

WORKSHOP ON
VALES AND ETHICS IN PERSONAL AND PROFESSIONAL LIFE
19th SEPTEMBER 2018

Gitarattan International Business School (GIBS) organized a Personality Development Workshop on the topic **‘Values and Ethics in Professional and Personal Life’** on September 19, 2018. The speakers were Ms. BK Rajni and Mr Sanjeev from Brahma Kumaris.



The speakers discussed that values and ethics are recognized as integral to any business or profession that one engages in. The adherence to high ethical standards and value systems can greatly contribute to the impressive achievement of the professional as well as the personal goals. They stimulated the students to understand and establish the connection between consciousness, thoughts, actions and its consequent impact on their lives.

Mr Sanjeev explained that many amongst us find it difficult to follow values and ethics such as truthfulness, honesty, forgiveness, being compassionate, discipline etc in our lives because we are unable to perceive the subtle gains that follow. Further, external commitments without internal experience and conviction cannot bring desired results.

During the course of the discussion, BK Rajni deeply encouraged the students to transform their thinking, speech and actions that form the virtuous habits which ultimately determine one’s moral character by following a balanced approach. A balanced approach is neither submissive

nor aggressive but assertive in nature. This approach is required for success in personal as well as professional lives.

Moreover, the session also made the students to learn the real meaning of the term 'Meditation', which means, 'to heal'. Mr Sanjeev also explained students about eight powers that an individual gets from meditation, which includes:

1. Power to pack up
2. Tolerance Power
3. Power to adjust
4. Power to discriminate
5. Judgment Power
6. Cooperation Power
7. Power to face
8. Power to withdrawal

In the end, our guest speakers actively engaged with the students and made every effort to answer to all the questions. They shared various anecdotes with the students to make them realize the importance of values and ethics in their lives. The workshop will most definitely mark the beginning of a new era in the lives of the students who will work upon their inner self which will play a vital role in impacting their outer climate.

Compiled by: **Kanupriya Malhotra**