

**Guest Speaker Program**  
**Grade VII**  
**Topic- Practice of Peace and Relaxation**

“Peace cannot be kept by force. It can only be achieved by understanding.” - Albert Einstein

On September 21, 2024, Class 7 students had the privilege of attending an enlightening session conducted by Mr. Nitin Dobhal, a seasoned IT professional and advocate for heartfulness. The session, held in honour of the International Day of Peace, aimed to inspire students to cultivate love, compassion, and integrity as essential qualities for achieving global peace.

Mr. Dobhal introduced students to the century-old practice of ‘heartfulness meditation’, a technique that has been proven to cultivate inner peace and harmony. Through engaging exercises and guided meditations, he demonstrated how students could harness the power of their hearts to reduce stress, improve focus, and develop a more positive outlook towards life.

By the end of the session, students felt empowered to approach life's challenges with a newfound sense of calm and resilience. Mr. Dobhal's insights and guidance equipped them with the tools they need to cultivate a more peaceful and fulfilling future, both for themselves and for the world around them.

