

Maharaja Surajmal Institute of Technolog

Report on “Nasha Mukh Bharat Abhiyan”

Name of the Expert	Mr. Naveen Vahi, B. K. Vijay didi, Shalu Didi and Deepa didi from Braham Kumaris
Venue, Date and Time	Eminar Hall #06, 20-08-2026, 12:30 PM-1:30 PM
Target Audience	B.Tech. Students
Total Students	110
Organized By	Viksit Bharat Cell & CSE Department

Introduction

On 20th August 2026, the Viksit Bharat Cell & CSE Department, MSIT, organized a session on “Nasha Mukh Bharat Abhiyan.” The speaker for the seminar come from **Brahma Kumaris** under the “Addiction-free Awareness & National Addiction-Free Pledge Program” Initiative supported by **Ministry of Social Justice & Empowerment** and **Ministry of Home Affairs**. The session focused on the role of spiritual understanding in guiding individuals beyond limiting boundaries and helping them develop a balanced and meaningful life. It highlighted the connection between the mind, soul and inner awareness, and emphasized how spiritual partnership can strengthen mental well-being, improve thinking patterns and provide guidance in daily life.

Objective of the Session:

The primary goals of this session were:

- **To Understand Spiritual Partnership:** Explore how spiritual awareness and partnership can guide individuals, support personal development and help them move beyond self-imposed limitations.
- **To Develop Mental Strength:** Understand the importance of inner strength, balanced thinking and spiritual guidance in improving mental well-being.
- **To Recognize and Overcome Addictions:** Discuss unhealthy habits and mental escapism, and encourage awareness, balance and positive choices in life.
- **To Practice Self-Reflection:** Learn the importance of changing negative thinking patterns, having faith in oneself and developing inner peace through meditation and spiritual practice.



Session Highlights

I. Spiritual Partnership and Spiritual Awareness

The session introduced spiritual partnership and spiritual awareness as a source of guidance for personal growth. Participants were encouraged to understand their inner self, break limiting boundaries and support one another on a path of development. The discussion connected spiritual awareness with growth of the mind and soul and with finding a meaningful direction in life.

II. Inner Strength and Mental Well-being

A major highlight of the session was the importance of developing mental strength. It was explained that inner awareness and spiritual partnership can help individuals become mentally stronger, maintain balance and deal with difficult thoughts and situations in a healthier way.

1. **Mental Awareness:** Recognizing one's thoughts and inner state is an important first step towards positive change.
2. **Balanced Thinking:** Participants were encouraged to avoid unhealthy thinking patterns and develop a more focused and constructive approach.
3. **Spiritual Guidance:** Spiritual understanding can support self-reflection and contribute to greater inner strength and emotional balance.

III. Freedom from Addictions and Unhealthy Escapism

The session also discussed addictions and habits that may be used as a form of mental escapism. Participants were encouraged to identify the root causes of such habits instead of avoiding them.

- **Self-Awareness:** Understanding the reason behind a habit can help an individual take the first step towards positive change.
- **Balanced Life:** The discussion emphasized maintaining balance in daily life and avoiding excessive dependence on distractions and unhealthy habits.
- **Learning and Improvement:** Individuals were encouraged to learn from mistakes, make conscious choices and work towards a healthier and more disciplined life.

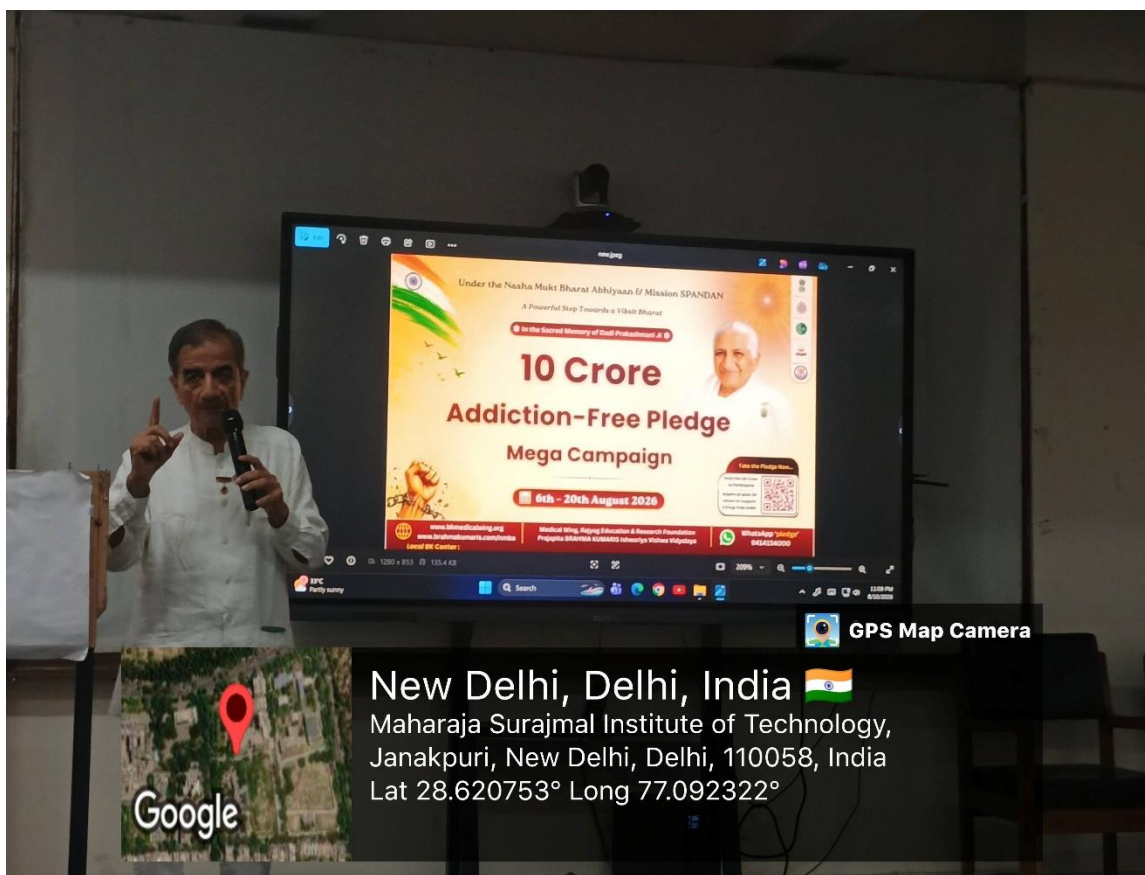


IV. Raj Yoga and Meditation

The concluding discussion focused on Raj Yoga and meditation as practices for strengthening the inner self. The session emphasized faith in oneself, changing negative thinking patterns and developing certainty, unity and inner significance.

Daily Practice: Even a short meditation practice of around five minutes a day was encouraged as a step towards self-reflection and inner awareness.

Raj Yoga Meditation: Spiritual practice can help strengthen the inner self, promote peace and support a more balanced and positive outlook towards life.



Conclusion

The session on Spiritual Partnership and Awareness highlighted the importance of inner awareness, mental strength and self-reflection in everyday life. Participants learned about moving beyond limiting thinking patterns, recognizing unhealthy habits, learning from mistakes and developing a balanced approach to life. Raj Yoga and meditation were discussed as useful practices for strengthening the inner self and nurturing spiritual awareness. The Department of Computer Science Engineering extends its sincere gratitude to the expert for conducting an insightful and engaging session.

Faculty Co-coordinators

Dr. Kavita Sheoran

Ms. Jyoti

Ms. Manju Dhull

Convener, Viksit Bharat Cell

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HOD CSE (First Shift):

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