

Om Shanti

Receive the Godly Greetings....

‘Mindfulness needed for Digital Wellness’- Didi Sudeshji, Germany

“In today’s world of hectic activity people are getting easily addicted to the use of gadgets. Though there are a lot of advantages of such electronic gadgets people are losing focus on human touch in relations which has resulted in deterioration of family values. Therefore, it is inevitable that we use our gadgets judiciously and discreetly’, said Didi Sudeshji, Senior Director of Brahma Kumaris Centres situated in European countries. She was speaking after inaugurating a workshop arranged by Brahma Kumaris on **‘Digital Wellness’ at Gyan Sarovar, Hunsur Road, Mysore**. Located in Hamburg, Germany Didi Sudeshji is an experienced yogi of 63 years and is one of the instruments in spreading Brahma Kumaris movement in the western world.

‘While utilizing the discoveries offered by science for the betterment of communication system, we have to be mindful about the ill effects caused by over dependence on them. For this we have to hone our minds and refine our thinking so that we inculcate divine virtues in our day to day work’, she added.

BK Bala Kishore, VP- Transformation, SEARCE Software, **Hyderabad the main speaker of the day gave a presentation on ‘Digital wellness’**. He said that cleanliness is a part of wellness. Apart from keeping our body clean, as far as possible the mind also should be kept free of junk thoughts, so that we are light inside also. Everyone uses mobile. But our lifestyle must be monitored in such a way that we use it only when we need it. Otherwise our brain will get automatically trained to control our thought process. Parents must be especially aware that children should never be bought smartphones, as they will become slaves of these instruments. Balakishore gave demonstrations of how to better our life style and save ourselves from the bondage of mobile phones.

D.Sudhanva, CEO, Excel soft Technologies Pvt Ltd, **B.Shivashankar**, Chief Executive, SJCE-STEP and **M. Hemantha Kumar**, Associate Manager-HR, THOUGHTFOCUS participated as guests in the inauguration.

Photos are attached below.....

Thanks with Regards,

On Godly Service,
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