

# DAYANAND MEDICAL COLLEGE & HOSPITAL, LUDHIANA

Spiritual Discourse held at DMCH

9-Oct-2010

A discourse by Swami Subhoda Nand Saraswati (Chief Acharya of Gurukul Sandeepany, Sidhbari Himachal Pradesh and Zonal Head of Mission Centres) was delivered on the topic "Source of Bliss" in Dumra Auditorium. The discourse was organized under the aegis of DMC Health Education Cell and was well attended by faculty members, residents, students, employees and staff.



Chairman of DMCH Health Education Cell- Dr. Rajoo Singh Chhina extended warm welcome to the guest speaker. He said self and spiritual growth can be a lifelong journey and one of the most rewarding things which you can concentrate on. However, if you're like many individuals who would like to try their particular personal development, you could be consistently searching for self improvement tips and

methods which you can use to excite your improvement, constructor your confidence and achieve your goals.



In his address, Swami Subhoda Nand Saraswati said that in today's world, lot many people are busy grumbling about the things to be happy for life. Life is precious and one should not waste invaluable time on the petty issues. For every individual, every fellow-being is precious and one should not hesitate in letting them know how much they mean to you, with sincere compliments and kind words. The people

around you are an important part of your bliss, just as you are a part of theirs, said Swami Subhoda Nand Saraswati. He asserted that reading biographies of great people who have left an impeccable mark during their lifetime definitely helps the people to live right and quality-oriented life.

He said things around you are always not going to work the way you want to. It is better to face the problem with positive approach that and don't lose your calm. When you are yourself kind and listen well to others, an aura of spiritual bliss. The points which he stressed for achieving bliss are:- **Practice kind thoughts everyday; If you feel anger, irritation or frustration, it is time to seek ways to deal with these feelings; Let the calm of life blow through you; When you are happy, you are**

attractive, fun and enjoyable to be with and content with your lot and also stable in your life's choices

