

Press Release

Jammu, 2nd July 2022

National Launching Ceremony of Sports Campaign for the Awareness of “Mind Power Development through Rajyoga Meditation ” under the umbrella theme 2022-23 year of Spiritual Empowerment for Kindness & Compassion was organized at Om Shanti Meditation Center 248/ A, Brahma Kumaris Road Jammu, UT-JK in which 150 International, National & State Level Medalists(Police,CRPF& Students) of Jammu region were honored with trophies and other participants with Certificates.

Rajyogi BK Ravinder Bhai started the program with welcome words & introduction to the organization.

After candle lighting, the keynote speaker of the program National Coordinator Sports Wing RERF BK Jagbir who had come from Academy for better world Gyansarovar, Mount Abu Rajasthan while sharing the techniques of Mind power development through meditation told that Rajyoga meditation is not only beneficial to our mind but also for our body. He said that Rajyoga meditation help to concentrate the scattered mind & if we regularly practice it then it will be very helpful for sports.

National Coordinator Sports RERF Rajyogi brother BK Meher Chand who had come from Karnal, told about how we can empower our mind through Meditation .

The chief guest of the program, Sardar Farooq Khan (IPS, Former Advisor to Lt. Governor JK) told that I have attended the Brahma Kumaris program before, & here I feel peace of mind. He also told that

Raja Yoga meditation will not only be beneficial for us in sports but it is essential for every field of life .

Special guest Sh. Gopal Sharma (Secretary Charitable Trust) ji told that the Brahma Kumaris are trying to bring a new change in the society by giving their services in every field, their services are commendable.

Rajyogini BK Sudarshan Didi Ji (Northern Zone Coordinator Sports Wing RERF and I/C Brahma Kumaris JK/Ladakh) gave auspicious inspirations to all and got them to practice Raja Yoga Meditation.

BK Nirmal, BK Surinder, BK Purn, BK Mann, BK Rohtas, BK Neelam and BK Sarita were also present in the program, along with Mr. Ashok Kumar (Divisional Officer Sports Council , Jammu J&K), Mr. Ashutosh Sharma (President Jk Olympic Association) , Mr. Sukhdev Sharma (Jammu District Sports Officer) were present as a special guest.

Kumari Ramaya welcomed the guests with a welcome dance. In the end all the medal winners were awarded with trophies and other participants with certificates and Godly gifts were presented to the guests.