

Bharati Vidyapeeth [Deemed to be University] college of Ayurved, Pune

Student Support cell activity: Report

Lecture on maintenance of mental health and wellness

Student support cell of BVDU, College of Ayurved has organized lecture on Maintenance of mental Health and wellness on 16.03.23 for undergraduate students, in Bharati Vidyapeeth [DU] Ayurved College, Pune.

Mrs. Primila Giri, founder of 'Nityanand Anubhuti' has delivered her speech on alternative therapies. Interactive session was conducted by herself to inform knowledge related to various therapies like Pranik healing, hypnotherapy, past life therapy etc. Usefulness of different techniques is quoted by herself to treat psychosomatic disorders as well physical illness with suitable examples. The need of programming of mind with positive thoughts, boosting self-energy, calming and modulating mind is impressively imparted in her session. Hands on practice of mind control through simple 'Gunjan' technique has been given to students and students have experienced its positive effect.

Dr. Advait Menon, associate professor Rognidan department was coordinator for the event and has introduced to Mrs. Primila Giri. Dr. Madhuri Pawar, Secretary of student support cell and Dr. Savita Nilakhe have conducted this event. Dr. Madhuri Pawar has felicitated her and owe her deep thanks to invited speaker, coordinator and students of III rd BAMS.

