

Three-day Bal Chetna Shivar concludes

■ STATE TIMES NEWS

JAMMU: Three day Bal Chetna Shivar (BCS) organised by Directorate of School Education in collaboration with Art of Living (AOL) in four government schools of Jammu namely SRML Boys HSS Parade, Govt Girls Higher Secondary School Canal Road, Government Girls HSS Rehari and Govt Girls High School, City Chowk concluded here on Saturday.

BCS is a programme designed by Sri Sri Ravi Shankar, Founder AOL, for children that aim to help the students to rise to their potential through interactive games, creative assignments, group discussions and stress elimination techniques such as physical exercises, Pranayama and meditation. The AOL teachers of the three day BCS, Neelam Sharma, Mira Amla, Prakriti Sharma and Kamini Arora educated the students about moral values and ethics of life.

On the occasion, Arunima Sinha, J and K State Teachers' Coordinator, Youth Leadership Training Programme (YLTP) of AOL said that the Bal Chetna Shivar would help the children in future, to be responsible citizens and successful individuals.

The students were fully equipped with tools that help them to deal with adverse situations, break personal barriers and face life's challenges with confidence, she added.

Arunima Sinha thanked the Director of School Education Smita Sethi for extending full cooperation in organising this programme.

Speaking on the occasion, KC Khajuria, Principal, SRML Higher Secondary School Parade said that such programmes will inspire children to play their active part in nation building.

Subhash Sharma, senior AOL volunteer said that in such programmes, the children were urged to develop a sense of responsibility towards their families, the environment and society as a whole.

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