

# Stress Free Week Celebrations 2009

A week long **Stress Free Week** was celebrated under the umbrella theme of "**Self Management for Stress Free Living**" from 25th to 31st of January 2009. It was inaugurated by **Justice P.N. Raveendran** (Judge, Kerala High Court) on 25th 5pm at the programme arranged at Town Hall which was presided by **Hon'ble Sri. K.V. Thomas, M.L.A.**

We have arranged more than 120 programmes about stress free life at various bodies like Pvt. Companies, Institutions, Govt. Offices, School-Colleges, Hospitals, Clubs etc. all over Ernakulam District. Faculty from Mumbai, Bangalore, Delhi, different parts of Kerala have taken the classes on stress management.

The organisations like Indian Navy, Kochi Port Trust, Southern Railway, BPCL, Indian Oil Corporation, Kerala Police, Customs & Excise Department, Kochi International Airport, Air India, BSNL, StateBank of India, LIC of India, United India Insurance Co. Ltd, Kalady Sanskrit University, Taj Hotels, Indian Postal service, CISF, Bajaj Alliance, Reserve Bank of India, Collectorate, Rotary Clubs, Federal Bank etc participated in this celebration by inviting our experts for lecture. The lectures were further followed by meditation practice under the guidance of our Sisters.

More than 7000 souls were benefitted by this introduction and dissemination of Baba's Knowledge to combat stress by recharging oneself for rediscovering the peace of soul.

Faculties included BK Swaminathan, BK Gireesh, BK Deepa, BK Jagruthi, BK Chanda (Mumbai), BK Sangeetha(Delhi), BK Surendran, BK Ajay Kumar(Bangalore), BK Lekshmi, BK Rajesh, BK Sujana, BK Varma (Kerala) etc.

The Valedictory Sessions of the "Stress Free Week" Celebrations was inaugurated by Hon'ble M.L.A Sri CM Dinesh Mani. Sri CM Haridasan, Principal General Manager, BSNL was the Chief Guest. Municipal Councillor Adv. C. Sasi has facilitated the occassion. BK Radha Presided over the Function, BK Vasan gave words of Blessings during the function.