

A workshop on importance of Positivity in Youth

A workshop to inculcate positive aspect in life. The workshop was conducted by Mr. Jagdishwar Sassla, corporate trainer of Microsoft and very active follower of ISKCON under the guidance of Principal Dr. Waheeda Thomas. The workshop started with great enthusiasm amongst the students and the main aim of workshop was to give the students a brief idea on difficulties in life and the ways to face them. Students understood in detail good times and difficult times, their meaning and what are the emotions attached with them. Good times bring happiness, Love, Success and much more whereas difficult times a person has Discipline. Put more efforts, Gives your best to overcome the situation. Workshop highlighted that excess of happiness brings ego, pampering, and casual outlook and is a kind of danger. Students learnt through examples that nothing is constant, things change. The workshop was successfully conducted by staff Secretaries Dr. Rina Dave and Ms. Palak Patel.

