

CREDAI-MCHI Webinar: Key to the Lockdown – Episode 8

Date 12th April,2020 (Saturday)

Time 12:00 noon

Topic: Role of Spirituality in life - joys of family life , to find peace & happiness

Speaker: Shree Gyanvatsal Swami

-
- Lessen your ego, be humble, be friends, take care of your people
 - Be conducive with nature
 - Change is the only constant
 - Change is inevitable
 - Care for self, be hygienic, better immunity
 - Economic axis will tilt to Asian countries
 - Depression and recession inevitable
 - Family. You have fulfilled Physiological needs, Safety needs now fulfill love and belonging needs, self esteem needs, design a good roadmap for children , fulfill your spiritual needs_ my role as human on planet
 - Principal motto of life is not making money, money isn't everything.
 - Have faith in almighty
 - Teach n raise children to be Smart professionals great human beings and ideal devotees of Almighty
 - What supercomputers are to human the same is human brain to God almighty. he may just shut may switch if he pleases. So keep faith
 - Come out of Corona as a better human being and harness a skill
 - Information is like sugar to diabetic. filter information viable to u and convert it to knowledge and knowledge to wisdom. Thrash the not reqd.
 - Of 24 hours :-8 hrs work, 8 hrs sleep, 8hrs divide in 8 F's 8H's , 8S's Family friends faith health hygiene hobby, Soul service smile
 - Have Ghar Sabha:-twice a week family members for 30 mins _ 5 min Smaran of almighty. Read a book for 10 min, Exchange yr views on same, end by discussing days happenings
 - 80/20 rule Pareto principle:- 80% input gives 20%output and vice versa in health relationships talent and work