

Om Shanti



One Day Programme on
Ageing with Dignity

Date: Tuesday, 1st October 2019

Time: 09.00 a.m.- 04.00 p.m.

**At Happy Village, Brahma Kumaris Retreat Centre,
Podavur, Sunguvar chatram**

Organisers:

**Medical Wing, R.E & R.F &
Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya
World H.Q: Mount Abu, Rajasthan
Zonal HQ: Shanti Dham, Q 96, 3rd Avenue, Anna Nagar,
Chennai-40 Cell: 9445003292
Email: annanagar.che@bkivv.org**

Ageing with Dignity

**Tuesday
1st October 2019**

**Venue: Sadhana Bhawan
Time :9.30 a.m.**

INAUGURAL SESSION

Welcome Dance : **Ms. D. Puja**
SAILA SUDHA Academy, Poonamalee.

Welcoming Guests by Badges,

Bouquets & Shawls : **B.K. Sisters**

Welcome Address : **Rajyogini B.K. Kalavathi**
Senior Rajyoga Teacher, Chennai

Lighting Kuthuvilakku : **Invited Guests**

Intro. of Institution : **B.K. Kausalya**
Rajyoga Teacher, Washermenpet, Chennai

Key Note Address : **Dr. B.K. Mahesh Hemadri M.B.B.S.**
PG Diploma in Geriatrics (IGNOU)
(Translation: BK. Kausalya)

Special Address : **Mr. M.S. Manoharan**
Managing Partner, S.M. Silks, Kancheepuram

Inspirations : **Rajyogini B.K. Beena**
Zonal Service Coordinator, T.N. & South Kerala

: **B.K. Devi**
Senior Rajyoga Teacher, Ashok nagar, Chennai

Meditation Experience : **B.K. Muthumani**
Senior Rajyoga Teacher, Adyar, Chennai

Stage co-ordinator : **B.K. Sundaresan**
TN Zonal coordinator, Media Wing

Ageing with Dignity

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**Venue: Sadhana Bhawan
Time :10.30 a.m.**

10:30 a.m. : Session-1 on '**Building Resilience For Positive Ageing**'
By Dr. B.K. Mahesh Hemadri
(Translation: **BK. Jayalakshmi**
Rajyoga teacher, Thiruvallur)

Stage Co-ordinator : **B.K. Uma**
Rajayoga Teacher, Ambattur, Chennai

11.30 p.m : **Tea Break**

11:45 p.m. : Session-2 on '**Importance of Balanced Food Habits & Essential Exercises for Elders**'
By Dr. B.K. Mahesh Hemadri & Dr. Sanjay Gandhi
H.O.D, Yoga & Naturopathy
Govt. Medical college, Vellore
(Translation: **Dr. B.K. Prabhakar**
Asst. Professor, Govt. Medical college, Vellore)

Stage Co-ordinator : **B.K. Uma**

12.45 p.m : **Honouring Ceremony for Senior Brahma Kumars & Brahma Kumaris**

Stage Co-ordinator : **B.K. Chitra**
Rajyoga Teacher, Nungambakkam, Chennai

1.15 p.m : **LUNCH**

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Venue : Sadhana Bhawan
Time : 02.00 p.m.

- 2.00 p.m : **Spiritual Activities For Elders**
 By BK. Sivarama Krishnan
 Learning & Development Head,
 Apollo Children Hospitals, Chennai
- 2.45 p.m : **How to Keep Myself Happy & Light**
 By Dr. BK. Prabhakar
 Asst. Professor,
 Govt. Medical college, Vellore
- 3.15 p.m : **Energy Enhancing Exercises For Mind**
 Through Commentary
 By Dr. B.K. Mahesh Hemadri
 (Translation: **BK. Jansirani**
 Rajyoga teacher, Annanagar, Chennai)
- Stage Co-ordinator : **B.K. Ramakrishnan**
 Ashoknagar, Chennai

4.00 p.m : **Tea & Departure**