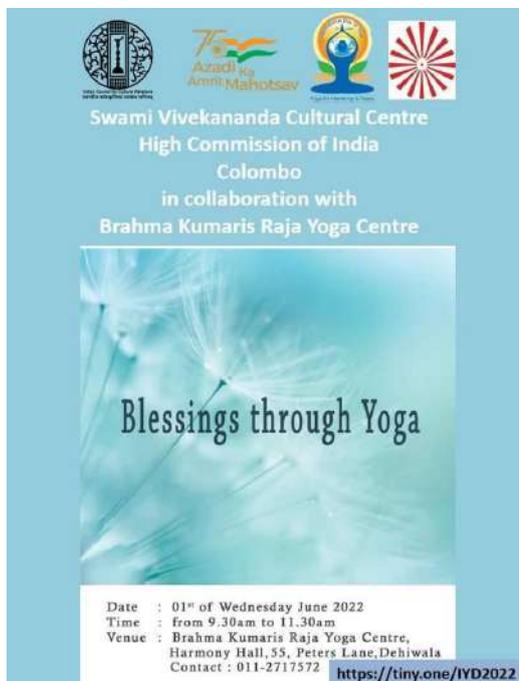


International Day of Yoga 2022, Sri Lanka

Brahma Kumaris, Raja Yoga Centres in Sri Lanka organized variety of events in their respective centres and in different venues in collaboration with different organizations, partnering with High Commission of India, and Swami Vivekananda Cultural Centre, Colombo to commemorate and celebrate IDY 2022.

01.06.2022 - 'Blessings through Yoga'

The 1st day, curtain raiser event held on June 1st, under the theme of 'Blessings through Yoga' at Brahma Kumaris head office, Harmony House in Dehiwala. Director of SVCC Dr. Rewant Vikram Singh, inaugurated the event. Ms. Viji from Ashtanga Yoga Mandhir conducted a yoga session and the talk was given by BK. Ambiga. 30 participants benefitted by attending and joining through Zoom.



Swami Vivekananda Cultural Centre
High Commission of India
Colombo
in collaboration with
Brahma Kumaris Raja Yoga Centre

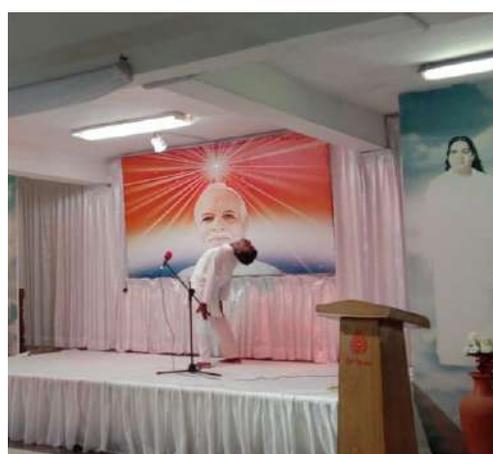
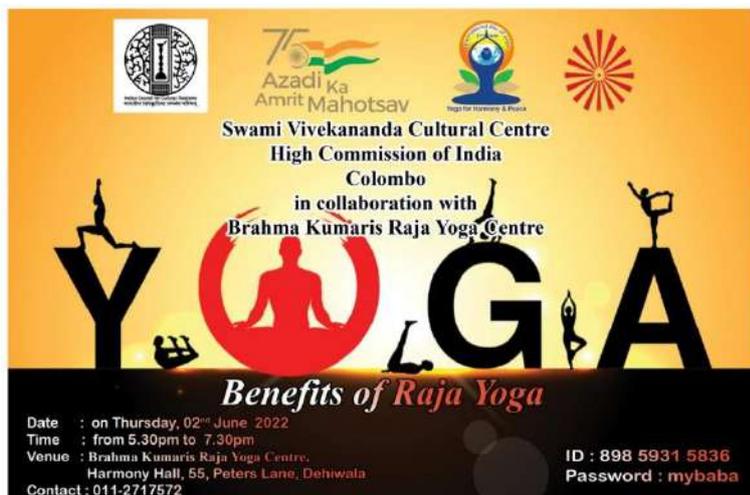
Blessings through Yoga

Date : 01st of Wednesday June 2022
Time : from 9.30am to 11.30am
Venue : Brahma Kumaris Raja Yoga Centre,
Harmony Hall, 55, Peters Lane, Dehiwala
Contact : 011-2717572 <https://tiny.one/IYD2022>



