**TENTATIVE AGENDA**

**29th Annual Meeting & Experiential Retreat**

**Theme: “Light, Might and Divine Insight”**

**Date:** 10th – 14th April, 2024

**VENUE:** Divya-Anubhuti Hall, Anand Sarovar, Shantivan

**Organisers:** SpARC Wing of RERF, Brahma Kumaris, Mt. Abu

***Day One: 10thApril, Wednesday, 2024***

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| 05:00 PM -05:05 PM | **Prabhu Smriti (meditation)** |
| 05:05 PM -05:15 PM | **Welcome-**BK Alka Behn (Kalyan), Zonal Coordinator, SpARC Wing, Maharashtra |
| 05:15 PM -05:20 PM | **AvyaktBapDada’s Blessing to SpARC Wing** (Video) |
| 05:20 PM -05:30 PM | **SpARC Meeting Agenda Briefing -**BK Sanjay, HQs Co-ordinator, SpARC, Gyan Sarovar |
| 05:30 PM -06:15 PM | **Presentation of Project Report of the year 2023-24 by their coordinators****-** BK Chaya, Core Group Member, SpARC Wing, Bengaluru**-** BK Tanuja (Ambarnath), Joint Zonal Coordinator, SpARC Wing, Maharashtra**-** BK Yeshu, Coordinator, SpARC Wing, ORC, Delhi**-** BK Rupesh, Core Group Member, SpARC Wing, Gyan Sarovar, Mount Abu |
| 06:15 PM -06:30 PM | **Briefings on Current Self Progress Projects taken for the year 2024-25****-** BK Vinay Pandya,Core Group Member, SpARC, VallabhVidya Nagar, Gujarat |
| 06.30 PM -06.35 PM | **Inauguration of the Meeting (Candle Lighting)** by.....**-** Dadiji, BK Nirwair Bhaiji, BK Brijmohan Bhai Ji, BK Mohini Didi, BK Jayanti Didi, BK Sudesh Didi, BK Ambika Behn Ji and other senior sisters & brothers |
| 06:35 PM -06:50 PM | **Aim and Objectives of SpARC (Expectations of BapDada, Dadi ji and Ramesh Bhai Ji****-** BK Shrikant, National Coordinator, SpARC Wing, Gyan Sarovar |
| 06:50 PM -07:05 PM | **Guidelines on “Vision & Mission of SpARC Wing Services”as per BapDada’s Direction****-** BK Ambika Behn Ji, Chairperson, SpARC, Bengaluru |
| 07:05 PM -07:10 PM | **Inspirations :****-** BK Nirwair Bhaiji, Secretary General, Brahma Kumaris**-** BK Brijmohan Bhaiji, Additional Secretary General, Brahma Kumaris |
| 07:10 PM -07:15 PM | **Blessings by Respected Dadi Ji** |
| 07:15 PM -07:30 PM | **Greetings :****-** BK Mruthyunjayabhaiji (Executive Secretary, Brahma Kumaris)**-** BK Surya Bhaiji (Senior Rajyogi & Principal Advisor to SpARC Rajyoga Lab), Madhuban |
|  | **TOLI & BLESSINGS** |
| **Stage Co-ordinator** – BK Rupesh, Core Group Member, SpARC Wing, Gyan Sarovar, Mt. Abu |

***Day Two: 11th April, Thursday, 2024***

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| 04:00 AM -04:45 AM | **Powerful Amritvela Experiencing Amritvela****-** BK Surya Bhaiji (Senior Rajyogi& Principal Advisor to SpARCRajyoga Lab), Madhuban |
| 06:30 AM -8:00 AM | **Murli Class** |
| 09.30 AM -10:00 AM | **Creative Meditation** |
| 10:00 AM -11:00 AM  | **Master Class & Yog –** Sanskaar Parivaratan se Sansaar Parivartan**-** BK Saroj Behn Ji – Zonal Coordinator, SpARC Wing Delhi and Delhi NCR |
| 11:00 AM -11:30 AM | **Break** |
| 11:30 AM- 01:00 PM | **Project 1 -** **Secrets of Self Progress** **-** BK Ambika Behn Ji, Chairperson, SpARC Wing, Begaluru |
| 01:00 PM -04:15 PM | **Lunch & Rest** |
| 04:15 PM -04:45 PM | **Creative Meditation -**  |
| 04.45 PM -05:15 PM | **Research presentation -Kanishk** |
| 05:15 PM -05:45 PM | **Yog ke Prayog, Sakash – BK Rakhi** |
| 05:45 PM -06:15 PM | Presentations: MoU, Research Collaboration and R & D |
| 06:15 PM -06:30 PM | **Break** |
| 06.30 PM -07.30 PM | **Numah Sham Powerful Yog Prayog** - BK Shrikant, National Coordinator, SpARC Wing, BK Ambika Behnji & Senior Sisters |
| 07:30 PM -08:30 PM | **Dinner** |
| 08:30 PM -09:30 PM | Master Class & Yog **–**  Brahman Jivan Ki Mukhya dhaarnayein- BK Atam Prakash Bhai (Toli) |
| 09:30 PM -09:45 PM | **Good Night Meditation** (Giving Chart and Letter to Baba) |

