

Title of Event: A talk show on the theme 'Subconscious Mind'

Organized by: Project S.E.V.A., SGND Khalsa College

Date: 18th October, 2021

Number of Participants: 42

#### Report of the event-

Project S.E.V.A. conducted a talk-show on the theme 'Subconscious Mind' on 18 October, 2021. The speaker for the talk show was Ms Arouba Kabir Pathan. She is the founder of Enso Wellness, a community space that is a true reflection of yoga. The aim of the webinar was to make students understand how the subconscious mind works and affects our daily lives. The duration of the session was 1.5 hours and was conducted in online mode. It drew attention of 40+ attendees.

The session began with the heartiest welcome of the respected speaker, faculty and students from various courses of the college. It was an interactive session where Ms. Arouba Kabir told some interesting facts about the mind, that is mind is divided into two parts- conscious and subconscious wherein consciousness is only 10-20 percent whereas subconscious mind is 80-90 percent, as the subconscious mind stores each and every memory from the time when one took their first breath in their mother's womb so it is more powerful and effective. She further told that the subconscious mind is always awake and it's foremost motive is to keep us alive.

"Our subconscious mind is like a child we have to talk to it!", this is what Ms. Arouba added. She explained that the job of the subconscious mind is to support us and it is the one responsible for maintaining the heart rhythm and body temperature. Further, she told as the subconscious mind is build up from one's past experiences, it's not true that one can't change its programming. One can change it with '21 days rule', which says that if somebody wants to learn new things they can learn by following a habit consciously for 21 days and then it will automatically be followed by the subconscious mind.

The attendees on the other hand inquisitively asked several questions from the speaker and she answered every question in detail by giving her real life examples. She concluded the session by revealing more important facts like the food of the brain is water, thus it is very important to feed the mind by drinking lot of water and daily meditation is very important to keep ourselves calm and healthy.

Each and every think we learn in the talk show proved to be beneficial, interesting and informative and attendees enjoyed every bit of it.