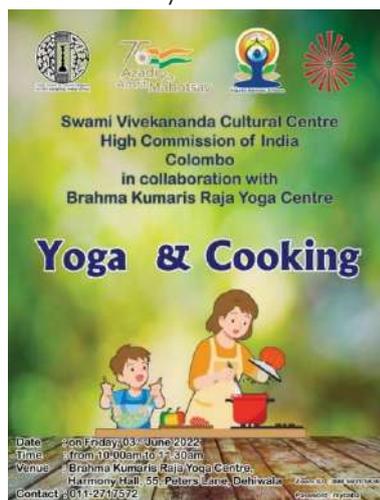
02.06.2022 - 'Benefits of Raja Yoga'

02nd day the event held under the theme 'Benefits of Raja Yoga'. A Yoga session to increase the immunity, sharing experiences and creative meditation were conducted by the young brothers of Brahma Kumaris who would like to become as meditation/ yoga teachers in future and wanting to benefit the society with spiritual insights. BK.Sivamson, BK Dixsan and BK Aji jointly coordinated the event. Nearly 16 participants benefitted by attending and joining through zoom.



03.06.2022 - 'Yoga & Cooking'

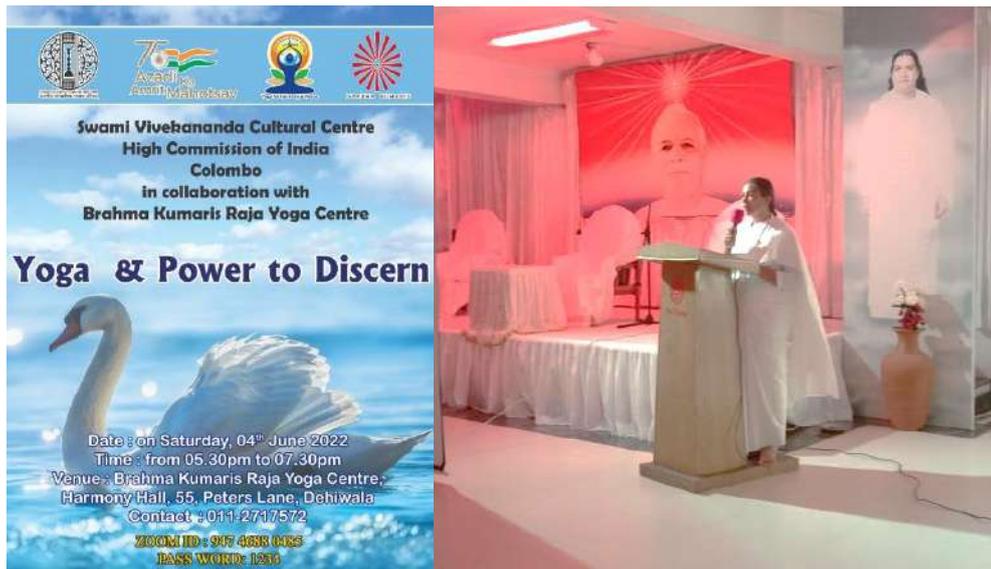
3rd day event was held on the them of 'Yoga & Cooking' for house wives and those who are interested in quality cooking. BK Chandra conducted a Yoga Drill and BK.Anbumalar delivered a talk on the theme. More than 25 participants benefitted by attending and joining personally and virtually.





04.06.2022 - 'Yoga and Power to Discern'

4th Day the event was held under the topic of **'Yoga and Power to Discern'**. Event started with Yoga session moving around (creative meditation) while observing breath with the commentary guided by BK.Vani. Following that sharing experiences, of how practicing yoga helped in different situations to discern and face such situations. The session was conducted by BK.Indra. Nearly 10 participants benefitted by attending personally and joining through zoom.



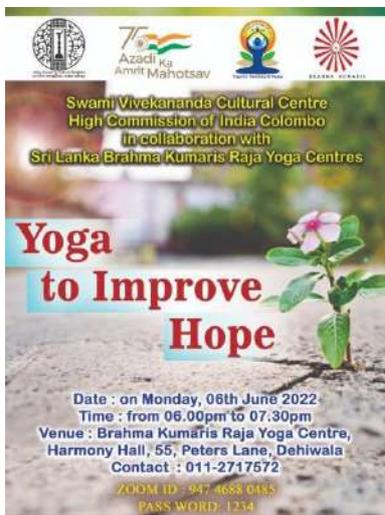
05.06.2022 - 'Success through Yoga'

5th day event was conducted by BK.Seelan on the theme of **'Success through Yoga'**. 11 Participants from Trincomalee and more than 25 participants joined the event through zoom as well. Nearly 35 participants benefitted by attending and joining through zoom





06.06.2022 - 'Yoga to Improve Hope'



On the 6th June following a yoga session which was conducted by BK.Sivamsan, a Panel Discussion was held and BK.Uthaya (Director of Statistics from Government Censes and Statistics Dept.) and BK Sekhar,(an experienced meditation teacher) discussed and shared their experiences on the theme and session was moderated by BK.Dhinesh.



