

‘HAPPINESS COURSE’ at DPS, Bokaro

• A 3-Day Workshop on Art of Living

• Teachers learn how to lead a stress free life

A 3 day workshop - ‘Happiness Course’ under ‘The Art of Living’- was organized at DPS Bokaro. The teachers learnt how to live and lead a stress free and peaceful life. The workshop which started on 9th June in the premise of the school will continue till 11th June 2016.

The workshop initiated by Dr. Hemlata S. Mohan, Director & Principal, saw lot of enthusiasm, moments of excitement and feeling of freshness amongst the teachers participating on the first day.



The programme is meant to empower teachers and to teach them the techniques of leading a good life and handling stress in the day to day life situation.

The mentor of the workshop at Kala Bhavan at Senior Wing, DPS Bokaro is Seema Aggarwal while Vishal Pai is conducting the same at Bharat Muni Bhavan at Primary Wing, DPS Bokaro.

Mentor, Seema Aggarwal said that Sudarshan Kriya is a wonderful breathing exercise which energizes mind, body and the soul. She shared insights on how to live in present since today is permanent. She also gave useful tips on how to overcome stress in your daily routine.

The first day of the workshop was attended by Dr. Hemlata S. Mohan, Director & Principal along with Mrs. Paramjeet Kaur, Additional Principal, Mr. Praveen Kumar, Vice- Principal, Mrs. Pratima Sinha, Head Mistress, P. Shailaja Jayakumar and Dr. Manisha Tiwari, Dr. Urvashi Talwar, Co-ordinator and other teachers.