

## **DEPARTMENT OF HUMANITIES AND SCIENCES**

Name of Event: Guest Lecture on “Mind Power Management”

Date of Event: 30th August 2025

Venue: Block-I Auditorium.

Sessions conducted: Morning (10:00 AM – 12:00 PM)

Afternoon (2:00 PM – 4:00 PM).

Resource Person: Mr. G. Sahith, Senior Verification Engineer, Micron Technology, Hyderabad, and Mr. Murali Kumar, Senior Assistant Vice President, U.S. Bank.

The Department of Humanities and Sciences, CMR Engineering College, through CMREC—Language Excellence and Communication (Centre for Human Excellence), organized a Guest Lecture on “Mind Power Management” on 30th August 2025 at Block-I Auditorium. The sessions were conducted in two slots: Morning (10:00 AM – 12:00 PM) and Afternoon (2:00 PM – 4:00 PM).

The lecture was delivered by Mr. G. Sahith, Senior Verification Engineer, Micron Technology, Hyderabad, and Mr. Murali Kumar, Senior Assistant Vice President, U.S. Bank.

The speakers highlighted that an individual experiences nearly 60,000 thoughts per day, most of which are random and unnecessary. Controlling and focusing these thoughts can yield extraordinary results. The rising issues of stress, unemployment, infertility, violence, corruption, and substance abuse were discussed, supported by relevant statistics, particularly concerning youth and working professionals.

The role of the International Society for Krishna Consciousness (ISKCON) was introduced, with emphasis on its initiatives such as the Akshaya Patra program, revival of spiritual culture in villages, youth outreach, and the FOLK Youth Employment Club, which engages young people in activities like film making, cultural events, food distribution, dance, and devotional programs.

The mechanism of the mind was explained through the “Chariot of the Body” concept, where the soul is the rider, intelligence the charioteer, mind the reins, and senses the horses. Methods of mind control were categorized into physical, spiritual, mental, and devotional approaches, with chanting and meditation highlighted as effective practices.

The sessions concluded with an emphasis on daily rituals to overcome nervousness, laziness, and feelings of insignificance, and the adoption of spiritual practices for holistic well-being. The lecture provided valuable insights into mind management, stress control, and positive living, inspiring students to develop mental discipline and balance.



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## DEPARTMENT OF HUMANITIES AND SCIENCES

### CMREC- LANGUAGE EXCELLENCE AND COMMUNICATION



Centre for Human Excellence

Guest Lecture on

## MIND POWER MANAGEMENT



**Mr. G Sahith**

Senior Verification Eng.  
Micron Technology, Hyd.

**Mr. Murali Kumar**

Senior Assistant Vice President,  
U.S. Bank

Programme Date & Time  
**30th**  
August-2025  
10.00AM



Block-I, Auditorium

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