

Topic

The prayer meet .

Prayer is a form of conversation with God

Meditation and blessings to calm the mind and count your blessings

Gratitude - to put small slips of happy moments to be reminded how blessed you are.

Empathy to pray for the people who are actually suffering and to be thankful for not being in those shoes .

Say a thank you to all the people around your parents, friends and teachers to make your life comfortable

GUEST SPEAKERS

1.Raina jain Is a counseling psychologist and a life coach !! A pranic healer, past life regression therapist, access bars practitioner and metaphor therapist. She is a trained bharatnatyam dancer and a home maker as well

2. Avinash jain is a pranic healer, aviation enthusiast, a businessmen and a motivational speaker

DATE- 23-05-2020

TIME- 12:00PM

VENUE- SCHOLAR'S HIGH ON ZOOM

<https://us04web.zoom.us/j/74229368267?pwd=NVDqVyswYm9ZSlZHR3VSeS9HOFPZdz09>

FACEBOOK LINK:-

<https://www.facebook.com/childsworld.ramgarh/videos/1747391128736914/?app=fbl>