**GSP on Gaining Excellence in Performance @ SBPS**

On 29th April 2019, SBPS, Ranchi organised a GSP on Gaining Excellence in Performance conducted by Dr. Saurabh Chaudhuri, M.D. (Radiodiagnosis), Professor and Head, Hitech Medical College, Rourkela. The students learnt the skills of increasing the concentration of the mind and focus towards any work. They learnt the importance of personality development, character building and positive attitude. In addition, the pupils were made aware of the effective techniques to release stress through yoga and meditation. The pupils were encouraged to live a meaningful life by focusing on important things, finding the life's purpose, pursuing their passion, living with compassion and setting daily goals.

School Head Personnel & Admin. Mr. Pradip Varma said such workshops are conducted in regular basis to make the students recognise their inner talent and skills.

School Principal Mrs. Paramjit Kaur said that attending such workshops lead to the all round development of the children as it helps in their mental as well as character development.

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SARALA BIRLA
PUBLIC SCHOOL
MAHILONG RANCHI