

TOS Pakistan - Formula for a Successful Life

After a lapse of a few years, the TOS Pakistan has revived its tradition of holding study groups and meditation sessions as it did in the past.



TOS Pakistan began their revitalisation with part one of a two part workshop entitled 'Formula for a Successful Life' given by Mr Mushtaq Ali Jindani, on April 27, 2016 at the Jamshed Memorial Hall in Karachi. The interactive programme, which was organised by Mohammed Kamran and Ahmed Rasool, was a great success.

Those in attendance included the President of TOS Pakistan, Mr Hamid Mayet; the Hon. Secretary, Mrs Gul Afroze Zaman; members of the TOS, Karachi Theosophical Society and the Poor Patients Relief Society; staff members and teachers of the Jamshed Memorial Montessori School and Qandeel Home Schools; Maria Montessori Institute students and participants from the general public.



The speaker for the event was Mr Mushtaq Ali Jindani. Through its central theme the speaker hoped to inspire the audience to lead a successful life of performance, productivity, prosperity, peace and happiness.

He defined success as achievement of goals with happiness and peace of mind that one had set up for one's life.



The session started with 'Silence Game', a practice of meditation suggested by the great educationist, Dr Maria Montessori. The participants were requested to gently close their eyes and focus on their incoming and outgoing breath. After the exercise the participants experienced calm and peace within themselves.

The speaker illustrated his talk with examples of people with disabilities who aimed high, were successful and contented. He showed video clips of people like Nick without arms and leg, Srikanth Bolla, Chief Executive Officer of a multi-million dollar

company despite being blind. He also told the remarkable story of Samina Baig, the first Pakistani woman to conquer Mount Everest.

The speaker emphasised that for a successful and peaceful life one has to begin by assessing one's talents and weaknesses. One needs to set goals, be proactive, meditate, eat nutritious food, exercise regularly, read books, attend classes and seminars, be helpful to others, serve the family and community and understand other people.

The programme was well advertised in TOS circles and in the *Dawn English News*.

The date of part two of the workshop on a 'Formula for a Successful Life' will be announced soon.