

A TALK BY SWAMI MADHVANANDA JI

~Namanreet (IX-C) & Gurleen Kaur (IX-C)~

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A session was organised by **MSSSP** with **Swami Madhvananda Ji** on mindfulness and meditation.

Swamiji shared valuable tips on **breath and behaviour techniques** to have a positive attitude

He also held a rejuvenating meditation session with the students and the whole atmosphere brimmed with positive energy.

The **school Principal, Mrs Manpreet Sharma,**

in life.

He talked about various ways of controlling mind through describing the meanings of the names of **Five Pandavas** and bringing peace and harmony in our lives and the surroundings.



thanked Swamiji for his words of wisdom and encouraged the teachers and students to spread positivity and work for the betterment of society.

Vote of thanks was proposed by Prabhnoor Kaur of class X-B.

