

Report on Motivational Session on “The Art of Mind Control” Organized by Dept. of Electronics and Communications Engineering on 13th November 2025

The Electronics and Communication Engineering Department at **J.B. Institute of Engineering & Technology (JBIET)** organized a **motivational session on “The Art of Mind Control”**, which was held on 13th November, 2025.



Introduction:

The Department of Electronics and Communications Engineering at JBIET organized an insightful session titled "Art of Mind Control" on November 13, 2025. The primary objective of the seminar was to provide students with practical tools to manage stress, improve focus, and navigate the mental challenges associated with academic and personal life.

Speaker Profile:



The session was led by **H.G. Adi Govinda Das Prabhu**, a postgraduate from NIT Surat. During his graduation, he found inspiration in the teachings of the Bhagavad Gita. After working in the corporate sector for a year, he dedicated his life to spiritual service, joining the Travelling Sankirtan Party to preach the message of the Bhagavad Gita across India. Currently serving at ISKCON Attapur, he actively guides youth on the path of Dharma.

Session Highlights and Key Teachings:

The session covered the nature of the human mind, the consequences of an uncontrolled mind, and practical solutions for mental management.



A. The Nature of the Mind

The speaker established that the mind can be a dual-edged sword. If managed well, "It is your best friend," but if unmanaged, "It will be your greatest enemy".

- **The Knife Analogy:** The mind was compared to a knife; in a surgeon's hand, it can save a life, but in a miscreant's hand, it can kill.
- **The Chariot Analogy:** Using Vedic wisdom, the speaker explained the "Chariot of the Body," where the Soul is the passenger, Intelligence is the driver, the Mind represents the reins, and the 5 Senses are the horses. The driver (Intelligence) must control the reins (Mind) to guide the horses (Senses) .

B. Consequences of an Unmanaged Mind

The speaker highlighted that an uncontrolled mind leads to various personal and societal issues, including:

- **Internal Struggles:** Depression, lack of confidence, loss of trust, and overthinking.
- **External Consequences:** Damaged relationships, bad habits (smoking, liquor), and aggressive behaviors.
- **Root Causes:** The presentation identified "Lust" and "Anger" (Kama and Krodha) as the viruses that corrupt the mind.

C. The Solution: The ABCD Formula

To combat these negative influences, H.G. Adi Govinda Das Prabhu introduced the "ABCD Formula" for mind control:

- **A - Association:** Being mindful of the company one keeps. The "Garbage In, Garbage Out" (GIGO) principle applies to the books we read, movies we watch, and friends we associate with.
- **B - Books:** Reading spiritual literature like the *Bhagavad Gita As It Is* and *Srimad Bhagavatam*.
- **C - Chanting:** Engaging in Mantra Meditation.
- **D - Diet:** Regulating food habits.

D. The Science of Mantra Meditation

A significant portion of the session focused on the power of chanting the Hare Krishna Mahamantra.

- **Scientific Evidence:** The speaker presented research by Dr. David Wolf, which showed that regular chanting significantly decreases stress and depression while increasing "Sattva" (purity/clarity).

- **Brain Wave States:** Meditation helps shift the brain from a "Hyperactive zone" to an "Alpha zone" (Relaxed Alert zone), fostering a state of relaxed alertness.
- **Testimonials:** Quotes from prominent figures like George Harrison (The Beatles), Alfred Ford (Ford Motors), and Hema Malini were displayed, attesting to the stress-relieving power of chanting.



Event Proceedings

- **Felicitation:** The session began with the Head of the Department (HOD) Dr. Chayadevi Ma'am honoring H.G. Adi Govinda Das Prabhu with a memento and a bouquet as a token of gratitude.
- **Interaction:** The session was highly interactive. The speaker engaged the audience by asking thought-provoking questions regarding their daily habits and mental state.
- **Conclusion:** The event concluded with the distribution of *Prasadam* by the speaker's team to all students and faculty members present.