***Day 3: 12thApril, Friday, 2024***

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| 04:00 AM-04:45 AM | **Experiencing Loveful Amritvela** |
| 06:30 AM-8:00 AM | **Murli Class** |
| 09.30 AM -10:00 AM | **Creative Meditation** |
| 10:00 AM -11:00 AM  | **Master Class & Yog –**Behad ki Vairagya Vritti- BK Alka Didi – Zonal Coordinator (SpARC Wing, Maharastra) |
| 11:00 AM -11:30 AM | **Break** |
| 11.30 PM -01.00 PM | **Project 2 – Baap Samaan Vyakt Se Avyakt ki Ore** **-**BK Surya Bhai ji |
| 01:00 PM -04:15 PM | **Lunch & Rest** |
| 04:15 PM -04:45 PM | **Creative Meditation**  |
| 04.45 PM -06:15 PM | **Parallel discussion** |
| 06:15 PM -06:30 PM | **Break** |
| 06.30 PM -07.30 PM | **Experiencing Sweet Silence with Music**  |
| 07:30 PM-08:30 PM  | **Dinner** |
| 08:30 PM-09:30 PM | Local Chapter Presentations -BK Sumalatha Behn, LC Coordinator, Shantisarovar, HyderabadPatna, Kankadbaug, BK Ruby Behn, Jalgaon, Pune, Delhi |
| 09:30 PM -09:45 PM | **Good Night Meditation** (Giving Chart and Letter to Baba) |

***Day Four 13th April, Saturday 2024***

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| 04:00 AM -04:45AM | **Experiencing Blissful Amritvela**- by BK Surya Bhaiji |
| 06:30 AM -8:00 AM | **Murli Class** |
| 09:30 AM -10:00AM | Creative meditation |
| 10:00 AM -11:00AM | **Master Class & Yog-** Zero Waste Thinking -Being Light- BK Anita Didi- Zonal Coordinator (SpARC Wing, Punjab) |
| 11:00 AM -11:30PM | **Break** |
| 11:30 AM -12:30PM | **Master Class & Yog** - Sakaar Baba aur Mamma ke sang kaa Anubhav- BK Sudesh Didi – Joint Adminisitrative Head (Brahmakumaris) & Director (GyanSarovar) |
| 12:00PM-01:00PM |  **Master Class & Yog - Good Wishes and Soul Consciousness Stage** |
| 01:00-04.00PM | **Lunch & Rest** |
| 04:15-04:45PM | **Creative Meditation** |
| 04:45-05:30PM | **Research Methodology for Self Progress Projects- BK Ramjayam Bhai** |
| 05:30-06:15 PM | **SpARC Road-Map and Future Action Plan – BK Shrikant Bhai** |
| 06:15-06:30 PM | **Break** |
| 06:30-07:30PM | **NumaShaam Yog** |
| 07:30-08:30PM | **Dinner** |
| 08:30-09:30PM | **Q & A** |

***Day Five: 14th April, Sunday 2024***

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| 04:00-04:45 AM | **Experiencing Peaceful Amritvela-** by BK Rupeshbhai, Gyan Sarovar |
| 06:30 -8:00 AM | **Murli Class** |
| 09:30-10.00 AM | **Creative Meditation** |
| 10.00-11.00 AM | **Sakar Baba ke Sang Anubhav**  |
| 11:00-11:30 AM | **Break** |
| 11:30-13:00 | **Concluding Session and Experience Sharing** |

**Main Program Coordinators-**

**Back Stage Coordinators -**

**NOTE:** 1. The date and time of meeting with Dadis/Seniors is subject to change based on their availability.

2. 11, 12, 13 and 14th April, 2024 – Daily one hour meeting for Core Group Members and Zone-Subzone

Coordinators (4 pm)

**Name of the Guides and Co-ordinators for the Projects**

**Project 01**

**Topic : Secrets of Self Progress**

**Guide : Rajyogini BK Ambika Didi Ji**

**Co-ordinators : BK Shrikant, National Coordinator, SpARC Wing**

**BK Sanjay Bhai, HQs Coordinator SpARC Wing and BK Sanjib, Scientist ‘F’, Core Group Member SpARC Wing**

**Facilitators : BK Samina Behn, BK Avinash Bhai**

**Project 02**

**Topic : Baap Samaan Vyakt Se Avyakt ki Ore**

**Guide : Rajyogi BK Surya Bhai Ji**

**Co-ordinator : Bk Rupesh bhai**

**Facilitator : BK Vinay Pandya Bhai**