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मेरी सरकार



Ideas For The Vision  
VIKSIT BHARAT @2047

Today the goal of the country is  
Viksit Bharat, Sukhvit Bharat.  
We cannot stop until the dream of a  
developed India is fulfilled.  
-Narendra Modi, Prime Minister



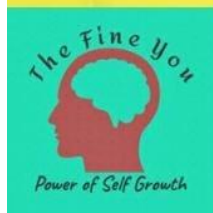
EXPERT TALK WITH  
THE FOUNDER OF  
*Rekhi Foundation for Happiness*

**Dr. Satinder Singh Rekhi**

"WHO IS RUNNING YOUR LIFE:  
YOU OR YOUR MONKEY BRAIN?"



**TUESDAY**  
**23 JAN, 2024**  
**11.00 AM**



**Seminar Hall**

**Rekhi**  
Foundation for Happiness

**Report on**  
**Viksit Bharat Event:**  
**Seminar on**  
**“Who is Running Your Life :**  
**You or Your Monkey Brain?”**

**ORGANIZED BY:** The Department of Management

**DATE:** 23rd January 2024

**TIME:** 11 AM – 1 PM

**LOCATION:** Seminar Hall

**NAME OF THE STUDENT COORDINATOR:** The Fine You Physical and Mental Health Society, Department of Management

**FACULTY COORDINATOR:** Ms. Priyamvada Mathur

**PARTICIPANTS:** University Students

**Overview:**

The Fine You – Physical and Mental Health Society” of the Department of Management had organized an engaging session focusing on “Who is Running Your Life: You or Your Monkey Brain” under the Viksit Bharat @2047 program. The event aims to explore the effect of the subconscious mind and its positive and negative impact of well-being on mental health, stress reduction, and cognitive enhancement, ultimately contributing to academic success.

Around 20% of young individuals today deal with anxiety and depression, the mental stress takes a toll on physical health of a person as well, and positive well-being contributes to better mental health, reducing stress and anxiety, which in turn enhances cognitive function and learning abilities so students are more likely to be engaged in their studies, leading to increased academic success

Dr. Satinder Singh Rekhi, the founder of the Rekhi Foundation of Happiness was invited as the guest speaker. A prominent figure with a vision of global happiness, Dr. Rekhi is also the Founder/CEO of R Systems Group, an alumni of IIT Kharagpur and California State University, Sacramento.



With the Objective to enhance students' well-being and happiness, The interactive talk was conducted by the Department of Management, Indira Gandhi Delhi Technical University for Women on January 23rd, 2024. The event aimed to help students understand the effects of subconscious mind and how positive well-being contributes to better mental health, reducing stress and anxiety, which in turn enhances cognitive function and learning abilities so students are more likely to be engaged in their studies, leading to increased academic success.

**Some of the Highlights of the event:**

The event got started by lighting lamp by esteemed guest of honor Dr. S.S Rekhi, our head of Department Dr. Meha Joshi and senior faculty members Ms. Priyamvada Mathur and Dr. Dhanjay Yadav followed by Saraswati vandana by the student of MBA 1st year. To welcome our guest speaker a bouquet was presented to the HOD, Department of Management Dr. Meha Joshi.





Dr. Rekhi had an interactive session with students, by having students put a name tag and discuss how our mind is mysterious, sometimes restless or jumpy, even delusional. He discussed the impact of being aware of one's and other's emotions can have on a person. Importance of validating your feelings and flight, fight and freeze response.

He discussed how emotional and rational decision making takes place, and how facts and feelings are distinct and sometimes you need to "Go to the cliff, spread your wings and fly; you'll find your place."

The event ended with a vote of thanks by Ms. Priyamvada Mathur to Dr. Rekhi, HOD ma'am and the student organizing team.

