



## KNOWLEDGE AND AWARENESS MAPPING PLATFORM



PRESENTS

# SECRETS OF STRONG MIND

"Mind Mapping to help students to develop and make practical and effective use of their mind power"

FOR CLASSES 5TH - 12TH

26th May 2022 04:00 PM IST



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KNOWLEDGE SESSION 2022: EPISODE 3

ORGANISED BY: KNOWLEDGE AND AWARENESS MAPPING PLATFORM

**Date:** 26<sup>th</sup> May 2022

**Topic:** Secrets of Strong Mind

**Organized For:** Class 5<sup>th</sup> – 12<sup>th</sup>

**Category:** Scientific and Life Skills

**No. of Participants:** 400+ students from different schools across India

**Speaker/Presenter:** Mr. Sandeep Kumar (NLP Master Practitioner Mind coach, Researcher on NLP Applied Fundamentals & Life Coach)

### **Overview:**

On May 26th, 2022, KAMP conducted a special workshop on "Secrets of a Strong Mind" by Mr. Sandeep Kumar. He is an NLP Master Practitioner, Mind coach, and Researcher on NLP Applied Fundamentals & Life Coach.

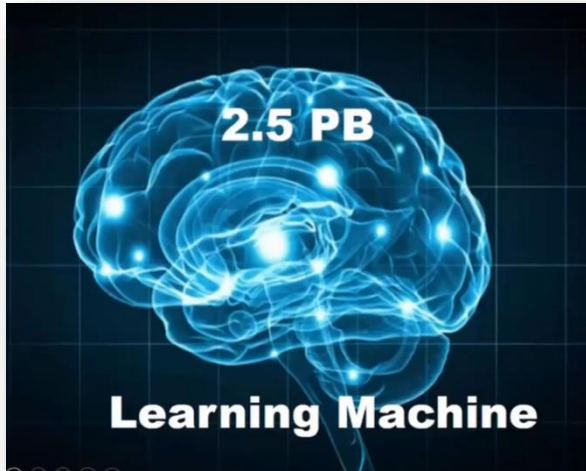
Mr. Sandeep has been instrumental since 2012, delivering lectures on NLP and Mind Mapping and transforming thousands of human brains including students, parents, teachers, businessmen, professionals, homemakers, etc. He is a Mind & Memory Master Trainer with a specialization in training individuals across major Indian Cities on Neuro-Linguistic Programming with mastery in Mind Mapping Techniques.

He has been termed as "Final Destination" by his students to get rid of all negative thoughts, phobias, unwanted habits, academic boredom or failure, lack of retention, lack of motivation, stress, and low confidence.

In this session, Mr. Sandeep shared an insight into the most powerful element of a human being – The mind. The human mind is quite stronger than it appears to be. There is no such problem that our minds cannot solve. He also mentions that we have an enormous efficient mind, that can store up to 2.5 Petabytes of information (which is equivalent to the entire information that has been uploaded on the internet yet). The human mind is indeed a learning machine, and we all have the same brain like Einstein or anyone else. But unfortunately, most of us fail to understand its power or do not use it efficiently. Our brain is efficient for neurogenesis, which means that the neurons or the memory cells within the brain develop or grow better when we learn something new. And This all takes place with the combination of our conscious and subconscious minds. Where, the conscious mind deals with the information that we actively receive from the environment through any of our 5 senses. While, the subconscious deals with the information



stored previously like a habit we developed throughout our lives, like brushing our teeth, or involuntary functions like breathing, and heartbeat which all take place on their own at a subconscious level. Without the alignment of these two, we cannot memorize anything, or even if we do, it will just stay in the short-term memory, and not reach our Long-term or permanent memory.



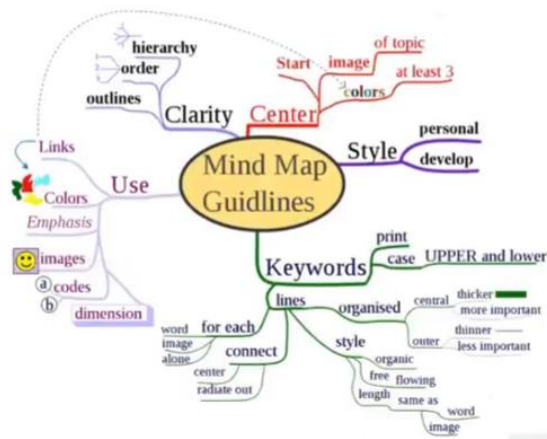
According to Mr. Sandeep, the major challenges faced by students these days are:

- Poor concentration, memory, and retention where students are unable to focus on the task at hand and even unable to memorize things.
- Subject disinterest/fear; this can also lead to bad performance, as we give our 100% to the tasks that we love, while we ignore or merely try to accomplish the things that we are not interested in.
- Exam fear or exam phobia; it is quite common to forget what you learned due to stress or anxiety. The mind just blanks out.
- Academic boredom, not enough of a challenge, or things being too difficult can both lead to academic boredom.
- Addiction to TV, smartphones, or even video games can serve as a distraction that interferes with our study pattern.
- Last but not least, unwanted behavior patterns such as aggression, frustration, depression, and, anxiety can also change our mood and cause disinterest in the study.

To overcome such problems, Mr. Sandeep shares one of the best mind training tools known as Neuro-Linguistic Programming. Neuro is related to the mind; the way we think or how our thinking creates certain results. Linguistics is related to understanding how the mind uses language to convey certain messages, its effectiveness, or how it affects emotions, or behavioral changes. Lastly, Programming is related to how we are programmed or reprogramming ourselves by shaping the behavioral responses, generally, by changing our thinking patterns.



# MIND MAPPING



NLP in simple terms is the communication we do, and associate with something or another. If we don't connect with something our neurological programming faces problems, and if we change those programming, we will be able to associate well. So, think of it this way, stranger is knocking on the door and you won't open the door unless the stranger states who he is. You will only open the door when you familiarize yourself with the stranger. Likewise, we need to familiarize ourselves with the

subject material and overcome our fear, and anxiety about the subject.

We can achieve this through a simple memory technique called Mind mapping or the link method. The entire process revolves around creating a story or linking the key terms with something familiar to memorize the subject material. Through this method, we can learn spellings, maps with texts, history dates, formulas, diagrams, periodic tables, or even long paragraphs.

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