07.06.2022 - 'Yoga and Power of Healing'

5th day event was conducted on the theme of 'Yoga and Power of Healing' by BK.Seelan.



08.06.2022 - 'Yoga for the mind and Body'

On the 8th the day, the event held under the topic of 'Yoga for the mind and Body' at Brahma Kumaris Centre, Bambalapitya, Colombo 4. A yoga practitioner from Aranyam Yoga centre conducted few yoga asanas for the participants. Following that a panel discussion held and moderated by BK.Meena BK (Dr) Arasi and BK. Chandra participated as panellists.



கனம் விவேகானந்தா கலாசார நிலையம்
கொழும்பு இந்திய தூதரகத்துடன்
இணைக்கப் பட்ட கருவிகள் இராஜ்யயோக நலையங்கள்
இணைந்து கொண்டாடும்
சர்வதேச யோக தினம் 2022

மனதிற்கும் சரீரத்திற்குமான யோகம்

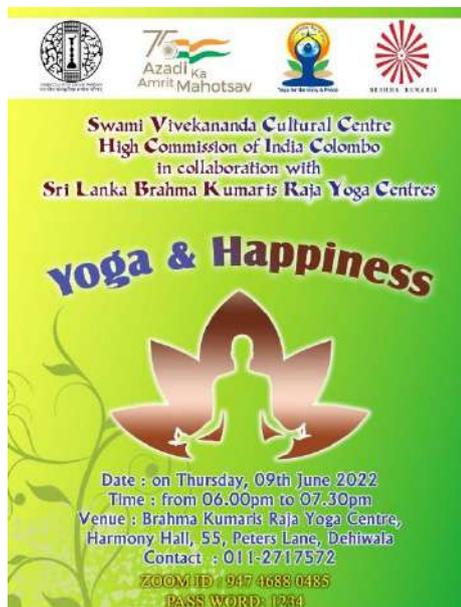
08/06/2022 புதன் கிழமை மாலை 5.00 - 6.30 மணி வரை
கூடம்: பிரம்மகுமாரிகள் கிராஜ்யோக நிலையம்,
61/3, சோறன்ஸ் வீதி, (டுப்ளிகேஷன் வீதியில்
கிராமநாதன் மகலி கம்மூர் மதில்), பம்பாய்பீட்டி
தொ.பெ: 0773636073, 0112507005

ZOOM ID : 947 4688 0485
PASS WORD: 1234



09.06.2022 - 'Yoga and Happiness'

On the 9th the program was held on 'Yoga and Happiness'. BK.Gobalachandran, conducted Yoga demonstration with few asanas and BK.Ranjith shared his experiences, how he found yoga and how it helps him to remain happy even at challenging times. Nearly 14 participants benefitted by attending and joining through zoom.



Swami Vivekananda Cultural Centre
High Commission of India Colombo
in collaboration with
Sri Lanka Brahma Kumaris Raja Yoga Centres

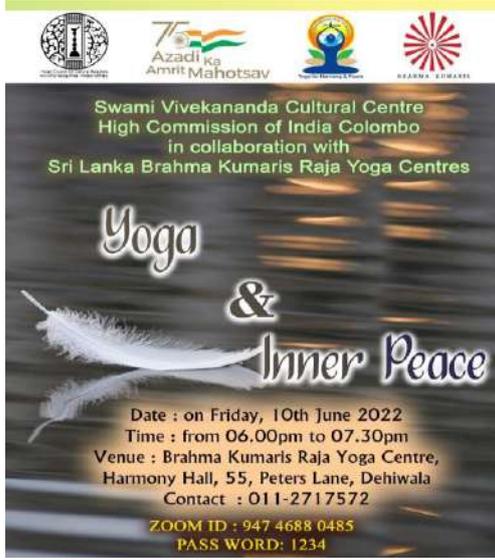
Yoga & Happiness

Date : on Thursday, 09th June 2022
Time : from 06.00pm to 07.30pm
Venue : Brahma Kumaris Raja Yoga Centre,
Harmony Hall, 55, Peters Lane, Dehiwala
Contact : 011-2717572
ZOOM ID : 947 4688 0485
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10.06.2022 - 'Yoga and Inner Peace'

