



Ministry of Steel Organises Mini Chintan Shivir on 'Peace of Mind at Workplace'

Posted On: 07 OCT 2026 6:26PM by PIB Delhi

The Ministry of Steel organised a Mini Chintan Shivir on the theme 'Peace of Mind at Workplace' today at the Civil Services Officers' Institute (CSOI), Chanakyapuri, New Delhi. The session aimed to encourage officers and employees to create a stress-free work environment and build emotional strength. Brahma Kumari Sister Shivani, a well-known spiritual speaker, was the chief guest and keynote speaker at the event.



Addressing the gathering at the beginning of the programme, the Secretary, Ministry of Steel, Shri Sandeep Poundrik, emphasised that maintaining peace of mind at the workplace is important as it also helps improve productivity and efficiency.

Speaking on the theme, Sister Shivani urged officers and employees to focus on reducing stress and developing a positive outlook. She said that when we make a firm resolve to achieve something, we can move towards accomplishing it, and the same approach can also be applied to managing stress. She stressed the importance of maintaining a positive outlook in every situation.



Highlighting the power of *Sankalp* (Resolution), Sister Shivani said that when a resolution is repeated again and again, it begins to influence our lives. The more we think about and repeat something, the more it shapes our thoughts and behaviour. Therefore, it is important to be mindful that our thoughts and resolutions remain positive. She said that this is the principle of 'Sankalp Se Siddhi', which can take our society and the country forward on the path of progress.

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(Release ID: 2320302) Visitor Counter : 196

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