

Session on 'Illness to Wellness'

A session by BK Dr Prem Masand was organized for teaching and admin staff on 9th March. Mr Masand who is presently working in Global Hospital and Research Center Mount Abu has been a Consultant Radiation Oncologist for more than 40 years. In an hour long session on the topic 'Illness to Wellness' he touched upon the importance and power of positive thinking as a life changing tool. He spoke about the annihilation of ego and the imperative to rid oneself of FEAR by perceiving it as 'Fake Evidence Appearing Real'. Laying stress on love as a healing factor he advised everyone to begin with self-love for physical, emotional and spiritual wellbeing. Through daily life examples, beautiful quotes and his own life experiences he reminded the members of the need for a balanced diet, exercise and strong social connections for a healthy life. Meditation was also suggested as a quiet reflective exercise. Everyone rejoiced the musical exercise on 'LOVE YOU ZINDAGI' & "VANDE MATARAM.' The session was a reminder to all to take active efforts to spiritually and mentally reparent themselves.

