

INITIATIVE BY ISKCON
YOUTH FORUM



11

APRIL
2025



SEMINAR ON LIFESTYLE MANAGEMENT

Inaugurator: Prof. Kallol Paul
Hon'ble Vice Chancellor, KU

Join our Lifestyle Management
Seminar to make your dreams
come true.....

@ 12
NOON

VENUE
APJ ABDUL KALAM AUDITORIUM

All are invited to the programme.....



JOINTLY ORGANIZED BY
CENTRE FOR CULTURE STUDIES & ISKCON
IN COLLABORATION WITH THE DEPT. OF
FOLKLORE, PHYSICAL EDUCATION,
BENGALI, POLITICAL SCIENCE & NSS
UNIVERSITY OF KALYANI

SEMINAR ON LIFESTYLE MANAGEMENT



• The Concept Note of the Workshop:

Seminar on Lifestyle Management: A Holistic Approach to Well-Being

1. Background

In today's fast-paced world, individuals are increasingly exposed to stress, poor dietary habits, sedentary routines, and irregular sleep patterns—all of which contribute to lifestyle-related disorders such as obesity, diabetes, hypertension, anxiety, and depression. The concept of lifestyle management is gaining prominence as an effective means to enhance quality of life, productivity, and overall well-being.

2. Objective

The primary aim of this seminar is to raise awareness and provide practical insights on managing various aspects of daily life, including physical health, mental well-being, nutrition, time management, and work-life balance. It will empower participants to adopt healthier routines and make informed decisions for long-term wellness.

3. Overview of Seminar:

A. Stress Management

- How do I know whether I am under Stress?
- Symptoms, Causes, effects of Stress
- How is Stress triggered? – The Mechanism
- Type I and Type II managers: check your type
- Learning to distinguish the Threat from Threat percept
- Power of Thoughts, effect of Mind on Body and managing the Mind
- A 4-lane approach to tackling Stress – The Body, Intellect, Mind and spirituality
- Changing attitude and outlook to life for converting distress to eustress
- A Meditation technique to go beyond depression and avoid hypertension
- Secret of Happiness and improving performance

B. Time Management

- Understanding the basic elements of managing Time
- Introduction and exercises
- Three generations of Time management
- Product vs. Product capability balance, P/PC
- Three kinds of assets
- The Time Management Matrix
- Practical application of Time management techniques
- Avoiding Time wasters
- Focusing on Quadrant II, 'Not urgent but important'
- Center and Alternative centers
- Becoming a Self-Manager
- Delegation: Increasing P and PC
- Time Management – a spiritual dimension
- Time, God and goal of Time Management

C. Self-Management

- What is Self-Management?
- The Need of Self-Management in everyday life as well as for a Leader
- Management with hands, heads and hearts - a comparison of Taylorist and Kaizen approach
- The heart of Team playing - How to make people self-motivated, committed and responsible?

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- Learning new self-managing skills
- Self-awareness through introspection
- Bringing about a change in thinking, attitude and behaviour
- Learning to motivate and inspire people through self-management
- Provide individuals with techniques of meditation to manage oneself
- Realign and adjust with the changing environment with new attitudes
- Work style and behaviour

D. Positive Mental Attitude

- Understanding our Personality – personal SWOT analysis
- Personality ethic and Character ethic
- Factors that influence development of a Personality
- Problems of modern age and the cause
- Body-senses-mind-intelligence mechanism
- Types of thoughts and Power of thoughts: Effect of Mind on Physical body
- Conscious Mind and how we degrade to Negative thinking
- Subconscious Mind and the five undercurrents
- Practical tips to Boosting Will Power to excel
- Nature of Mind, Mind management through a practical meditation technique

E. Power of Habits

- What are Habits? How are Habits Addictive?
- What are the effects of Bad habits?
- Why bad habits are bad, although they feel good?
- Understanding the Conscious & Subconscious Mind
- How to say “NO” to Bad Habits
- Power of Good Habits
- A simple Meditation technique to conquer bad habits

SEMINAR SCHEDULE

- Interactive session with Power point presentation: 30 minutes
- Time for self-analysis test and discussion: 30 minutes
- Q & A and Discussion: 30 minutes

• Target Group/Participants:

Under Graduate & Post Graduate Students, M.Phil Students, Research Scholars, Post-Doctoral Fellows, Independent Researchers, Teachers from different disciplines, Officers and Staff

• Last Date of Registration: April 10, 2025 up to 10 pm

• There is no Registration Fee)

• Link for Registration

https://docs.google.com/forms/d/e/1FAIpQLScv5MzPWHC2uirjIAQF1RzhzAtNt_9OnDi-gh6JzW4l2Bn7EQ/viewform?usp=header

• Date: April 10, 2025

• Venue: APJ Abdul Kalam Auditorium, University of Kalyani

• Refreshment and Participation Certificate will be provided to the Participant.

LIFESTYLE MANAGEMENT



SEMINAR ON LIFESTYLE MANAGEMENT



Invited Guests & Speaker



Professor (Dr.) Kallol Paul
Hon'ble Vice Chancellor
University of Kalyani
&

Inaugurator of the Inaugural Session



Professor (Dr.) Sabitri Nanda Chakraborty
Dean, Faculty of Arts & Commerce
University of Kalyani
&

President of the Inaugural Session



HG ANANGA MOHAN DAS
Vice-President, ISKCON, Kolkata
& **Speaker of the Seminar**

ISKCON, an acronym for the International Society for Krishna Consciousness, also known as the Hare Krishna Movement, is a worldwide organization with over 600 centers and 4 million followers. It is dedicated to spreading the non-sectarian teachings of the ancient Vedic scriptures to promote the holistic welfare of humanity. Our speaker for today, from Sri Sri Radha Govinda Temple, ISKCON, KOLKATA, is an expert in the field of synthesis of science and Vedas. He has done profound study of both. Being inspired by the dedication and service rendered by Srila Prabhupada, the founder of ISKCON, he joined ISKCON as a fulltime celibate at Sri Sri Radha Govinda Temple, ISKCON, KOLKATA for systematically teaching the sublime message of Bhagavat-gita and its application in modern times. From 1995, he was connected to ISKCON and he dedicated his life as a full-time devotee in the year of 2002.

☞ Youth counselor and corporate advisor. Traveling all over India and outside India, he guides many students and professionals in Principle-centered Leadership and in the practical application of Vedas in everyday life that brings about a combination of healthy body, mind and soul.

☞ He offers seminars on Stress management, Proactive leadership, Time management, Art of Mind Control etc. in various prestigious educational institutes in India, and outside India. This includes IIT Kharagpur, NIT Jamshedpur, Jadavpur University etc and also different places in Bangladesh, Malaysia, Singapore, Australia, London etc.

☞ He has special popularity for his Ram-katha and Jagannath Katha

☞ Famous for his melodious kirtan.

☞ A teacher for Bhakti Sastri courses

☞ He is the Kolkata RATHAYATRA chairman .

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