

## PRESS RELEASE

31st May is celebrated as World No Tobacco Day worldwide. For the same occasion Brahmakumaris, Malad along with Rotary Club of Mumbai West Coast had organised Anti-Tobacco programme on 30<sup>th</sup> May at Liberty Garden, Malad, Mumbai. More than 500 people had gathered for this event. There were following guests in the programme:

1. Playback Singer Shaan
2. Wrestler & Actor Sangram Singh
3. Diabetologists Dr. Arvind Ghongane
4. Rotary Club Mumbai West Coast President Vikas Upadhyay
5. Brahmakumari Divyaprabha behen, Borivali BK Subzone Incharge
6. Brahmakumari Kuntibehen, BK Malad Centers Incharge
7. Brahmakumari Sangeetabehen, Senior Rajyoga Teacher

Shaan and other guests appealed to the audience to Stay away from Tobacco. Mr. Vikash Updhyay welcomed all the guests. Dr. Arvind Ghongane explained the harmful effects of Tobacco on the body. BK Kuntibehen shared how Rajyoga meditation helps in overcoming such addictions and there are thousands of examples who have achieved this with help of Rajyoga meditation taught by Brahmakumaris.

BK Divyabehen explained as how by going in silence one gets willpower to overcome such bad habits. Shaan inspired a lot of youths in the programme to keep away from Tobacco. He sang few lines of the song "Life se panga mat le jaar".

Following his inspiration to all, Stage Co-ordinator BK Sangeetabehen requested the audience to take a vow that all of them will keep away from Tobacco forever.

Sangram Singh said everyone should believe in their hardwork in Life. Never take support of such things which ruins ones life. Life is wonderful gift of God. So Never giveup in Life and say NO. He mentioned, for me NO means Next Opportunity, and never feel as End for me End means Efforts Never Die.

All the guests were felicated with godly gifts & Prasad.

Following this programme Brahmakumaris has arranged for 7 days Free Meditation Course at their Malad Center starting 2nd June.