

INTERNATIONAL YOGA DAY 2016

The International Day of Yoga was celebrated in Toronto, Canada on June 18, 2016 in the Cities of Mississauga and Brampton, in the Greater Toronto Area.

The Mississauga Yoga Day celebration in Mississauga was in collaboration with the Mississauga Waterfront Festival. The Chairperson, Ajit Khanna, Committee Members Anu Srivastava of Panorama and Dr. Bhalla provided a platform for the Brahma Kumaris to make a presentation on Meditation. A 25 minute presentation was prepared that comprised of an introduction to the Brahma Kumaris, a message for the celebration, introduction to meditation, meditation commentary and the Om Shanti song. A group of 13 Yogis conducted meditation on the stage and the audience were very attentive and truly had an experience of peace and felt relaxed. We also had a Booth and many souls came to get more information and register for the meditation course. The Wheel of Virtues was a huge attraction.

The Special Guests included the Indian Consul General of Toronto, Hon. Mr. Dinesh Bhatia and the Mayor of Mississauga, Hon. Miss Bonnie Crombie. The Consul General was very happy to meet us and very interested to remain in touch and visit the Centre. Mayor Bonnie Crombie came to the booth and spun the wheel of virtues and expressed her appreciation of the work that we are doing.

The Brampton celebration was at the Brampton Soccer Centre. It was a whole day event and hundreds of souls came throughout the day. Mr. Fateh and Anju Malhotra of the Art of Living Centre organized this Program. Our presentation was in the same format as our Mississauga presentation. This too was a great success and many souls came forward to thank us for enabling them to have an experience of meditation. The Mayor of Brampton, Hon. Linda Jeffrey and two members of Parliament, Hon. Sonia Sidhu and Hon. Ruby Sahota were in attendance. The Mayor actually registered for the Meditation course. All three of them visited our booth. It was a great opportunity to meet them for the first time since the last elections and introduce ourselves.

Brother Balwant of London was with us and took part in both the above celebrations and met with the Special Guests. Our team comprised of nearly 50 souls, all of whom worked tirelessly.