

About the Organizes

Institute of Management Studies (IM)

Established in 1968, the Faculty of Management Studies is an epitome of vision of the great statesmen, visionary and founder of BHU, Pt. Madan Mohan Malviya. Ever since its establishment the focus of the institution has been to cater to the needs of the business in the emerging world. With over a period of four and a half decades the faculty has produced over more than 4500 management graduates serving India as well as abroad.

Banaras Hindu University (BHU)

Founded by Mahamana Pandit Madan Mohan Malviya in 1916, is one of the most prestigious Central Universities in the Country. Being a living embodiment of such visionaries as Mahamana Malaviyaji, Dr. Annie Besant and Dr. S. Radhakrishnan, this seat of learning epitomizes as synthesis of ancient wisdom and modern scientific temper. The University is situated on the western bank of the holy river Ganga in the pious city of Varanasi, the religious capital of India and centre of Oriental Learning. The University comprises 5 Institutes, IIT-BHU, 16 Faculties, over 130 teaching Departments, a Mahila Mahavidyalaya Inter disciplinary Centers, UGC Special Assistance Programs, Constituent College for Women and Constituent Schools. The 1200-bed (approx.) Sir Sunderlal Hospital and Trauma Center of the University are equipped with modern amenities and caters to the healthcare needs of the vast population of eastern UP, parts of Bihar, Madhya Pradesh, Jharkhand, Chattisgarh and adjoining Nepal. The A number of students from abroad including from USA, Europe, Middle East, Asia, Africa etc. get admitted in various academic Programs in the University every year.

Diamond Cutter International Business Management Institute, (DCI), Arizona, USA

The goal of the Diamond Cutter Institute is to help people around the world achieve success in every aspect of their lives: to reach financial prosperity and a successful and satisfying career; to become full of energy; to enjoy warm and lasting personal relationships; to become a calm and more focused person; and to help change our family, our community, and our country. The Diamond Cutter Institute offers one important new idea to make all these things happen. It is based upon the abiding truth that everything which happens to us in life comes from the way that we treat other people. Except that The Diamond Cutter Institute offers a clear explanation of how, what we do to others is stored as a seed in our mind. This seed ripens in the mind and then determines the things and people that we see all around us. If we receive careful training on how to plant and nurture the right seeds, then we have the power to make any dream we want come true in our life, right now. The name of The Diamond Cutter Institute is taken from an ancient book called "The Diamond Cutter Sutra." This is the oldest printed book in the world, and is found in many countries in Asia. It explains all the important ideas about how we plant the seeds that create our life, and our world. The Diamond Cutter Institute was founded by Michael Roach. Michael grew up in the United States, and graduated with honors from Princeton University. He has received the Presidential Scholar Medal at the White House, from the President of the United States. He spent 25 years in a traditional monastery, and is the first American in 600 years to be awarded the title of Geshe, or Master.

CONTACT

The Coordinator / Organizing Secretary
National Seminar on Mastering Your Minds for Success at Work and at Home
(16-17 February, 2018)

Institute of Management Studies (Faculty of Management Studies)

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Geshe Michael Roach

काशी हिन्दू
विश्वविद्यालय



BANARAS HINDU
UNIVERSITY

Two-day National Seminar

DCI level III

“Mastering Your Mind for Success at
Work and at Home”

(February 16– 17, 2018)

Jointly Organized by



imBHU
प्रबन्ध शास्त्र संस्थान
INSTITUTE OF MANAGEMENT STUDIES
(FACULTY OF MANAGEMENT STUDIES)

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Diamond Cutter International Business Management Institute,
(DCI), Arizona, USA

About the Seminar

Achieving success in respective field is the dream of most of the people today. It is true that there is no substitution for hard work, it is also equally true that to know what we have to do for achieving success, i.e., doing things smartly so that there is no wastage of time, money and most importantly our efforts. The situation is being faced by students, researchers, academicians, professionals in different fields, entrepreneurs, artists, politicians, and any other section of the society. Fear of losing or not achieving desired levels of performance is a great cause of tension and stress among the people which badly affect their health, creativity and output. Human relationships are also badly affected mainly due to lack of proper understanding and emotional maturity.

The present seminar an attempt to train the participants to successfully deal with stress in our daily life. It focuses on simple things with which we have make remarkable changes in our own life and in the society as a whole. This is the third level program of Diamond Cutter Institute in a series of 12 programs. The Seminar would cover: Meditation as a tool for career and personal success: Authentic traditions of meditation; How to conduct a meditation session - the Six Practices and the Seven Steps; Measures of progress in developing mental focus — the Nine Levels of meditation; A selection of meditations for understanding what makes success happen; The interaction of mental seeds and the hidden potential in creating success: why strategies don't always work, and learning how to "load" a strategy.

