**Brief Report of the Programme**

A Pilot project was jointly organized by Defence Research & Development Organization (DRDO) and Brahma Kumaris from 22nd February 2011 to 20th May, 2011 at DRDO campus, Delhi to test the efficacy of 15 minutes powerful Rajyoga meditation on a person’s physiology, mental and cognitive capabilities.

120 BKs from Delhi local centres and 15 scientists from DRDO were participated in this project. The research was done by the experts of DRDO in their campus with the help of Brahma Kumaris Shakti Nagar and Derawal Nagar, Delhi.

Some of the photographs are attached for printing the magazine.

**Captions**

**Photo 1 –** In a Group Photo seating in the first row (L to R) Dr. BK Usha Kiran, AIIMS, Rajyoga Teacher B.K. Lovely, Shakti Nagar, Ms. Sunita Gaur, Asst Professor, Sri Ram College of Commerce, Delhi University and Dr. Montu Shah, Asstt. Director, DRDO (DIPAS) and other scientists of DRDO standing in the rows.

**Photo 2 –** Standing (L to R) Dr. Montu Shah, Asstt. Director, DRDO (DIPAS), Rajyoga Teacher B.K. Lovely, Shakti Nagar, Dr. Shashi Bala, Director, DIPAS, DRDO, Dr. BK Usha Kiran, AIIMS and Ms. Sunita Gaur, Asst Professor, Sri Ram College of Commerce, Delhi University.

**Photo 3 –** Dr. Usha Kiran taking Rajyoga Value Activity Class of Scientists of DRDO and others.

**Photo 4 –** Ms. Sunita Gaur, Asst Professor, Sri Ram College of Commerce, Delhi University, Rajyoga Teacher B.K. Lovely, Shakti Nagar, Dr. Montu Shah, Asstt. Director, DRDO (DIPAS) & BK Usha Kiran, AIIMS are standing outside the Research Lab of DRDO.