



GUJARAT TECHNOLOGICAL UNIVERSITY

INTERNATIONAL INNOVATIVE UNIVERSITY

Accredited with A+ grade by NAAC

DHAROHAR – Center for Indian Knowledge System

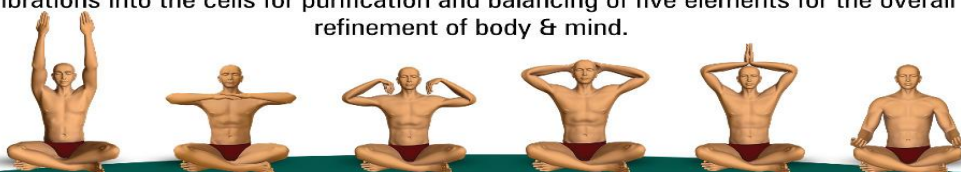
• FLYER OF THE COURSE :



MIND MANAGEMENT FOR WELLNESS & PRODUCTIVITY

This 6 hour workshop brings you a mind management and conditioning technique called Bhutshuddhikriya which is a priceless gift from India's spiritual and cultural heritage.

Based on subtle sound energy sciences of nature, Bhutshuddhikriya is a harmonious blend of rhythmic breathing, body geometry and cosmic sound vibrations that channelizes energy vibrations into the cells for purification and balancing of five elements for the overall refinement of body & mind.



BENEFITS YOU CAN EXPECT FROM REGULAR PRACTICE OF BHUTSHUDDHIKRIYA:

- Improved uptake of Oxygen • Strengthening of respiratory system
- Normalization of acid-base balance
- Gland conditioning (Neuroendocrinal, pituitary, thyroid)
- Improved cellular metabolism • Boosting of immune system
- Improved ability to deal with stress • Enhanced life vitality

**1st online batch from
17th Feb to 20th Feb 2023 (7:00 pm to 8:30 pm IST)**

To register, please visit the Upcoming courses section at
<https://dharohar.gtu.ac.in/Courses.aspx>

Contact:
Mr. Deepak Padia +91 9825064093



Participants who will complete the workshop will receive:

- a) ebook titled **Connecting to Infinite Powers Within with Bhutshuddhikriya**
- b) Certificate of participation from GTU and Ethnic Science Foundation

www.ethnic.org | www.dharohar.gtu.ac.in



GUJARAT TECHNOLOGICAL UNIVERSITY
SCHOOL OF IKS
DHAROHAR – Centre for Indian
Knowledge System - GTU
& ETHNIC SCIENCE FOUNDATION



Mind Management for Wellness and Productivity (experiential workshop based on Vedic Sciences)

State of development of a nation is defined by the quality of its people; their intelligence and intellectual capacity. Quality of thinking forms the foundation of personality. A research done in Carnegie Mellon University states that personality plays larger role than technology in the success. Thought is the unit of personality.

The brilliance in thoughts is possible only when body, mind and intellect are free from toxicities. This experiential program is designed for improving the productivity by enhancing mental and physical well being of the participant through special technique called *Bhutshuddhikriya*.

| Eligibility | Age 18 years or above |
|---|--|
| Duration | 6 hours (Online - 1.5 hrs X 4 days & Offline – 6 hrs * 1 day) |
| Language | English, Hindi, Gujarati |
| Enrolment | Online admission & payment |
| Study Material | E Book format |
| Fees | Online – INR 1,000/- per person (minimum batch size 10) Offline - INR 2,500/- per person (minimum batch size 10) |
| Learning Content (* = Practical) | Life and its purpose Personality – Inner and Outer Mind and matter Science of five elements and their effect on health Influence of breathing on mind* Special rhythmic breathing with sound vibrations* Purification process of 5 elements* |
| Contact | +91 9833985757 , +91 9825064093 |
| Registration | https://forms.gle/kwWtLV3TPnTpoAsL6 |

Benefits from regular practice

Improve Oxygen intake, Boost Immunity, Activation of neuroendocrinal glands, Improve ability to deal with stress, Enhance life vitality, Attention management, Positive behavioural changes

REPORT

The workshop titled **Mind Management for Wellness and Productivity** was conducted online from **17th to 20th February 2023**. This was the first workshop delivered by Ethnic Science Foundation in collaboration with Gujarat Technological University. In this workshop, total 8 registration received and all remain present.

Total duration of the workshop was 6 hours with 90 minutes every day. The participants were introduced to traditional knowledge of mind management that finds its base in the Vedant Philosophy. The workshop which was a mix of theory and practical discussed about the various universal truths about Life.

The participants learnt about the **Art of breathing, Sound Vibrations, Five elements and their effect on the order of the body and mind**. They were introduced to technique for the purification and balancing of five elements called **Bhutshuddhikriya**. The knowledge of Bhutshuddhikriya is a gift from the Siddha Tradition in which Shiva and Shakti is considered as the Adi Guru (source).

The participants found the content absorbing and experienced the effects of Bhutshuddhikriya on the mind.

Ethnic Science Foundation, is grateful to Gujarat Technological University for helping in the dissemination of this knowledge from the rich treasures of Indian culture for the development of society. It is also grateful to the participants for their time and interest in the workshop.

- **List Of Registered Students :**

| Full Name | Phone Number | Email | City/Village | District, State |
|---------------------------------|--------------|----------------------------|--------------------------|-----------------|
| KAPILDEV TRIVEDI | 9727772743 | trivedikapildev7@gmail.com | SURAT | GUJARAT |
| Patel amitkumar thakorbbhai | 81413 03403 | amitthakorpatel@gmail.com | Mota vaghchhipa Ta.pardi | Varsad |
| Neel Upadhyay | 9415261631 | neelanupranshu@gmail.com | Dwarka | New Delhi |
| Jigyasa Dixit | 7042404202 | iamjigs4u@gmail.com | Kota | Kota, Rajasthan |
| Dr Kalpesh Kantilal Padaliya | 8320618171 | kalpeshpadaliya@gmail.com | Rajkot | Gujarat |
| Vibha Dwivedi | 9978983823 | bhargavid55204@gmail.com | Ahmedabad | Ahmedabad |
| Ravindrabbhai Hargovandas patel | 9825264242 | ashlesh73@yahoo.com | Visnagar | Gujarat |
| Bharat Arora | 9825251801 | bharatarora28@gmail.com | AHMEDABAD | GUJARAT |

Pictures of Workshop:

