

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 hollistic 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 lifesytle

**BK Kavita behn** fluently cordinated 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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