



Gyan Bharati School, Saket
New Delhi

Date: 12.04.2024

Name Of The Event: Session on Mindfulness, Stress free life and Meditation for teaching staff

Teacher Incharge: Ms Grisha Kharbanda (*Counsellor*)

Report :

On 12th April 2024, the school organized a mindfulness and meditation session conducted by the Brahma Kumaris sisters (*BK Ramani & BK Neeru*) for the teaching staff. The session aimed to introduce staff members to the benefits of mindfulness and meditation, providing them with tools to manage stress and enhance overall well-being.

They shared insights on the power of meditation in cultivating inner peace and clarity. They emphasized the role of mindfulness in reducing stress and improving focus, which are essential for educators in their demanding roles.

BK Ramani also shared her personal experiences & anecdotes with meditation and how meditation had positively impacted her life and wellbeing, helping her to remain calm and centered amidst the challenges of life.

Following the discussion, the Brahma Kumaris sisters led the staff through a small musical meditation session. The mindfulness and meditation session conducted by the Brahma Kumaris sisters proved to be a valuable experience for the school staff.





