

Healthy Mind Creating Healthy Minds

A healing session 'Healthy Mind Creating Healthy Minds' was organized under the benign presence of Rev. Fr. Ivon D Almeida. He shed light on the value of having a peaceful mind. Fr. Ivon emphasised on the idea of creating healthy mind so that more healthy minds can be created. He talked about minding our own minds first, so that we can have a balanced mindset. The session filled everyone with positive vibes. Fr. Ivon guided everyone how can we get rid of negativity and handle situations in every walk of our life. 'To move forward move in ward' was the motto of the session. The session taught that it is completely up to us how can we take and tackle various adverse situations in our life. If we love our work nothing can affect or make us feel tired. The entire session revolved around idea of staying positive because when we think negative of someone, we only harm ourselves. More than 100 teachers were present during the session. He was felicitated by ma'am Archana Rajput and ma'am Pallavi. Everyone felt relaxed and glad after the session.

