

**Report
on the Session by
Brahmakumaris on Meditation and Positive Thinking**

Date: 10th January 2025

Venue: D1LT01

Organized By: GITS WOMEN CELL

Participants: Students of GITS (Geetanjali Institute of Technical Studies)

OBJECTIVE: A transformative session on "Meditation and Positive Thinking" was conducted by GITS WOMEN CELL on **10 January 2025 in GITS Campus**. The session was designed to enlighten participants on the significance of inner peace and a positive mindset in today's fast-paced life.

The program began with a warm welcome to the Brahmakumaris representatives, followed by an introductory address highlighting the importance of mindfulness and optimism. The session was led by B.K.Reema and B.K.Rashmi seasoned practitioners and guides from the Brahmakumaris, Shobagpura and Debari centre, who shared invaluable insights into the power of meditation and its role in fostering a positive attitude.

Key highlights of the session included:

Understanding Positive Thinking: The speaker explained the connection between thoughts, emotions, and actions, emphasizing the need to cultivate positive thoughts to overcome challenges.

Introduction to Meditation: Participants were introduced to the basics of meditation, a simple yet profound technique that promotes self-awareness and spiritual connection.



Practical Exercises: A guided meditation session was conducted, allowing attendees to experience calmness and mental clarity.

Interactive Q&A: The audience engaged in an interactive discussion, seeking solutions to personal challenges related to stress and negativity.

OUTCOMES: The session concluded with a vote of thanks, where participants expressed their gratitude for the enlightening experience. The event was highly appreciated for its practical approach and impactful teachings, leaving attendees motivated to integrate meditation and positive thinking into their daily lives.

This session served as a gentle reminder that with consistent effort and a focused mind, one can achieve harmony, both within and with the world around them.

