


Title: Participation in 'Your Mind Matters' Workshop

Date: September 26th, 2020

Category: Community Service


Details:

Rotaracters of GURU NANAK COLLEGE, DHANBAD participated in 'Your Mind Matters – Art of living' Workshop organized by our parent club, 'Rotary Club of Dhanbad' on September 26th, 2020.



Rajendra Singh Gandhi

A dynamic entrepreneur from Bihar. Imparting the teachings of Global Peace Leader ~ **Sri Sri Ravi Shankar** and transformed lives of thousands of individuals across globe, bringing a profound shift in their attitude to lead a quality & stress free life, full of values.



GUEST SPEAKER

Rajendra Singh Gandhi became a full-time teacher with Art of Living in 2005.

Since then, he has been conducting different ranges of workshops/ courses for professionals, students, teachers in India, Europe and Africa.

He actively train teachers in urban and rural areas to conduct these courses. With his rock solid commitment, irrepressible sense of humour and child-like enthusiasm, he strikes a special chord with one and all.

Over two lakhs of people including professionals, homemakers, grannies, grandchildren, special workshops for prison inmates have been addressed to create awareness to manage daily stress levels Intuition Process, an age old technique of developing the intuitive power, is another significant area of his expertise.

He trains children between the age of 5 to 18 years, he has a unique & outstanding way of engaging kids. He is an expert on CST (CranioSacral Therapy). CST is a gentle and hands-on therapy, which releases tensions, deeply relaxing & subtle, increases physical energy, removes energy blockages and bring about profound healing at all levels ~ Physical, Mental & Emotional



News Coverage