Business focus: The structure of your new company—a decision that you won't have to make

Mental strengthening: Regular routine of the Six Practices of meditation (Je Rinpoche, 15th Century)

Physical conditioning: Evolving the regular practice of Executive Yoga, Level One

Karmic business partner: Revisiting our commitment to the selected business partner

Daily success tracking: Tricks for a consistent Six Times Book

Follow-up study: **KARMIC MANAGEMENT**—What Goes Around Comes Around in Your Business and Your Life (Doubleday, 2010)

1) Why Meditate? Why Read?	4) How to Want It
<ul style="list-style-type: none"> Focus Problem-solving Peace Harmony Tasting the future Progress in the paths Higher reality Killing negative emotions Meeting beings beyond Seeing what we will be Ultimate love The end of death Standing above the world 	<ul style="list-style-type: none"> Her hair! I want to take her out! The first date Moving as one
	5) Why Meditate? Why Read?
	<ul style="list-style-type: none"> Shargom: one by one, through a list Chegom: problem-solving meditation Jokgom: fixed on a single point Chakchen: learning to watch the mind
2) Relaxing to the Breath The Six Good Conditions	6) Unexpected Enemies
<ul style="list-style-type: none"> The perfect place Keeping wants few Contentment Avoiding email disease A good life Avoiding random thoughts 	<ul style="list-style-type: none"> River under the ice Rabbit spacing The pleasure of a beer Indulging in myself
3) Taking & Giving For Success The Five Problems	
<ul style="list-style-type: none"> I don't feel like it I lost it Food & lunch I forgot to do something I forgot to stop doing something 	Coffee Meditation (Practical session)

Date & Venue of the Seminar:

Date	Time	Sessions	Venue
16 February 2018	Reporting at 11:00 AM sharp	DCI level III : "Mastering Your Mind for Success at Work and at Home" by Geshe Michael Roach, Founder, Diamond Cutter Institute, Arizona, USA. (12 Noon to 2:30 PM)	Shatabdi Krishi Prekshagrih Institute of Agri. Science, Banaras Hindu University
17 February 2018	11:00 AM onwards	Paper Presentation	Seminar Hall, Institute of Management Studies, BHU

Registration Process

Interested Participant are required to submit **duly filled registration form on or before 10th February, 2018 to the Office of the Coordinator, National Seminar on "Mastering your Mind for Success at Work and at Home", Institute of Management Studies, Banaras Hindu University, Varanasi – 221005, UP (India)**. Seats are limited and **Registration will be confirmed on first come first serve basis. No registration fee will be charged. NO ACCOMMODATION WILL BE PROVIDED TO THE PARTICIPANTS.**

Entry to the Seminar venue is strictly on production of copy of the confirmation of participation mail from the seminar mail id : nsmms@fmsbhu.ac.in.

Publication (The Edited Book)

We also invite research papers from participants on a topic related to the theme of the Seminar "Mastering Your Mind for Success at Work and at Home". Selected Papers / Articles will be published in the form of an edited book bearing ISBN no. Published by a National Level publisher.

Participant can send their papers to the Coordinator through email id nsmms@fmsbhu.ac.in on or before **10th of February 2018**

Paper presentation of the Registered Participant will be held from 11:00 AM onwards on 17th February 2017 at Institute of Management Studies (Faculty of Management Studies), Banaras Hindu University.

Guidelines for Paper Submission

- Only original and unpublished work is sought. The contributors should certify that manuscript has neither been published anywhere nor is being considered presently anywhere for publication.
- Submission should include a separate title page which clearly indicates the name(s) of the author(s), affiliation(s), complete mailing address (s), telephone/fax numbers and e-mail address(s), title of the paper and up to four key words that describe the paper. The last sheet of the paper should have a brief autobiography of the author(s) in not more than 100 words.
- For preparation of the manuscript, the author(s) are requested to follow APA Citation Style. An electronic version of the manuscript in MS-Word format should be submitted via e-mail and a hard copy of the same should be sent. (All text should be in single space with 1 inch margin on all the sides on (A4) size paper using a font size of 12 in Times Roman.)

Organizing Committee

Patron The Hon'ble Vice-Chancellor, Banaras Hindu University			
Chairman	Prof. Raj Kumar Director & Dean, Institute of Management Studies, Banaras Hindu University	Coordinator	Prof. P. V. Rajeev Institute of Management Studies, BHU
Organizing Secretary	Dr. Santosh Dwivedi Director, Indology Classics Input Society, Varanasi (DCI Event India Organizer) Email: icisvaranasi@gmail.com , Mb.: +91-7388674333	Advisory Committee	Prof. H.C. Chaudhary Prof. P.S. Tripathi Prof. Usha Kiran Rai Prof. H.P. Mathur Prof. S.C. Singh Prof. Ashish Bajpai Prof. S.K. Dubey Prof. A.K. Rai Prof. R.K. Pandey Prof. Deepak Barman Prof. Rekha Prasad Prof. Sadashiv Kr. Dwivedi
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