

Swami Rama Himalayan University
Department of Clinical Research
Himalayan Institute of Medical Sciences
Guest Lecture Activity Report

Title of the Session: Mastering the Mind: From Chaos to Clarity

Speaker: Mr. Dhiraj Khade, Manager – Product Marketing (M2), Lupin Limited, Mumbai

Mode: Online

Date: 18/04/2026

Organized by: Department of Clinical Research, Himalayan Institute of Medical Sciences, Swami Rama Himalayan University

Participants: 22

Introduction:

The Department of Clinical Research, Himalayan Institute of Medical Sciences, Swami Rama Himalayan University, organized a virtual guest lecture on the topic *“Mastering the Mind: From Chaos to Clarity.”* The session aimed to provide students with insights into mental clarity, emotional balance, and effective thinking strategies essential for both personal and professional growth.

Objectives of the Session:

- To help students understand the concept of mental clutter and its impact on decision-making
- To provide practical techniques for improving focus and clarity
- To encourage the development of a positive and growth-oriented mindset
- To bridge the gap between academic learning and real-world professional challenges

Session Highlights:

The session commenced with a brief introduction of the guest speaker by Dr. Manisha Sharma, Assistant Professor, followed by a formal welcome address delivered by Dr. Nikku Yadav. Mr. Dhiraj Khade then conducted an engaging and insightful session, highlighting the importance of mental discipline in achieving success. He elaborated on how individuals often face chaos due to overthinking, stress, and a lack of clear direction, and shared practical strategies to effectively manage and overcome these challenges.

Key points covered during the session included:

- Identifying sources of mental distractions and managing them effectively
- Techniques to enhance concentration and productivity
- Importance of self-awareness and emotional intelligence
- Building resilience and maintaining a clear, focused mindset in demanding environments

The speaker also shared real-life experiences from his professional journey, making the session relatable and impactful for students.

Interaction and Participation:

The session witnessed active participation from students of MSc Clinical Research and Master of Hospital Administration. An interactive Q&A segment allowed students to clarify their doubts and gain deeper insights into managing stress and improving focus in their academic and future professional lives.

Conclusion:

The guest lecture was highly informative and inspiring, offering valuable insights to students on effectively managing their thoughts and emotions—an essential aspect of both academic success and career development. The session concluded with a vote of thanks delivered by Dr. Nikku Yadav, Head of the Department, who expressed sincere gratitude to Mr. Dhiraj Khade for sharing his knowledge and experiences.



Students attending Mr. Khade's Session on Mastering the Mind: From Chaos to Clarity



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