

MOTIVATION SESSION -BRAHMA KUMARIS

Happiness is increasingly considered the proper measure of human progress. Almost everything we do in life is motivated by the desire to be happy. Brahma Kumaris is a socio-spiritual organization working in the field of spiritual empowerment of society and the upliftment of core human values at all levels. A session was organized by the school for Class X students on 22nd November 2023, in which BK Husain, from Om Shanti Retreat Centre, had visited the school to help the students to relax their minds and nurture a healthy balance between their inner and outer world. She also interacted with the students and answered the queries put up by the students. This enriching session conveyed the message that bliss is the original nature of the soul. This thought was beautifully conveyed to the students of Class X which energized their minds and students requested for such motivational sessions from time to time.