

Dear Divine Brother/Sister,
Greetings of Peace from Prabhu Upvan, Borivali, Mumbai
On the eve of **International Day of Yoga**, we organized an event titled-
"YOGA - Mind and Body Connections"
on **20th June**, at an Auditorium of Thakur College of Science & Commerce, Thakur Village, Kandivali(E), Mumbai. Around 400 people attended the event.

Micky Mehta, a renowned holistic health guru, was main guest at the event. He talked about the right way of doing the Yoga, importance of food and daily lifestyle for physical health

Mrs. Bindu Panchal, Marathon & Aerobics Trainer, conducted stretching and aerobics exercise session for the gathering

BK Sangeeta behn, conducted the main session of an event and explained beautifully on the topic "Yoga - Mind and Body Connections". She stressed upon the importance of healthy mind for healthy body. She also let the crowd experience the vibrations of self through a short guided activity.

BK Divyaprabha behn, Sub Zone In-charge, North Mumbai Rajyoga Centres, gave her good wishes on the International Day of Yoga, encouraging the participants to make yoga a part of their daily lifestyle

BK Kavita behn fluently coordinated the whole event.

Important guests:

- 1. Mr. Anil Kokil** - Chairman of the Brihanmumbai Electric Supply and Transport (BEST)
- 2. Mr. Sagar Singh Thakur** - Corporator
- 3. Dr. Chaitali Chakraborty** - Principal, Thakur College of Science & Commerce
- 4. Dr. Narendra Kumar** - Cardiologist
- 5. Dr. Pathak** - NSS In-Charge, Thakur Polytechnic
- 6. Father Alphonso** - St. Francis School
- 7. Mr. Kaushik Panchal** - Runner's Academy

Kindly find, photos of the event in attachment

For more photos click [here](#).

In Spiritual Remembrances

BK Divyaprabha

Sub Zone In-charge

North Mumbai Rajyoga Centres

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