGE PRESENTS
A MOTIVATIONAL WEBINAR ON

MASTERING THE MIND

SWAMINI VIMALANANDA

Motivational Speaker | Educator |
Spiritual Practitioner
In Charge, Acharya Chinmaya Mission
Coimbatore



JUNE 21, 2021
STARTS AT 7 PM



THIS WEBINAR IS BEING ORGANISED AS INAUGURAL SESSION OF THE UPCOMING
ONLINE VALUE EDUCATION CERTIFICATE COURSE ← **CLICK TO ENROLL**

Activity Report

Name of Event: Outreach Webinar held on 21st June 2021

Topic - Motivational webinar on- Mastering the Mind by the Vedantic way.

Invited Speaker: Swamini Vimalananda
Motivational Speaker | Educator |
Spiritual Practitioner
In Charge, Acharya Chinmaya Mission Coimbatore

Date: 21/06/2021

Time: 7pm

Webinar Platform: Zoom Cloud Meeting Platform

Organized by: IQAC, Surendranath College

Number of Participants: 282

Summary: The webinar had been organized by IQAC, Surendranath College on the 21st June, 2021 to observe International Yoga Day, on the online Zoom platform by the speaker Swamini Vimalananda, a disciple of Swami Chinmayanand, presently Acharya of Chinmay Mission, Coimbatore. The session was started by the welcome address by our Principal Dr. Indranil Kar and the speaker was introduced by Prof. Asok Kumar Das, Dept. of Physics. Mr. Das highlighted the importance of the day and said the reasons of starting value education certificate course, as he said, "we have turned the human mind into a source of unending frustration, depression and self-destruction. We have allowed the mind to mortgage its happiness entirely to external sources. How did we create educational systems that teach us how to acquire knowledge, technology, wealth but never how to be joyful!"

He said also, in educational institutions the role of teacher should be to produce a generation that is awakened even when it is asleep. This pandemic situation is a high time or a great opportunity to transform wakefulness into awakening. Whether it is fear, anxiety, greed, anger, jealousy or hatred all negative emotions can be healed or channeled into happiness by the practice of Yoga. Practice of Yoga leads to a violence-free society, disease-free body, confusion-free mind, inhibition-free intellect, trauma-free memory, and sorrow-free soul. It transforms one from craving for freedom to the recognition of unboundedness, from limited ownership to oneness with the whole.

Then the speaker said that there are no chances for the mind to be in a cool state if we remain engaged in too many sensual activities, as she said. After all, everyone of us

has

some values, truthfulness, forgiveness etc. Because, we don't want someone to lie to me which

means we value the quality of truthfulness, we want everyone to be compassionate to me. When values are obeyed by one then those are called virtues. Unfortunately we don't show

value to goodness but to smartness which establishes that we don't have the values for goodness. No one can be happy being zealous. We should follow all the values like yama-niyama-asana-pranayama etc to be happy. The speaker said that to achieve the mastering over the mind we have to practise to show the values and must be obeyed by ourselves simultaneously.

Finally, the IQAC Coordinator gave the vote of thanks after the question answer session and the program ended.

YouTube Link: <https://www.youtube.com/watch?v=SMIVoDYZTPc>

Event Flyer link:

<https://drive.google.com/drive/folders/1R9sqFPgjiozdpb3EbzvpTD48CrZUXzhX>

Certificate of Speaker:

Sample Certificate of student:

https://drive.google.com/file/d/19bczOvFiaoEtlrH-H7CxY2m_IeJjyyYv/view?usp=sharing

Motivational Webinar

Organized by
IQAC

Surendranath College

24/2, M.G. Road, Kolkata 700009

Certificate of Participation

This is to certify that Dr. Dipasree Roychowdhury of
Surendranath College

attended the motivational webinar entitled mastering your
mind on 21st June, 2021 organised by IQAC, Surendranath
College.

Suchandra Chatterjee

Dr. Suchandra Chatterjee
IQAC, Co-ordinator
Surendranath College



Dr. Indranil Kar

Dr. Indranil Kar
Principal
Surendranath College