

GUEST LECTURE ON “BHAGAVAD GITA AND MINDFULNESS”

DATE : 28-11-2025

COMMITTEE : INDIAN KNOWLEDGE SYSTEM CELL

PARTICIPANTS :

Staff and Students of S.D.M. Siddhartha Mahila Kalasala, Vijayawada.

RESOURCE PERSON:

Dr.V.VISHNU VANDANA DEVI, Asst.Prof, Siddhartha Academy of Higher Education, Vijayawada.

DESCRIPTION OF THE PROGRAMME:

The guest lecture on “**Bhagavad Gita and Mindfulness**” helped students understand the significance of mental focus, self-awareness, and inner peace in everyday life. The speaker explained how the teachings of the Bhagavad Gita provide practical guidance for managing stress, maintaining emotional balance, and improving concentration. Students learned that mindfulness enables them to stay calm during challenges and make better decisions. The session highlighted how ancient wisdom remains relevant in the modern world, especially for academic and personal development. Overall, the lecture inspired students to practice mindfulness regularly for personal growth, mental well-being, and academic success.

