



Bal Bharati
PUBLIC SCHOOL
LUDHIANA



04.06.2022

"When meditation is mastered, the mind is unwavering like the flame of a candle in a windless place"

Meditation nourishes the mind in the same way that food nourishes the body. It offers mindfulness and a holistic approach to a joyous, healthy and prosperous life which alleviates stress and other health issues. Keeping in view, this intent, BBPS, Ludhiana has arranged a Meditation session for its staff members on June 4, 2022.

So let us devoid our minds of hassle and embrace tranquility under the guidance of **Ms Usha Sawhney** as per the following schedule:

Date: June 4, 2022

Venue: Auditorium

Timings: 6:45-7:45am

