

Meditate to understand your mind better



(From left) SK Ghai, SK Palhan, MB Athreya and Mohan Lakhamraju.

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SK Palhan, professor at Great Lakes Institute of Management, launches a book of self-effectiveness

Professor SK Palhan, an expert at conducting programmes on self-effectiveness for various government and private organisations, launched a book titled 'Self-effectiveness – the power of meditation' recently. The event was organised at India International Centre, New Delhi.

The book was launched in the presence of family, friends, students and the chief guest, MB Athreya, along with the guest of honour, Mohan Lakhamraju, CEO and Vice-Chairman, Great Lakes Institute of Management.

The book talks about the importance of self-effectiveness and suggests methods of attaining complete awareness through the process of meditation. Explaining the power of meditation, Palhan said, “Meditation has been an integral part of the self-development process of Indians. In the ancient India, it was learnt and practiced with *shradha* but today the environment is different. Students are not as aware of its benefits as our education system focuses more on skill development. But youngsters should be taught how the mind works to make them more efficient.”

The book discusses the rationale of self-effectiveness and the traits that have made people highly effective in diverse areas. It also deals briefly with different types of meditation practiced in India and abroad. It is an easy read with the key message on the back cover of the book and a summary before each chapter for better understanding.

Keywords: [Great Lakes Institute of Management](#), [Meditation](#), [Book launch](#)

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