

REPORT ON BRAHMAKUMARI SESSION (CLASSES VII & VIII)

(AWAKENING THE HERO WITHIN- 2)

Dated:- 13th September, 2021

The session started with Srishti introducing Bk sister to the gathering then BK sister Parul greeted OM SHANTI to everyone which awakens the mind like no other thing. We watched a video and everyone shared their learning. Didi discussed about soul and ENERGY DRINK of the soul POSITIVE AFFIRMATIONS. We learnt how to fix our bad habits. We enjoyed practicing small meditation and ended this session with the vote of thanks presented by BANI.

MANNAT
CLASS VII

TAKE AWAY OF THE SESSION:

I learnt that I am the master of my body.

SRISHTI

I can change my habits

NEHA

The session calmed me a lot.

MANNAT

Everybody is different.

ANUSHKA OHLAN

We must keep learning.

TAMANNA

