ICF/ HTO Cordially Invites You

For Talk On

Bhagavad Geeta – Applied and Practical

By

Dr. Mudadavolu Vasudevan
Director Psychophylaxis Institute LLC, Mountain House CA

AT Hindu Temple of Oklahoma City on

March 25th Saturday from 3:00 to 4:00 PM

The Talk will cover the following:

1. Proper Understanding of WHAT IS Bhagavad Geeta?
   o Overcoming the miscomprehensions about Bhagavad Geeta
   o What is APPLIED Bhagavad Geeta

2. Is Bhagavad Geeta relevant today?

3. HOW to apply the Knowledge & Wisdom, and practical Guidelines from BG for Remedy, Relief, Relaxation, JOYful Living, Bliss and Excellence in day to day life for all humanity.

4. How to STUDY and understand and Bhagavad Geeta?
   o Methods & Means, Sources & Resources, and Tools for study of BG.

About the Speaker:
Dr. Vasudevan is a physician by profession. He conducted several workshops on stress management to health care professionals and general public. He Developed the Saffron Prescription psychological tool for LECS (Learning Enhanced Coping Skills) for Stress Management and Guide to Prescribe Individualised Cognitive Behavior Modification. He Developed PSYCHOVAC (Psychological Vaccine / Vaccine for Psychological Immunization) – a tool for Infant and Child Mental, Emotional Health Maintenance Guide for Immunization against Mental Illness.

He published a book on EMOTIONAL STRESS – a Guide to Conquer Emotional Stress and Psychophylaxis for Immunization against Mental Illness. 2003. He is currently working on the following projects:

(a) Bhagavad Geeta Psychology and Spirituality Encyclopedia - a Rx for JOYful Living and EXCELLENCE – soon to be published comprehensive reference work.
- (b) Body-Mind-Spirit Wellness for Joy and Excellence – soon to be published
- (c) Yoga Psychology Primer – (to be published)
- (d) Introduction to Psychophylaxis : Principles and Practice – (to be published)
- (e) Developing MEHA – Mental & Emotional Health Assessment - a self-assessment tool for clinical measure and enhancement of psychophylaxis.

All are Welcome