



**SLC** (University of Delhi)  
Shyam Lal College  
NAAC A++ & NIRF 68<sup>th</sup>



**COMBUZZ-2024**  
**Academic Session 2023-2024**

**Chief Guest Talk Report**

on

**“ Exploring the Depths of Mind Management through Ancient Wisdom”**

**Date: 18 April, 2024**

**Venue: Seminar Hall**



**SLC**(UNIVERSITY OF DELHI)  
**SHYAM LAL COLLEGE**  
NAAC A++ & NIRF 68th



**COMMBLAZE - THE COMMERCE ASSOCIATION**  
**COMMBUZZ**

*presents*

**GUEST TALK**



**Prof. Ajay Kumar Singh**  
Chief Guest



Register now!

Head & Dean

Department of Commerce, Faculty of Commerce & Business,  
Delhi School of Economics, University of Delhi.



**April 18, 2024**



**Seminar Room**



**9:30 AM**

**Dr. Diksha Kherra**  
Coordinator

**Mr. Amit Kapoor**  
Co-Convenor

**Dr. Megha Jain**  
Convenor

**Prof. Ruchika Ramakrishnan**  
Teacher-in-charge

**Prof. Rabi Narayan Kar**  
Principal

**Organising Team**

**Dr. Vinod Nehra** **Dr. Pawan K. Adewa** **Dr. Anant K. Upadhyay** **Dr. Anurag Maurya**  
**Dr. Manisha** **Dr. Nidhi Jain** **Mr. Manish Kumar**

STUDENT TEAM: Akansha, Manish, Disha, Kashish, Aditi, Abhinav



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Commblaze-The Commerce Association

Today, on 18 April, 2024, the Comblaze association of commerce department of Shyam Lal College, University of Delhi had organized its annual event-2024. This annual event Combuzz-2024 started with inaugural address of “**Chief Guest Talk**” by **Prof. A.K. Singh, Head & Dean of Department of Commerce, Faculty of Commerce, Delhi School of Economics, University of Delhi.**

This guest talk event commenced with lamp lighting ceremony and Lord Ganesha blessings by chief guest and all faculty members of commerce department of Shyam Lal College. This event was the reflection of air of anticipation and enthusiasm as around **60 attendees** gathered to delve into the intricacies of mind management. In beginning, Dr. Diksha, Assistant Professor of Commerce Department of Shyam Lal College had welcomed the esteemed chief guest Prof. A.K. Singh and other distinguished guests Prof. Ruchika Ramakrishnan, Dr. Pawan Kumar, Dr. Megha Jain and Mr. Amit Kapoor and also all faculty members and students assembled there. Afterwards, every presenting member had participated in University Kulgeet. The journey of this memorable occasion was embarked with introduction of Guest Talk Theme “**Mind Management**” by Dr. Diksha. After introducing the theme, Prof. A. K. Singh Sir enlighten all the presenting members with his insightful knowledge on Mind Management, importance of Mind in Healthy life, Stress Management, Locus of Control, Tricks for Health life, Nature of Mind etc.

In this thought-provoking talk and discussion, Prof. Singh had covered following key points:

- **PanchTatav and Mind Connection:** Prof. Singh emphasized the profound connection between the five elements (panchtatav) and human mind. Each element corresponds to various aspects of mental well-being, underscoring the holistic approach required for effective mind management.
- **Body parts and Mind Control:** Through analogies of body parts, attendees gained insights into the intricate mechanisms of mind control. The chief guest elucidated how disciplined control over sensory organs influence by positive and negative energy and how it contributes to enhanced mental faculties.
- **Motivation Theory and Mind Empowerment:** Drawing from motivational theories, the discourse highlighted the role of intrinsic motivation in shaping mental resilience. Attendees were encouraged to harness inner drive for sustainable growth and development.
- **Yoga and Budhee Vikas:** Prof. Singh enlightened the participants with the ancient practice of Yoga which was lauded as a powerful tool for enhancing cognitive abilities and fostering Budhee Vikas (Intellectual Development). Attendees were urged to integrate yoga into their daily routine for holistic mind-body wellness.
- **Wealth, Prosperity and the Bharat Legacy:** Delving into the India’s rich heritage, the chief guest underscored the nation’s historical prowess as the “Golden Sparrow” and its contributions to global prosperity by referring to Nalanda and Takshila invoked a sense of pride in attendees.


- **Vishwaguru Bharat and Global Influence:** Prof. Singh also discussed about the India's remarkable 34% contribution to world GDP served as a testament to its potential as Vishwaguru Bharat (World Teacher). Sir emphasized the importance of leveraging this influence for collective progress.
- **Health and Mind Management for Life:** Stressing the inseparable link between health and mind management, attendees were enlightened on the significance of cultivating mental resilience for fulfilling life journey.
- **Features of a Healthy Mind:** Attendees also gained insights into the characteristics of healthy mind, including the ability to engage in deep listening, contemplation, and commitment to practice. The chief guest emphasized the importance of embracing the ever-changing nature of mind.
- **Stress Management and Mind Engagement:** Through thought-provoking discussion in today's session, attendees learned practical strategies for stress management. Prof. Singh highlighted the importance of mindful engagement to alleviate stressor and foster emotional well-being.
- **Nature of Mind: Acceptance and Transformation:** Exploring the dichotomy of the mind, attendees were encouraged to embrace the spectrum of human emotions, from sadness to happiness, and to transcend conditioned patterns of thinking towards liberation.
- **Prejudice Perception and Locus of Control:** The discourse concluded with a reflection on prejudice perception and the importance of cultivating an internal locus of control. Attendees were inspired to challenge preconceived notions and empower themselves through conscious choice.

Prof. Singh's enlightening talk left attendees with a renewed appreciation for the complexities of mind management and the transformative power of ancient wisdom. As they departed, minds abuzz with newfound insights, they carried with them the seeds of personal growth and self-discovery.

In last but not the least, Mr Manish Kumar, Assistant Professor, Department of Commerce had delivered the vote of thanks to Prof. Singh for enlightening us with his insightful talk. Afterwards, he also thanked to Prof. Rabi Narayan Kar and Prof. Ruchika Ramakrishnan for their support & guidance during the journey of organization of this event. He also thanked and appreciated the tireless efforts of organizing team for success of this event. He also thanked to all students for participating in this thought-provoking discussion with great enthusiasm and zeal.

Finally this memorable occasion concluded with memory of group photos of presenting members with our Chief Guest Prof, A. K. Singh Sir.



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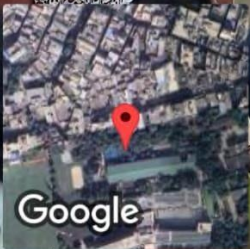


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How much of the rein is in our hands?

Conscious Mind  
Subconscious Mind  
Unconscious Mind

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**YOUR MIND IS A MAGNET**

If you think of blessings,  
you attract blessings;  
and if you think of problems,  
you attract problems.

Always cultivate good thoughts  
always remain  
positive and optimistic.

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