

Dear Divine Family
Omshanti

1) Brahma Kumaris Chandigarh organized program on " Rajyoga for Universal Peace & Holistic Well being" on the occasion of 5th International Yoga Day at Terraced Garden, Sector 33-A, Chandigarh.

**Chief Guest: Hon'ble Mr. Justice Anil Kshetarpal
Judge, Punjab & Haryana High Court**

2) Chandigarh Administration and Department of Ayush organised common program in Sector 17, Plaza on the occasion of 5th International Yoga Day. In this program around 100 BKs participated for yoga practice. Certificate of Appreciation was given to Brahma Kumaris by H.E. Sh. V.P. Singh Badnore, Hon'ble Governor Punjab & Administrator, UT Chandigarh.

3) Chandigarh Administration and Department of Ayush organised a seminar program on "Yoga and Heart" on 5th International Yoga Day. BK Kavita Didi gave a talk to "Benefits of Rajyoga" in this seminar and was presented a tulsi plant by Dr. G. Dewan, Director AYUSH, Chandigarh.

Thanks & Regards
BK Ultra Didi