

**GUEST LECTURE**  
**ON**  
**“SCIENCE OF MIND FOR ACADEMIC FOCUS, PERSONAL  
DEVELOPMENT AND WELL-BEING”**

**DATE** : 23-04-2026

**COMMITTEE** : **INDIAN KNOWLEDGE SYSTEM CELL**

**PARTICIPANTS** : Staff and Students of S.D.M. Siddhartha Mahila Kalasala, Vijayawada.

**RESOURCE PERSON** :

- Sri K. Vasudeva Rao, Alumnus of IIT Kanpur and President of Bhakti Vedanta Institute, Kolkata.
- Sri Varun Agarwal (Bhaktisvarupa Vrajendra Kumar Swami), Alumnus of IIT Kanpur and Director of Bhakti Vedanta Institute, Kolkata.

**DESCRIPTION OF THE PROGRAMME:**

The IKS Cell of S.D.M. Siddhartha Mahila Kalasala organized a guest lecture on the topic “Science of Mind for Academic Focus, Personal Development and Well-being.” The resource persons for the session were Sri K. Vasudeva Rao and Sri Varun Agarwal from Bhakti Vedanta Institute, Kolkata. Sri Varun Agarwal explained the connection between mind and science using concepts from Quantum Physics and Neuroscience. He also spoke about the Physical, Psychological, and Spiritual aspects of life. The speakers explained the concept of Neuroplasticity and the importance of understanding the mind and brain. Sri K. Vasudeva Rao highlighted the value of discipline, communication skills, fitness, and nutrition in students’ lives. The Principal, Dr. V.V.S. Kumar, encouraged students to think positively and focus on self-development. K. Sasi, Convenor of the IKS Cell, advised students to avoid mobile addiction and practice meditation and yoga. The session motivated students to maintain mental balance and use their potential positively. The programme was highly informative and students actively participated with great interest.

