

TALK ON MENTAL WELLBEING BY BRAHMAKUMARIS
YOGA DAY CELEBRATION- NSS ACTIVITY
7th JUNE 2022



NSS Unit of Gitarattan International Business School is celebrating International Yoga Day from 1st June- 21st June 2022. Under this a Talk on Mental Wellbeing by Brahmakumaris was organized on 7th June 2022. The guest speaker for the event was Sister BK Kamala.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Sister Kamala addressed the students, she explained that soul consists of four components the mind, intellect and sanskars. To be able to achieve mental peace and calm we need to control the thoughts that come in our mind. The thoughts are two kinds positive and negative. Once we learn to control our thoughts we will be able to achieve our mental wellbeing.

Sister Kamala took a small meditation session as well. The session ended with the question and answer session and Sister Kamala distributed small cards containing lovely values and quotes

among the students. The session was very calming and enlightening giving solution to many of our stress related problems.

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