



Date: 04 May 2019

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

The Third “Stress Management Training” session for the Engineers of Brihan Mumbai Electric Supply & Transport Undertaking (BEST) was conducted on 4th May 2019, from 8.30 AM to 12.30 PM, at Brahmakumaris, Yog Bhawan, Ghatkopar, Mumbai. The session was attended by **27 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.

Dr. Vijay Khatri, who is a Professor in Pulmonary Medicines at KEM Hospital and a devout Rajyoga meditation practitioner for the last 20+ years conducted the first session. In his session, Dr. Vijay emphasized upon the fact that we are all actors in this world drama of Life, and actors should only ENACT their role in any given situation and not REACT. He urged the audience to give themselves the present (gift) of the present moment, i.e one must value their present time, situations, people around them rather than dwelling upon past events and experiences. Through value based story, Dr. Vijay encouraged the participants to adopt the “All is well” philosophy and eventually ALL shall be WELL in their lives.

The second session was conducted by Brahmakumari Sister Harsha, who is a senior Rajyoga Meditation Teacher and has surrendered her life for Godly services from last 23 years. She conducted the “Relaxation” Meditation session through guided commentary. In this session, the participants were introduced to the Soul & Body concept. The soul is the energy, that masters the physical activities performed by an individual and hence it is imperative that the soul is fed with positive thoughts. A positively charged soul nurtures a healthy body and “Meditation” is a source of positive thoughts.

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 we have forgotten the inherent values of the soul like peace, bliss, purity, etc, resulting in feeling of stress under less favorable situations in life. She inspired the participants to practice Rajyoga that helps the soul connect with the Supreme and in turn get empowered with positivity. She highlighted the need to be attentive of one’s deeds (KARMA), as they do have an impact on our present and future. Shaku Didi Ji also replied to queries raised by the audiences on how to maintain mental well-being under varied stressful situations, what to think under stress, etc.

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. Some participants felt the time duration should have been more for this training, especially for the Meditation session
4. Few felt the sessions could have been more interactive
5. AV depicting experiences of Rajyoga Meditation beneficiaries could have been shown, motivating audiences to start practicing it

Refreshments were served between the first 2 sessions. The next session will be on 11th May 2019.