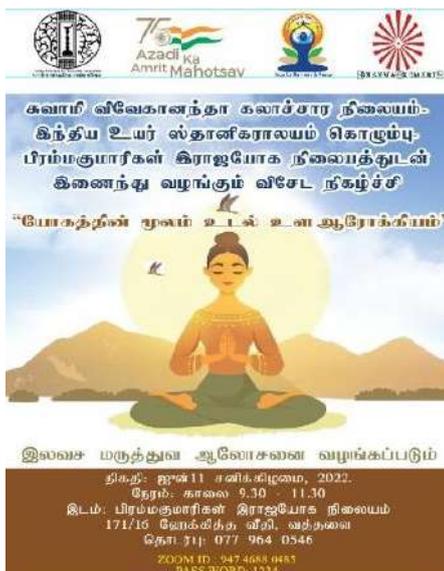
On the 10th day BK.Aji conducted yoga asanas and shared his insights on the topic of 'Yoga and Inner Peace'.



11.06.2022 - 'Body and mind health through Yoga'

On 11th day there were 2 events arranged in different venues.

One was arranged in Tamil and Sinhala medium by the BK medical wing. Program held in Wattala, Brahma Kumaris Centre. Yoga Asanas was conducted by BK.Indu. BK.(Dr) Viji gave a talk on 'Body and mind health through Yoga'. Meditation was conducted by BK. (Dr) Indu and BK. (Dr). Chelvi Following that RY Pictorial explanation and free medical check-up were provided to the participants by the doctors. 61 participants benefitted from the event.





11.06.2022 - 'Cool mind and Warm heart'

2nd event was held at Sahana Udaya Elders Retreat Home situated in Attidiya, Dehiwela on the topic of 'Cool mind and Warm heart'. BK.Jinasiri, BK.Jeyasiri and BK.Ruwan conducted the sessions, 26 elders were benefited from the event.

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12.06.2022 - 'Facing the challenges through Yoga'

At Narahenpitiya - 'Facing the challenges through Yoga' - BK.Saravanapavan, BK Gowri, BK Vidyashini and BK Vishwa together organised the event. 7 participants joined in the event.



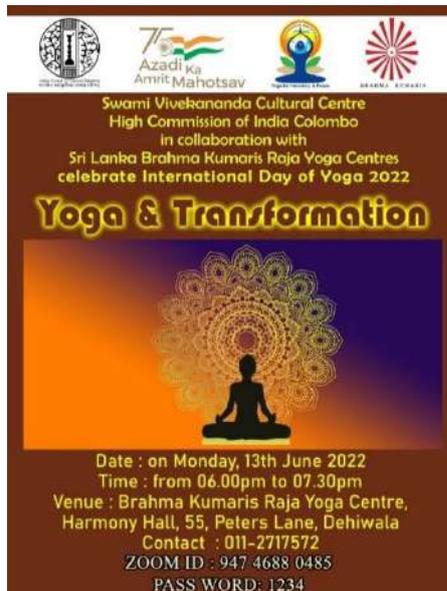
12.06.2022 - 'Yoga for healthy Mind and Body'

At Jaffna, the event was organized on the topic of 'Yoga for healthy Mind and Body'. Event coordinated by BK. sister Ranji, BK.(Dr) T.Shyama, BK(Dr) Sivasubramaniam and team.



13.06.2022 - 'Yoga & Transformation'

13th day, the event was conducted by BK.(Dr) Chelvi under the topic of 'Yoga & Transformation'. BK. Aji demonstrated few yoga asanas related to the theme. 14 participants joined in the event.



