

Divine Family,  
Brahma Kumaris Borivali (West) Centre celebrated the International Day of Yoga on 23rd June, 2019, which included Physical exercises, Talk on Rajyoga Meditation and Talk show with Award Winning Celebrities

**Mr Chitah Yajnesh Shetty, Celebrity Fitness Trainer**, United State Martial Art Hall of Fame—initially conducted the 30-minute physical exercise and warmed up the 200-strong audience.

**B K Bindu** highlighted the benefits of Raj-yoga meditation which helps connect one with the Almighty. The benefits are 4 Hs, viz. Happiness in feelings, Health for the body, Harmony in relationships and Heaven on earth!

This was followed by an enlightening Talk show, where our panel of distinguished guests shared their life experiences:

1. **Mr Yajnesh Shetty** suggested – “Flow like water and adjust with every situation.”
2. **Ms Diana Edulji**, Former Indian Women Cricketer, Member of BCCI (COA), Padma Shree Awardee - “To succeed, you need a strong mind.”
3. **\*Mr Abhinav Kashyap**, Film Director\*, National Film Award winner for the Hindi film Dabangg -

“Don’t get rattled in different situations! Trust the Almighty.”

**BK Shreya** conducted a talk on Rajyoga Meditation explaining how people and situations are not in my control but my state of mind is. That my first responsibility is to take care of myself, by making sure that every thought that I create is right and positive, thus developing a positive relationship first with myself and then with others.

In the end, Sister Bindu felicitated Guest Speakers including **Mr P V Shetty**, former Joint secretary, BCCI\*

The Master of Ceremony, **Mr Prasanna C. Sant**, International Cricket Commentator & Presenter, very enthusiastically conducted the program.

In Service of Humanity,  
**BK Bindu**  
Brahma Kumaris Rajayoga Centre  
Borivali (West), Mumbai  
Mobile: 09870500530  
Website: [www.brahmakumaris.com](http://www.brahmakumaris.com)  
Email: <[borivaliwest.mum@bkivv.org](mailto:borivaliwest.mum@bkivv.org)>