

## **'Motivation for Life'**

**Course for Officers of Prasar Bharati, under Ministry of Information & Broadcasting, Govt. of India held at Delhi ORC from**

**28 to 30 Nov 2019.**

A 3 day residential training was held for the officers upto Dy. Director General levels of Prasar Bharati held at ORC from 28 Nov. 2019.

The training course covered topics like:

- Overcoming Stress
- Art of Happy Living
- Enhancing Self Motivation
- Harmonizing Relationships & Overcoming Anger
- Inspirational Leadership
- Work Life Balance
- Moving from Resistance to Acceptance
- Art of Decision Making
- Understanding the Self
- Technique of Meditation

Guided meditation experience interspersed with the sessions benefited all the participants most of whom are motivated to practice rajyoga meditation at their respective places in Delhi NCR.

The officers suggested to have follow up meditation course for themselves and also basic course for fresh batches from Prasar Bharati at ORC on regular basis.

This is first time that Central Govt media organisation has deputed its officers to the Brahma Kumaris organization for motivation and meditation course.