

Dear Divine Family,
Om Shanti,
Godly Greeting of Peace and Love!

Happitude - IT Retreat

A special program was conducted for IT professionals by the IT wing, Brahma Kumaris, Basavanagudi, Bengaluru on 21-7-2019, Sunday from 11am to 1pm at Varadani Bhavan, Basavanagudi, Bengaluru. The objective of the program is to empower the IT professionals with spiritual wisdom for a balanced life with happiness and peace at professional, family and personal life.

The program started with a welcome dance and candle lighting followed by an enlightening and entertaining speech by **BK Brother Prof EV Gireesh** from Mumbai on the topic “**Happitude**”. Around 200 participants thoroughly enjoyed the program for two hours with an engaging interactive discussion with brother EV Gireesh. All the participants gave an excellent feedback that the session was very useful and practical.

The program ended with a brief meditation on the theme Happiness and distribution of blessings and toli to all participants.

Special Classes for BK Family

1. Special Classes were conducted to BK Brothers and sisters on 21st & 22nd July in the Morning at Varadani Bhawan. Around 250 members benefited.
2. **Kumars - Kumaris Retreat** was conducted on 21-07-2019 at Varadani Bhawan. Around 200 members benefited.

Other Programs:

Various programs conducted by Brahmakumaris, Basavanagudi, Bengaluru on 22-7-2019 and 23-7-2019 as follows

1. At **Bharat Education Socceity**(BES) for BEd, DEd Degree College students and faculties on the topic “ **Power of Concentration**” . Around 300 members participated.
2. At **General Motors Company Ltd** for IT professionals including Sr. Managers and Executives on the topic “ **Happitude and Sleep Management**”. Around 120 members participated.

3. At **BHEL** for senior level Managers on the topic “**Stress Management and Positive Thinking**”. Around 55 members participated.
4. At **RV Institute of Management for Faculties**, on the topic “**Happy Business Model**”. Around 50 faculties participated.

Audience at all the institutes were very much impressed by the interactive humorous and enlightening way of delivering the content of the topic by **BK Brother Prof EV Gireesh**. At all the places, the program ended with a brief experiential meditation session.

Please find the attached photos.

Thanking You

In Baba's Yaad
BK Ambika
Bangalore, V V Puram