

TALK ON SLEEP MANAGEMENT AND MENTAL EMPOWERMENT:

The Department of Psychology organised a talk by Shri. B.K Veerendar on the topic “Sleep management and Mental empowerment” for the students of Psychology on 17th December 2019. Ms. Cedila Gomes, Head of the Department in Psychology welcomed and introduced the guest speaker.

Shri. BK Veerendar is a Senior Engineer in Construction Department of B.K Head Quarters at Mount Abu, Rajasthan. He is also has to his credit master’s degrees in Counselling and spiritual health and Value Education and Spirituality. He is working as a spiritual social worker for the last 25 years. He has conducted more than 75 programs all over India on the Topics “Sleep Management and Mental Empowerment” to create awareness on our Sleep quality for general public, industries and security forces.

Mr. Veerendar spoke about sleep, its management and how it can affect our mental empowerment. He discussed various sleeping patterns which have proved to be harmful for our brain as well as body, and also told the students about how to rectify these unhealthy sleeping patterns in the future. He also gave an overview on how diet has been linked to our sleep. Mr. Veerender made this interactive session very interesting for the students as well as faculties. Asst. Prof. Ms. Sumedha More, faculty in the Psychology Department proposed the vote of thanks.



Shri. BK Veerendar addressing the psychology students on “Sleep management and Mental empowerment” on 17th December 2019.