

Interactive session on “Personal transformation – Role of mind, Body and Emotions in health, behavior and performance”

An effective interactive session on **“Personal transformation – Role of mind, Body and Emotions in health, behavior and performance”** was conducted for the first year Biotechnology and Microbiology students of CGBIBT by **Mr. Jainish Patel** on 12-09-2018. The innovative step was initiated by chief coordinator **Mr. Rushabh Shah** and co-coordinator Vrutika lad and Shraddha Saha in coordinating this event.

The session gave students an insight about how the mind works, how repressed emotions can lead to physiological and mental issues and how they can control their brain as per their desire. The students were given hands on training techniques that could help them release emotional charges related to any life events that might have a negative impact on their mind, body and in day to day life. They were also given techniques that would help them cope with anxiety and stress. Techniques that would help them to bring out desired internal states (confidence) at will and to shift from any negative state to positive state were also included.

The session was designed to be more practical so that the students not only get some theoretical understanding of how mind-body-emotions connection work, but also get hands on practical experience and apply them in their day to day life. Few students had some issues that they shared in person. They were taken through different exercises designed to release emotional charges related to the trauma or limiting beliefs.

