



Date: 11 May 2019

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

The Fourth “Stress Management Training” session for the Engineers of Brihan Mumbai Electric Supply & Transport Undertaking (BEST) was conducted on 11th May 2019, from 8.30 AM to 12.30 PM, at Brahmakumaris, Yog Bhawan, Ghatkopar, Mumbai. The session was attended by **23 Engineers** of the Brihan Mumbai Electric Supply & Transport Undertaking, along with their chief engineer Mr. Suresh Makwana. The session started with a brief introduction about Brahmakumaris and the various godly services offered by the organization at large.

The first session titled – THE JOY OF LIFE was conducted by Brahmakumari Sister Sarita, who is a Management graduate, and has a vast experience of organizing value education programmes in various schools and colleges across MMR. Through her interactive session, Sister Sarita cited simple and typical examples that could be related by one and all, to understand how our thoughts influence our daily lives. She urged everyone to choose and delete unwanted memories from the backend of our minds, as we clean up our computer system from unwanted data. She briefly also introduced the audience to the soul-body concept and about the soul’s relationship with the supreme soul.

This was followed with a very engaging value based game – session facilitated by Mr. Rajiv Pisharoti, who is a certified trainer in Leadership and Behavioral Essentials. All participants whole heartedly participated in the same and enjoyed it thoroughly. The key take away of this game was that we need to be good listeners.

The next session was a Meditation session - conducted by Brahmakumari Sister Chetana, who is a commerce graduate with masters in Accountancy and working with a reputed UK based Insurance firm. Sister Chetana in her session harped on the importance of feeding positive and good-feeling thoughts to our mind like how we eat nutritive food for good health. Through guided meditation commentary, she enabled the audience to experience peace and tranquility.

The last session was facilitated by Rajyogini Brahmakumari Shaku Didi Ji (Additional Director - Brahmakumaris, Ghatkopar Sub-zone. Mumbai). Shaku Didi Ji in her session spoke on how “Change” is inevitable in Life and to cope with this ever-changing worldly scenario’s one has to accept the change and move on. She inspired the participants to practice Rajyoga Meditation to revive the inherent qualities of the soul like love, purity, bliss, etc and feel empowered with positivity. Shaku Didi Ji also replied to queries raised by the audiences on how to maintain mental well-being under varied stressful situations, e.g how to control anger..

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

1. The program was liked by everyone, and all thought it was relevant to them
2. Most participants have recommended to continue with such sessions periodically, involving employees from all levels of the organization.
3. The value based game session was enjoyed by everyone.
4. Few felt the sessions could have been more interactive
5. The Meditation session was also liked by majority, and the participants have agreed to practice the same regularly

Refreshments were served between the first 2 sessions.