



Rekhi Center of Excellence
Science of Happiness, IGDTUW
is organising expert talk

Dr. Tal Leead

Psychologist & Best-selling
author

"THE POWER OF MINDSET"

THURSDAY; 29 FEB, 2024
10.00 AM



Room no E307, ECE Block



Rekhi 
Foundation for Happiness

Report on Viksit Bharat Event
Session by Dr. Tal Leead on
“The Power of Mindset”

ORGANIZED BY: Rekhi Centre of Excellence for Science of Happiness and Department of Management

DATE: 29th February, 2024

TIME: 10:30 AM

LOCATION: Room No.4, Management department

NAME OF THE STUDENT COORDINATOR: NA

FACULTY COORDINATOR: Ms. Priyamvada Mathur

PARTICIPANTS: University Students

Overview:

As part of the Viksit Bharat program's wellness series and Rekhi sir's vision to enhance ongoing Science and Practice of Happiness classes through global engagement, the second session, themed around "the power of mindset," was conducted in a hybrid format. Renowned globally, Dr. Tal Leead, a psychologist, best-selling author, and the founder of Happier Being™, led the session. With over 25 years of clinical expertise and a focus on positive psychology, Dr. Tal Leead brought invaluable insights to the discussion.



The session delved into the correlation between thoughts and behaviors, enlightening students on how they can actively shape and enhance their thought processes to bolster their overall well-being. Dr. Tal's insights equipped students with invaluable tools for character building, offering practical strategies to enrich their lives and foster personal growth.

Highlights of the event:

The event commenced with a warm welcome speech for esteemed guests including Dr. Tal Leead, Dr. Rekhi, Prof. Mandal, and Rekhi Foundation coordinators, who joined virtually from various global locations. Ms. Priyamvada Mathur extended a warm greeting to both on-campus and virtual attendees from Indira Gandhi Delhi Technical University for Women (IGDTUW).



Dr. Tal introduced students to the contrasting mindsets of fixed and abundant, elucidating their profound influence on personal development and well-being. Through engaging anecdotes, she highlighted the power of perception in shaping our lives and capabilities. Referencing the tale of the Golden Buddha statue, Dr. Tal underscored the inherent strength within each individual, advocating for shedding societal constraints and negative emotions to reveal one's true essence. Concluding with a thought-provoking exercise using words, she emphasized the transformative impact of positive thinking on mental well-being, ultimately fostering personal growth and happiness.

