

Inner Power

Program organized by IQAC_KJSCE for Non-teaching staff

The session was conducted in Hindi.

Contents:

- To know what is Inner Power?
- Introduction to Self i.e. Soul and its Innate Qualities.
- Role of Mind, Intellect and Resolve (Sanskar).
- Introduction and Understanding of “Inner Power”.

Speaker: Mr. H. C. Mehta, and Dr. Alpa Shah (Students of Bramhakumari's Rajyoga Center)

Date and Time: [27/3/19], 3.15 pm to 5.15 pm

Venue: B-113 (Computer Dept. Seminar Hall)

No. of participants: 37

Profile of the Speaker/Speakers:

Mr Harish Mehta is a Chartered Electrical Engineer, Fellow of Institution of Engineers. He has done his M. Tech. (Electrical) from I.I.T – Mumbai. He also co-ordinates various programme of “Business & Industry wing” of Brahma Kumaris across the country and Programme at Brahma Kumaris Head Quarter at Abu, for past 10 years along with Brahma Kumaris Sisters. He blends ably his day to day professional activities and family life with spiritually, learned through Rajyoga meditation.

Dr. Alpa Shah is a practicing general physician and Ayurved Practitioner for last 20⁺ years. She is associated with Brahmakumari’s from her childhood and also practicing Rajyoga meditation from past 35 years.

Report of the Session:

The session started with introduction of the speakers by Dr. Jitendra Satam (IQAC co-coordinator).

Mr Harish Mehta delivered an interactive session with lot of real life examples and actual practical guidance to explain and understand inner power within each of us. He advised the participants to follow Rajyoga meditation in order to get rid of stress and to balance professional and personal life. He has explained what is self, through Soul and its Innate Qualities. He said that an **Inner power** is a state of mind. It is the guiding force that helps us to live a healthier, happier, and more successful life, when we align with our **inner power**. He also said that nobody

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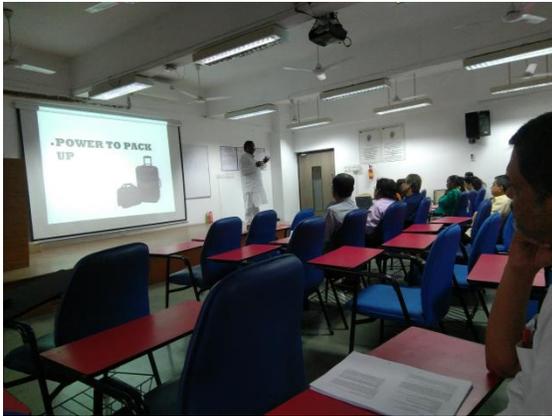
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is you and that is your greatest strength. In his presentation he has given few ways to succeed and to gain confidence by achieving balance in life. These are:

1. Meditate
2. Prioritizing the activities
3. Right decision making
4. Withdraw ourselves from unimportant issues and people
5. Co-operate each other
6. By forgiving ourselves. [As You've beaten yourself up enough; it's time to let it go]
7. Forgive someone else; this will release you from the pain caused by resentment
8. We should not give too much importance to ourselves and also to keep aside ego and anger

Dr. Alpa Shah conducted an activity session with the help of yoga and meditation. She helped the participant's through this guided meditation session to understand their inner self. Such mediation activity was really helpful to the participants to reduce the stress.

Finally, Dr. Jitendra Satam proposed the vote of thanks to both the speakers and appreciated the speakers with a memento.



IQAC Coordinator