

## **Rational Thinking Cell**

### **Annual Report-2024-25**

#### **‘How to Program Our Subconscious Mind for Rational Thinking with Practical Hypnosis’**

The Rational Thinking Cell of R.A. Podar College of Commerce and Economics (Empowered Autonomous), under the aegis of RUSA 2.0, organized a highly engaging and insightful session on *How to Program Our Subconscious Mind for Rational Thinking with Practical Hypnosis* on Monday, 13th January 2025. Held in the college auditorium, the session aimed to instill rational thinking, promote clarity of thought, and demonstrate how hypnosis can serve as a powerful tool to enhance mental processes and overcome biases.

The resource person for the session was Mr. Nawnath Gaikwad, a renowned hypnotist, life coach, and HR trainer, whose impressive accomplishments span over 35 years. Mr. Gaikwad has conducted 2701 hypnotism shows across India and internationally, including Bangkok and Dubai, training over 6 lakh students and 1 lakh professionals. As the founder of *Lessons of Life* and author of *Aarshatil Mee*, he is celebrated for his groundbreaking work in personality development, mental health, and stress management. His extensive experience and dynamic presentation style set the stage for an unforgettable session.

The event, attended by over 300 participants comprising students, faculty, and administrative staff, commenced with a warm welcome by Ms. Karishma Khadiwala. She introduced the theme and purpose of the session, followed by the felicitation of the guest by the Principal.

In her brief address after the felicitations, Principal Prof. Vinita Pimpale captured the audience's attention by emphasizing the importance of programming our minds for success. Drawing an apt analogy with the functioning of ChatGPT, she explained how clear instructions and positive input lead to effective outcomes, inspiring the learners to approach the session with enthusiasm and curiosity. Her analogy set the mood perfectly, preparing the audience to fully engage with the upcoming experience.

Dr. Suryakant Pagare then introduced Mr. Gaikwad, highlighting his contributions to mental health and personal development, and his pioneering use of hypnosis as a tool for fostering rational thinking.

During the session, Mr. Gaikwad captivated the audience with an engaging explanation of hypnosis, dispelling common myths and misconceptions. He emphasized the power of the subconscious mind and the role of self-suggestion in fostering positive change. His interactive approach drew keen attention as he invited volunteers for live demonstrations.

The practical hypnosis session was the highlight of the event. Over 15 students and one faculty member, Dr. Shreehari Gokarnkar, volunteered to experience hypnosis. The feats performed were both intriguing and entertaining. Volunteers ate bitter-gourd with delight as though it were cucumber, lay suspended between two chairs without support, and momentarily forgot familiar names and even basic numbers while counting. Each act showcased the power of the subconscious

mind when guided by hypnotic suggestions. The session also included moments of humor and astonishment, creating an atmosphere of excitement and curiosity.

Importantly, all volunteers were safely guided back to normalcy, reporting feelings of calmness and rejuvenation. Mr. Gaikwad emphasized that hypnosis is a safe and effective method to overcome negative habits, improve focus, and build confidence.

The session concluded with a vote of thanks by Librarian Mr. Santosh Patil, who expressed gratitude to the guest, organizers, and attendees for making the event a grand success. The event ended with the National Anthem.

This unique and impactful session left a lasting impression on the audience, blending entertainment with education and demonstrating the immense potential of the subconscious mind in fostering rational thinking and personal growth.



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**How to reprogram our subconscious mind for**

# **Rational Thinking** **( With Practical Hypnosis )**

**By**  
**Nawnath Gaikwad**  
**Hypnotist & Life Coach**

**It helps to**  
**Develop Confidence & Concentration**



**College Auditorium**  
**Date : 13th January 2025**  
**Time : 11:30 AM**



Lakhamsi Nappu Road, Matunga East, Mumbai, 400019, Maharashtra, India  
Lat 19.024758, Long 72.850220  
01/13/2025 01:51 PM GMT+05:30  
Note : Captured by GPS Map Camera



Telang Road, Matunga East, Mumbai, 400019, Maharashtra, India  
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Note : Captured by GPS Map Camera



Lakhamsi Nappu Road, Matunga East, Mumbai, 400019, Maharashtra, India  
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Note : Captured by GPS Map Camera



Lakhamsi Nappu Road, Matunga East, Mumbai, 400019, Maharashtra, India  
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Note : Captured by GPS Map Camera



Telang Road, Matunga East, Mumbai, 400019, Maharashtra, India  
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