



मालवीय राष्ट्रीय प्रौद्योगिकी संस्थान जयपुर (राष्ट्रीय महत्व का संस्थान)

Malaviya National Institute of Technology Jaipur

"Insights from Mahabharat: Achieving Innerclarity for Effective Outer Action"

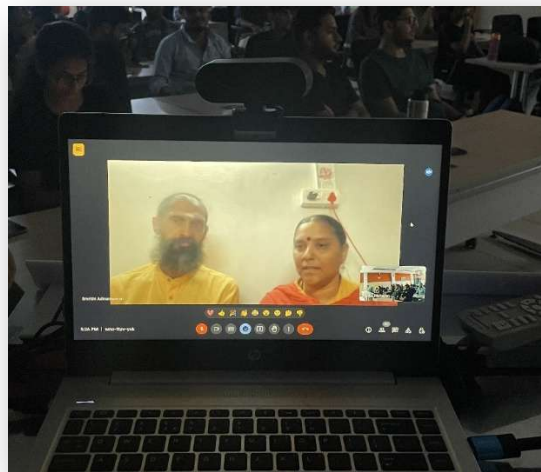


About:

On October 10, 2023, the Dean Student Welfare Office at MNIT Jaipur organized a special session on World Mental Health Day 2023. The event was titled "Insights from Mahabharat: Achieving Inner clarity for Effective Outer Action." The session aimed to provide students with valuable insights into maintaining mental well-being and achieving inner clarity in order to facilitate effective outer actions. The session featured Shri Adinarayanan, an accomplished academic and the Founder of Anaadi Foundation.

Resource Person:

Shri Adinarayanan, Adjunct Professor, IIT Delhi and Founder, Anaadi Foundation. Shriman Adinarayanan is a Siddhayogi who has spent more than 250 days in mouna tapasya. The dampatis belong to the spiritual parampara of Mahavatar Kriya Babaji. After a deep spiritual experience (which he later realised as the experience of Samadhi) during his graduate studies in the US, Siddhayogi Shriman Adinarayanan had a strong desire to return to India to dedicate himself to spirituality and serving the society.



Session Highlights:

Shri Adinarayanan, an expert in the field of philosophy and well-being, delivered a thought-provoking keynote address. He drew inspiration from the epic Mahabharat, which is a treasure trove of life lessons and wisdom.

Shri Adinarayanan emphasized the need for inner clarity and mental equilibrium as a foundation for effective decision-making and action. He cited various characters and events from the Mahabharat to illustrate how individuals can achieve inner clarity in the face of life's challenges.

He discussed concepts such as mindfulness, self-awareness, and the importance of ethical conduct in achieving a harmonious inner self.

Date: October 10, 2023

Event Organizer: Dean Student Welfare Office, MNIT Jaipur

