

Course On

“Mindfulness: A way towards balance and harmony”

Initiated by Gandhi Smriti and Darshan Samiti, an autonomous body under Ministry of Culture, Government of India

The world is edging towards a new dimension of changes. Here in this environment of changing circumstances, Gandhi Smriti and Darshan Samiti invites you to a journey of truth and stability, which Mahatma Gandhi once enunciated as, *“Each one of us has to find its peace from within, And peace , to be real, must be unaffected by the outside circumstances.”*

Come , It is the time to believe that peace lies within ourselves

(And yes, it's a free of cost course)

Let us first go through the introduction of Mindfulness course:

This course works from an individual or self to surroundings or nature and their resemblance within themselves. It goes from self-acceptance of an individual to accept the uniqueness of others. The actual motive of the course is to attune the being with their pure essence which works through pristine characteristics such as peace, compassion, empathy, etc. It will help them to learn to deal with different emotional situations and to achieve happiness and joy within themselves.

And now read what we have in this course :

This course comprises of a basic module which describes the different techniques modulating with the daily chores having peace at its core. It includes various concepts and activities such as:

- ✓ Basic understanding of Mindfulness and its benefits
- ✓ Neuroplasticity and formation of habits through mindfulness
- ✓ Ways to cultivate mindfulness in lives includes simple activities such as coming back to the present moment, clearing the clutter, taking a pause and cultivating various habits such as Mindfulness eating, mindfulness sleeping ,etc.
- ✓ Then comes ,The Mindfulness challenge for 7 days.

Now , who can join it:

The target group includes children, youth and women

For each of the group there are dedicated practices sheets which will help them to begin their journey within the circumstances, they are facing. It includes case stories, activities including coming back to present moment to self-care or to attain the higher frequency which works on love, happiness and joy,etc.

After completing this course, just send your feedback or share your queries to Ms. Kanak Kaushik (Course Incharge and trainer) at gandhismriti.gs@gmail.com along with your Full name, Father's name, Mother's name , Category(Children/youth / women) through email and we will send you the e-certificate.

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