

“ Session Conducted By Brahma Kumaris”

N.S.C.B.M Govt. College Hamirpur On 20 November, 2023

Our college organized a session of Brahma Kumaris on November 20, 2023 during which they delivered lectures on the following topics:

- Stress Management
- Tips for Examination
- Drug Abuse
- Side Effects of Using Mobiles
- Meditation
- Moral Values

Stress Management was discussed by B.K. Rajendra Didi in detail. She shared her views about the range of ways to deal with stress, to live with more balanced and healthier life.

She also told the students to be calm and quiet during examination period to recall the studied material to express in the exam.

Regarding Drug Abuse, she was of the opinion that this is a momentarily relief from the stress but in long run it develops as a habit, thus becomes a necessity.

She also shared her views about the side effects of using mobile phones. She said that it should be only used in right perspective of studies only.

She described Meditation as “A KEY OF PEACEFUL AND BALANCED MIND” She encouraged the listeners to devote some time daily to meditate as it enhances the decision power.

Towards the end, she correlated her lecture with the positive thoughts and positive thinking which can make a human strong from inside.

Photographs of the Event:

