



BRAHMA KUMARIS
YOG BHAVAN

Date: 27 April 2019

Report on Second “Stress Management Training” for Engineers (of Brihan Mumbai Electric Supply & Transport Undertaking) organized at Brahmakumaris, Yog Bhawan, Ghatkopar

The Second “Stress Management Training” session for the Engineers of Brihan Mumbai Electric Supply & Transport Undertaking was successfully conducted on 27 April, 2019, from 8.30 AM to 12.30 PM, at Brahmakumaris, Yog Bhawan, Ghatkopar, Mumbai. The session was attended by **21 Engineers** of BEST Undertaking, along with their Chief Engineer, Mr. Suresh Makhwana. The session started with a brief introduction about Brahmakumaris and the various godly services offered by the organization at large.

Mr. Rajiv Pisharoti, an experienced and certified Trainer for in Leadership and Behavioral Essentials, conducted an interactive session on “Understanding stress and ways to overcome the same”. The key takeaway from this very interactive session was that – An individual is responsible for the thoughts one creates; our reaction to any situation is our interpretation of that situation and it is totally our ‘Choice’ on how we want to react over any situation. Through individual interaction, the audience was made aware of the varied reactions (positive as well as negative) received for a common situation that was shared with them.

The second session was conducted by Brahmakumari Dr. Kirtimala Jaiswal, a Homeopath by qualification and practicing Rajyoga meditation for the last 20+ years. She conducted the “Relaxation” Meditation session through guided commentary and with audio – visual aids. In this session, the participants were introduced to the Soul & Body concept. Being soul conscious (self) and seeing others as souls is instrumental for a peaceful and stress free life.

The last session was again an interactive session, facilitated by Rajyogi Brahmakumar Nikunj Ji (Instrument soul - Brahmakumaris Media & Public Relations; Writer, Spiritual Educator and Columnist). Nikunj Ji encouraged the participants to experiment and implement “Soul Engineering”. As the Engineers in BEST analyze and correct the faults in the cable lines to restore electricity, likewise, they can also reflect over and correct their inner faults (i.e negative / waste thoughts) to restore peace and harmony in life. He also cheered the participants to use the very simple yet effective “SMILE” therapy to improve inter-personal relationships, thereby controlling stress situations.

The audience feedback was taken in writing, which is summarized below –

1. The program was liked very much by everyone, especially the interactive approach.
2. More than 90% felt the program was relevant to them and that they shall apply it in their everyday lives
3. Most participants have recommended to continue with such sessions, at least quarterly
4. Some felt the time duration could have been more, especially the Meditation session
5. Few participants have recommended to give brochures / mediation guidance notes as “take aways” for their future reference
6. Other topics where training is required:
 - Sustaining in a competitive environment
 - Practicing meditation

Refreshments were served between the first 2 sessions. The next session will be on 4th May 2019.

Bhaveswar Building No. 3, Bhaveswar Nagar. Off M. G. Road, Above HDFC Bank,
Ghatkopar (East), Mumbai-400 077. Tel.: 022-21029700, +919987411551
Email : bkyogbhavan@gmail.com, info@yogbhavan.org Web.: www.yogbhavan.org