

BEYOND THE SUBCONSCIOUS: UNLOCKING THE BRAIN'S DEEPEST SECRETS WITH HYPNOSIS

11TH MARCH 2025 (TUESDAY)



On 11th March 2025, GIBS added another feather to its cap by inaugurating the Spiritual Club – “Atma Spandan”(Self Quiver). The club organized its very first session on the same day in collaboration with the NSS Unit of GIBS on “Beyond the Subconscious: Unlocking the Brain's Deepest Secrets with Hypnosis”. The audience for this esteemed event comprised 150 CRPF personnel who graced the occasion with their presence.

The event commenced with the ceremonial lamp lighting, signifying the dawn of enlightenment, followed by a graceful Saraswati Vandana dance performance. Director Prof (DR) Vikas Nath addressed the audience with a warm and formal welcome, acknowledging their contribution and presence. Following this, the guests were honored with a green welcome by Vice Chairman Sh Anirudh Jindal, symbolizing gratitude and respect for their valuable time and commitment.

To familiarize everyone with the vision of the newly formed club, Prof. Dr. Urvesh Chaudhery provided a detailed explanation of its logo and structure, shedding light on its objectives and future initiatives. With this, the event transitioned into its core session conducted by Prof. Dr. Kapil Dev Sharma, a distinguished faculty member at GIBS.

The session focused on understanding the subconscious mind and its immense potential. Dr. Sharma elaborated on how hypnosis is a powerful scientific tool that can reprogram thought patterns, enhance focus, and aid mental well-being. He explained how hypnosis has been widely used in therapy, education, and high-performance training to unlock hidden capabilities and reshape mental frameworks.

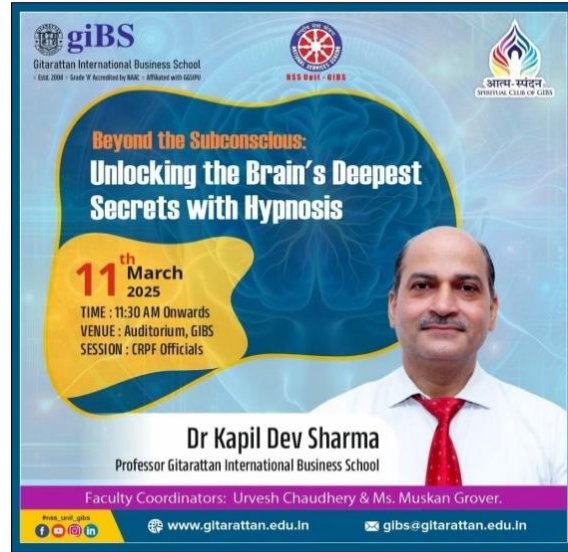
The session was divided into two parts. The first part provided an in-depth understanding of how our thoughts influence our emotions, behaviors, and surroundings. Dr. Sharma discussed how various elements, such as breathing patterns, nervous system responses, and overall mindset, play a crucial role in shaping our mental and physical well-being. He emphasized that thinking is not an isolated brain function but a full-body experience that affects and is affected by external factors.

After this enlightening discussion, the attendees took a break for lunch. Following a 1.5-hour recess, everyone reassembled in the auditorium for the second part of the session.

The second session began with an interactive feedback session, where participants shared their thoughts on the insights gained in the morning session. Dr. Sharma then shifted the focus to practical applications of hypnosis for stress management and enhanced mental resilience. He demonstrated a sound wave therapy session with the CRPF personnel, allowing them to experience deep relaxation and mental clarity firsthand. The demonstration highlighted how sound frequencies can be used to calm the mind, alleviate stress, and promote mental balance.

The event was a resounding success. The NSS volunteers played a crucial role in ensuring the seamless execution of the event, making it impactful on a large scale. The event marked a significant milestone for GIBS, paving the way for future explorations into mindfulness and self-awareness. The hypnosis session left a lasting impression on the CRPF personnel, equipping them with valuable tools to enhance their mental resilience. The college looks forward to organizing similar insightful sessions in the future.

FLYER OF THE EVENT



TYPE OF EVENT	ular
VENUE	GIBS Auditorium
TIME & DURATION	11:00 AM- 04:30 PM
CONDUCTED BY	Atma Spandan and NSS
ORGANISED FOR	CRPF Personnel
NAME OF THE COORDINATOR	Prof. Dr. Urvesh Chaudhery and Ms. Muskan Grover
ATTENDANCE	150 CRPF Personnel
RESOURCE PERSON	Prof. Dr.KapilDev Sharma, Professor, GIBS
OBJECTIVES OF THE EVENT	<ol style="list-style-type: none"> 1. To inaugurate the Spiritual Club – Self Quiver and introduce its vision. 2. To explore the depths of the subconscious mind through hypnosis. 3. To provide practical insights on mental well-being and relaxation techniques

LEARNING OUTCOME	<ol style="list-style-type: none">1. Gaining a deeper understanding of how the subconscious mind influences thoughts and behaviours.2. Learning practical techniques for stress management and relaxation.3. Experiencing sound wave therapy as a tool for mental well-being and emotional stability.
SHORT FALL DURING EVENT	None
LINK OF YOUTUBE VIDEO	https://youtu.be/YI2eIE26DP4

**PREPARED & SUBMITTED BY: MS MUSKAN GROVER, ASSISTANT PROFESSOR,
GIBS**