

PARUL UNIVERSITY

JAWAHARLAL NEHRU HOMOEOPATHIC MEDICAL COLLEGE

Report- Motivational Seminar

Date: 14th & 15th February 2018

Venue: Lecture Hall no. 103

Time: 1.30 pm to 3.00 pm

Number of Attendees: 300

Class: First, Second & Third year Students

Speaker: Dr. Urvi Chavda (Panchkarma department)



On 14th & 15th February the team of Jawaharlal Nehru Homoeopathic Medical College has arranged a motivational seminar for the students of First, Second & Third year BHMS. February & March months are the examination months. The students all over the university are going to have their final examination in these months & they are preparing hard for the same. The students have tremendous pressures, anxieties & frustrations as well, so keeping all these things in mind under the guidance of Principal Dr. Poorav Desai the team has arranged a motivational seminar for the students of college.

Dr. Urvi Chavda - PG Scholar (Ayurveda) & a disciple of Prajapita Brahma Kumari's Ishvariya Vishw Vidyalaya has delivered a motivational seminar for all our students. She has exchanged her ideas about stress, tensions, anxieties etc. & some of the methods she used to use for conquering the anxiety. In her descriptive session of around one & a half hour she elaborated her views on medico spiritual knowledge gained at Brahma Kumari's Shantivan - Mount Abu (Rajasthan).

In her illustrative session she has discussed about importance of spirituality in day to day life. She has discussed about how to stay focussed in examinations the importance of positive thinking in life, how to think positively, how the negative thoughts influence our life, how to stay away from peoples spreading negativity, how to react to them & many more things.

She has also discussed about how to begin a day with a positive thought, positivity is not merely thinking positively but also it is about staying away from negative thoughts. 10 minutes of meditation early in the morning, sleeping early at night & waking up

early in morning is refreshing to mind, a morning walk, offering prayers to god helps to build up positivity & boosts up energy for the entire day. at the last she has also discussed about what is unconditional love & how it can change somebodies life, she has also mentioned is gratitude is attitude. Feeling grateful to someone is equally important.



Report Prepared by: **Dr. Pathak A.P.**