

## **June 21, 2017 International Day of Yoga Celebration at The Westin Kolkata Hotel:**

An enlightening session of spiritual insights, yoga, meditation and experience sharing was organized by SREI Foundation in association with Brahma Kumaris on 21st June 2017 at The Westin Kolkata Hotel, which was attended by over 700 souls.

The program started with a Presentation on International Yoga Day. It displayed that we shall have an opportunity to get an experience of the journey into inner life to rediscover the spirit within & to communicate with the Supreme soul.

Then it continued with the introduction of Soul & Supreme Soul together with guided meditation by Sister B. K. Chandra. After that through a Video Presentation the message of blessing by Rajyogini Dadi Janki, Chief of Brahma Kumaris regarding the International Day of Yoga was displayed.

The program was inaugurated by candle lighting by few of the following distinguished guests :

1. S. K. Gajmer, IPS, IGP, W.B. 2. Dr. H. P. Kanoria, Chairman, SREI Foundation 3. Ven-Pahulaa Thero, Bhikhu Incharge, Mahabodhi Society of India, Kolkata 4. Vinod Kumar Yadav, IFS, Addl Principal Chief Conservator of Forest. 5. Hon'ble Justice Subrata Talukdar, Judge, Kolkata High Court 6. B.K. Kanan, Senior Sister Incharge, Brahma Kumaris, Kolkata & other distinguished guest like H.P. Budiaji, MD of PATTON, Santosh Ku Rungtaji...Chairman of Rungta group, Mr Chandan & Mrs Chandan Basu, MD of Greenfield, Mrs Suchandra Bhutoria senior Vice President of FICCI FLO

### **The distinguished guests shared their illuminating experience.**

S.K. Gazmerji, IPS, IGP, West Bengal said, "My whole understanding & perspective was changed and started to become superior when I was taught by Brahma Kumaris about my real Self (Soul).

The Chairman of SREI Foundation, Dr. H. P. Kanoria said, "We can establish our sweet relationship with Supreme Father through Rajyoga and thereby we get the powers of supreme father Shiv Baba and negative tendencies are faded away. God clears our intellect, which then controls the mind"

Brother Ven-Pahula Thero, a Srilankan, delivered his speech in hindi. He said that we all need peace of mind. He said that the mind is very fast. You kill a mosquito without thinking. Why? Because you gave that power to mind. The mind follows us like a shadow. Our mind can take us to far away places like you think America & picture of Obama & Trump comes to you. You think of India & then the picture of India losing the cricket match comes. You can take your mind to Moon or even to the Sun. So, how will you get peace? If you keep your mind in control. We all fear death. Why? Because then we have to move away from here.

Bro. Vinodji said "The word Om Shanti is the essence of everything. Science has done so much development that it can take us to Moon or other planets. Now NASA has said that the word "Om" is coming out from the rays of Sun. But our sages have told it much earlier. So, the true peace comes through Raj Yoga only. It needs repeated practice of Raj Yoga to control ones thought process and then only you can feel peace. So, if you go to any centre of BK, you feel peace there as the Raj Yoga creates vibrations of peace.

Justice Subrata Talukdar of Kolkata High Court said, "Peace only comes when we practice Raj Yoga as mentioned by various speakers. What happens when I am riding a cycle & someone sitting on the back of the cycle is trying to dis-balance me. I while riding the cycle immediately understands it & adjusts accordingly. Same is needed for being peaceful. He also said that what distinguishes humans from animals are thoughts and so our thoughts should be managed properly."

Sister B. K. Kanan thanked Brother Kanoriaji & Sister Champa for providing the facilities to arrange this program. She said that Supreme Father is giving us His powers so that all our brothers & sisters while remaining in family is leading a peaceful life. However busy we stay in our work place, we just keep a relationship with the Supreme Father & keep his remembrance throughout. We have so many brothers & sisters who earlier tried to get rid of their anger & intoxicating habits but failed and after practicing Raj Yoga has so easily got rid of those habits. So many come to me and ask for blessing the children who are restless. How do they become peaceful by coming here – by receiving the powers of Supreme Father.

There was a session of powerful mass meditation which was enjoyed by all

The Physical Yoga was also presented for 20 minutes by Shibu Bhai the end of the programme.

Please see & find the attached file the photographs of prog for publishing in purity magazine

On Godly Service,

BK Kanan

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