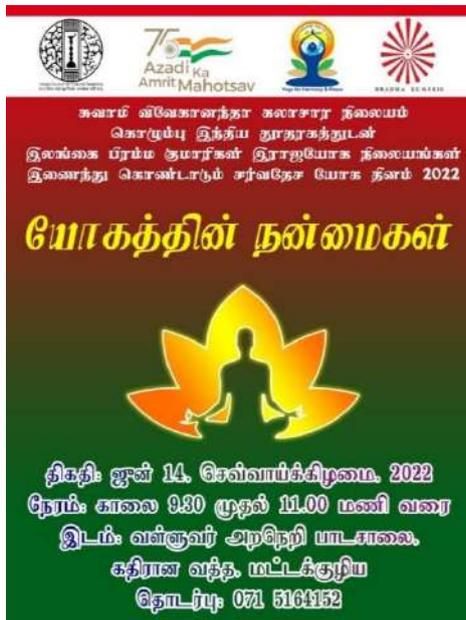
14.06.2022 - 'Yoga at Home & Work'

On the 14th the event held in Harmony Hall, Dehiwala on the topic of 'Yoga at Home & Work'. BK.Geetha has conducted the asanas and BK.Kalyani gave a talk and the participants shared their experiences, how Raja Yoga help them practically in their day -today life.



14.06.2022 - 'Benefits of Yoga'

Another one on the 14th June, the event was organized by Mattakuliya family, on the topic of 'Benefits of Yoga' in one of the Hindu schools, BK.Manoharan delivered a talk on the theme and BK.Inthu conducted yoga asanas.



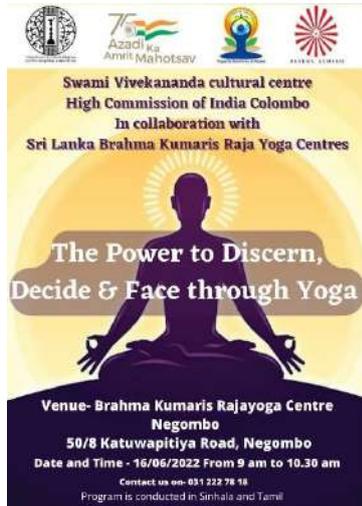
16.06.2022 - 'Stress Management & Happy Living'

On the 16th day, two events were held, one was organized for the staff of the Asia Securities, Colombo. Yoga asanas demonstrated by an instructor from Ashtanga Yoga Mandhir . BK.Sivathan spoke on 'Stress Management & Happy Living' and BK.Prathayini conducted the meditation.



16.06.2022 - 'The power to Discern, Decide and Face through Yoga'

The second event was held in Negombo on the topic of 'The power to Discern, Decide and Face through Yoga'. The program was organized by BK.Sripriya.



18.06.2022 - 'Healthy Life through Yoga'

There were three programs organized on this day. 1. At Kandana the programme was organized and conducted by BK.Sekar and BK Indhu on the topic of 'Healthy Life through Yoga'.



18.06.2022 - 'Mountain of Strength'



Another event was held at Bambalapitiya for children by the 'Service Team' for children on the topic of 'Mountain of Strength'.

BK Kohulan, BK.Geetha, BK.Ithayavani, BK.Prathayini, BK.Harshini and BK.Puvanesh supported the event. Ms.Premi from Ashtanga Yoga Mandhir conducted the Yoga asanas for children.





18.06.2022 - 'Benefits of Yoga'

The 3rd event was conducted by BK.Manoharan at Hindu College, Mattakuliya on the topic of 'Benefits of Yoga'. BK.Inthu conducted the Yoga asanas.



19.06.2022 - 'Cool Head and Warm Heart'

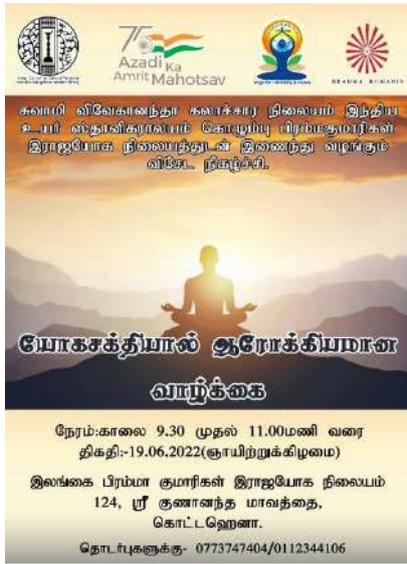
On 19th there were two events organized, one was at Kotehena Centre and other one at Dematagoda, for police officers. At Dematagoda, 37 Police officers participated. BK.Baskaran organized the event and BK.Ruwan gave the talk on 'Cool Head and Warm Heart'.





