

Baal Sangat Holiday Treat NY-CT Chapter

As the holiday season approaches, kids are all ready to get together and have fun. **With the blessings of Her Holiness Satguru Mata Sudiksha ji Maharaj, this year, the NY-CT chapter of Sant Nirankar Mission organized a holiday treat for kids at the New York Sports Club in NY. The event was held on Saturday, December 22nd, 2019 . Sport is found to be the best way for kids to express themselves, and be physically and mentally active. It also helps kids learn important qualities of being a team player, work towards a common goal and help each other to achieve it. All the above mentioned traits were displayed in the game of basketball that the kids played on the court reserved for them.**



Although competitive, the older kids were seen helping younger kids not only on their team but also from the other team, to help younger kids improve their game. **After an hour long basketball game, the kids enjoyed eating pizza, pasta, cupcakes and brownies for lunch that the mentors arranged for them.**

A discussion session followed after lunch, where all kids sat around a table. Two bowls, one containing names of kids and the other with discussion questions, were put on the table. A kid whose name was picked was asked to choose a question and share his/her views or experience. The same question was then opened up for involvement from other kids. The questions prepared by mentors aimed to know what kids understood, felt and thought about the mission and its teachings, clarify any doubts they had and reinforce the learning through practical examples. **Some of the topics discussed were using Gyan in day-to-day life**, meaning of being a Nirankari, how to see good in others and not discriminate, and spread love wherever one goes. In this informal setting, kids were encouraged to have an open & candid discussion and provide their views on questions asked by their peers.



The kids along with the mentors were thankful for this opportunity to connect and learn from each other. The NY-CT SNM chapter thanks the kids for their participation,

their parents for supporting this event, the mentors and organizers, and expresses its gratitude towards Satguru Mata Sudiksha ji Maharaj for making it a success



NY-CT branch plans to organize more such events for baal sangat in future and seeks blessings from Satguru Mataji to use these events for our physical and spiritual growth.