

International Day of Yoga in Chennai:-

On the eve of International Yoga Day, Chennai Brahmakumaris had organized a Mass Meditation program at Meenakshi college grounds. About 2500 participated in that three hours program.

The program commenced with one hour meditation by Brahmakumars & kumaris. B.K.Devi welcomed the gathering. B.K.Beena shared about Significance of Yoga Day and she further shared about the activities of the Brahmakumaris. A short video on Introduction of Brahmakumaris was screened. Rajyogini Kalavathy behnji explained briefly about meaning of Rajyoga & the benefits of Rajayoga. A video was shown which educated the public about the step by step practice of Rajayoga Meditation. Finally the audience was guided through the meditation on Realising true self, conversing with God, Radiating pure feelings to 5 elements of nature and Sharing Good wishes to the whole world for Harmony & Peace.

The program had a good media coverage by Doordarshan, SUN TV, RAJ TV & leading newspapers.

The whole program was well organized and everyone could feel the charged environment with the collective vibrations of peace.