

## **Workshop on "Art of Acceptance"**

The **Department of Legal Affairs** organized a workshop titled "**Art of Acceptance**" on **1st May 2025**, from **2:30 PM to 5:30 PM**, at the **2nd Floor Conference Hall** of the Ministry. The session was conducted by **Sister BK Vidhatri**, a renowned speaker and practitioner associated with the Brahma Kumaris, known for her expertise in guiding individuals towards emotional resilience and inner peace.

The objective of the workshop was to provide participants with practical tools and insights to cultivate acceptance in everyday life—both personally and professionally. The session focused on understanding the concept of acceptance as a strength, especially in dealing with challenges, stress, and interpersonal differences. Emphasis was placed on the importance of self-awareness, emotional intelligence, and maintaining mental clarity in a fast-paced work environment.

The workshop included guided reflections, real-life examples, and interactive discussions, allowing attendees to connect deeply with the subject matter. It encouraged participants to adopt a positive mindset and embrace change with calmness and clarity.

The session was graced by the presence of **Smt. Pratibha Ahuja, Deputy Secretary**, along with several **officers and officials of the Department**, all of whom actively engaged in the discussions and expressed appreciation for the valuable takeaways from the workshop. The session was well-received and contributed meaningfully to the department's ongoing initiatives on workplace wellness and personal development.

