

“Mind The Mind”

On January 8, 2025, a comprehensive workshop titled "Mind The Mind" was conducted from 11:00 AM to 12:00 PM at the 2nd-floor conference hall of Shastri Bhawan. This session was a part of an ongoing series of workshops aimed at enhancing behavioral skills for the employees of the Department of Legal Affairs (DLA), organized by the Brahma Kumaris. The workshop was designed to focus on mental wellness, emotional intelligence, and the importance of maintaining a calm and balanced mindset in high-pressure environments, which are crucial for legal professionals.

The session was led by Sister Falak, a seasoned speaker and mentor from Brahma Kumaris, known for her profound insights into psychological well-being and spiritual wisdom. She guided the participants through various techniques and practices to help them better manage stress, regulate emotions, and improve mental clarity. The workshop also highlighted the role of mindfulness in personal growth and professional effectiveness, offering participants valuable tools to develop resilience in the face of workplace challenges.

The workshop saw active participation from distinguished officers, including Sh. Sher Singh Dagar, Joint Secretary and Legal Advisor, as well as Under Secretaries, other officers, and staff members of the Department of Legal Affairs. The session provided a platform for open discussions, where the attendees shared their thoughts and concerns, benefiting from Sister Falak's practical guidance on fostering a positive mindset.

Throughout the session, Sister Falak emphasized the significance of self-awareness, thought control, and emotional regulation as key components of achieving mental peace and productivity. She also introduced simple yet effective meditation techniques aimed at creating a sense of inner calm and reducing mental clutter.

The participants appreciated the interactive nature of the workshop, as it encouraged introspection and equipped them with practical tools that could be applied in both their personal and professional lives. The session concluded with a sense of renewed enthusiasm and a commitment to integrating these practices into their daily routines to improve overall well-being and effectiveness in their work.

Overall, the "Mind The Mind" workshop proved to be an enriching and thought-provoking experience, fostering a culture of mindfulness and emotional intelligence within the Department of Legal Affairs.