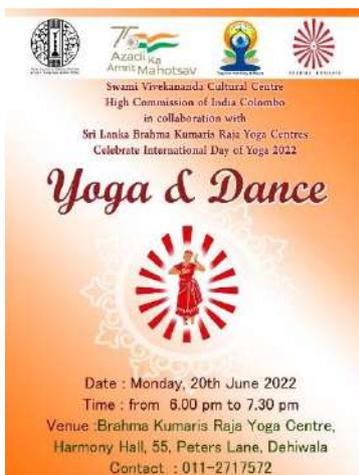
19.06.2022 - 'Healthy Life through Yoga'

The other event held at Kotehena and it was coordinated by BK.Priya and BK.Priyamvatha. Following Yoga asanas, BK.(Dr) Viji gave a talk on the topic of 'Healthy Life through Yoga'. Around 30 participants took benefit from the program.



20.06.2022 - 'Yoga and Dance'

20th event was conducted by BK.Thushy on the topic of 'Yoga and Dance'. She performed a dance, related to the subject and demonstrated few movements and she explained the connection of dance movements and Yoga asanas and did a presentation of the same. Technical support was given by BK.Puvanesh.





20.06.2022 - at Nuwara Eliya

On the 20th the same day BK.Vanitha, participated and conducted asanas and conducted meditation in a program organized in Nuwara Eliya by the Assistant Indian High Commission and Lions Club of Nuwara Eliya



21.06.2022 - Assistant High Commission for India at Kandy

BK.brother Ganesh, the National Co-Ordinator of Brahma Kumaris Sri Lanka was invited and participated the event with the team. The event hosted by Her excellency Dr.S.Athira, The AHC for India in Kandy was held at the Police Stadium from 8.45 am to 10 am. The chief guest was Central Province, Chief Secretary Hon.Gamini Rajaratne, along with His worship the Mayor Kesara Senanyake. Vice chancellor of Peradeniya University Prof.S.Lamawansa, Senior DIG of Police Sanjeeva Dharmaratne. Municipal Commissioner, and 25 other senior Govt. officials were present. 250 participants took benefit. BK Ganesh welcomed the 5 VIP'S with bouquets and gave blessing cards and godly gifts. BKS distributed blessing cards to all participants after a 10 minutes Meditation session by BK.Subadra and BK.Usha in Sinhala and Tamil respectively. Everyone was very happy as the atmosphere was charged with very calm, peaceful and powerful vibrations.





21.06.2022 - Final Day event at Colombo

The final day 21st June, High Commission of India, Colombo organized a grand event at Independence Square, Colombo with the support of Swami Vevekananda Cultural Centre and Colombo Yoga institutions. Brahma Kumaris conducted meditation at end of the event. BK Umakanthan was the instrument to conduct the meditation and the commentary was done in all three languages -Sinhala, Tamil and English. BK.Geetha, BK.Sivakumar, BK.Sivamsan, BK.Aji and BK.Rakshida were among the Yoga demonstrators on the stage. There were around 500 observers, around 30 BKs were among them. The programme began at 6.30am and ended at 7.30am. The theme was 'Yoga for Humanity'

Prime Minister Hon. Ranil Wikremasinghe graced the occasion as Chief Guest and few Ministers and very important people were some of the active participants.

Also, in Kandy Brahma Kumaris participated in the event organized by IHC, Kandy.

Altogether 27 events were organized by Brahma Kumaris to celebrate, IDY 2022, During the 20 days, (June 1st to June 20th) the events were organised in different themes in many venues, in 3 languages. The programs were focused more on quality to reveal the secrets and benefits of spirituality and Yoga, especially Raja Yoga.

Students, mothers, children, youth, elders, private company staffs, Sunday school students and many more benefited through these programs and had good experiences, enlightened with spiritual insights.

The events were supported by many members of Brahma Kumaris, Raja Yoga Centres Island wide which includes services of transportation, providing meals and Prasatham (Toli), arranging the venues, publicity, distributing blessing cards and providing technical support etc.

Special thanks to High Commission of India Colombo, Swami Vivekananda Cultural Centre (ICC) Colombo and Ashtanga Yoga Mandhir for their immense support to make all our events very successful. Very special thanks to Director of SVCC Dr. Rewant Vikram Singh and Brother Ganesh, National Coordinator, Brahma Kumaris , Sri Lanka who are our mentors.

Om Shanti and Thank you.

IDY team

Brahma Kuamris, Sri Lanka

(BK.Seelan, BK.Kohulan, BK.Ambiga, BK.Thushy ,BK.Chandra, BK.Anbumalar, BK.Kalyani, BK.Udaya)

The event link <https://youtu.be/5UGBw7w5ODYj>



Thank you.