

On 12/07/2024, High Court Bar Association (HCBA), Nagpur had organised an enlightening talk focused on 'Overcoming stress through spirituality' which was addressed by renowned spiritual teacher, Chancellor of Maulana Azad National Urdu University, social reformer, educationist and the founder of 'Satsang Foundation' 'Sri M' at the Bombay High Court auditorium at Nagpur Bench.

Hon'ble Shri Justice Nitin Sambre welcomed Sri M and also spoke a few words appreciating his journey and his contribution to the society as social reformer. Justice Shri Sunil B Shukre, Former judge of the Bombay High Court, with whose efforts, the program was coordinated, also introduced Sri M to the audience and briefly stated about his knowledge, teachings and accomplishments.

Padma Bhushan awardee Sri M addressed the gathering by emphasizing on practice of meditation, Pranayam and mindful breathing to manage stress, which will ultimately make one's mind calmer, productive and attentive at the same time.

Sri M meticulously pointed out various connotations from the Bhagwat Gita and Upanishads, explaining how to keep a tranquil mind amidst all the turbulences of life. Sri M also strongly advocated that humanity is one – transcending religious, racial, geographical, cultural and ideological differences and spread the message of peace and harmony.

The event was attended by all the sitting judges of the Nagpur Bench of Bombay High Court and members of HCBA participated in large numbers. The event was very well organized and was highly appreciated by the legal fraternity.

The HCBA organized the program under guidance of Adv. Atul Pande - President, Adv. Amol Jaltare, Secretary, HCBA Nagpur.

The event was a grand success for which all the efforts were taken by its executive body Adv Sharad Bhattad, Adv Madhav Lakhey, Adv Prithviraj Chauhan, Adv Priyanka Arbat, Adv Anirudh Ananthakrishnan, Adv Apurva Kolhe.

The program was gracefully hosted by Adv Falguni Badani and the vote of thanks was proposed by Adv Amol Jaltare.