

## Agenda

30<sup>th</sup> SpARC Annual Meeting & Experiential Retreat

**Theme: "Enlighten Your-Self Through Power of Silence"**

**Date:** 28<sup>th</sup> March–01<sup>st</sup> April, 2025

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

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

### **Day1: 28<sup>th</sup> March 2025, Friday**

09:30-10:00AM	<b>Experiencing Swaman (Yog)</b> – BK Yesu Behn, Coordinator, SpARC Wing, ORC
10:00-10:05AM	<b>Inviting Seniors on the Stage</b>
10:05-10:10AM	<b>Prabhu Smriti (Meditation)</b>
10:10-10:20AM	<b>Avyakt BapDada's Blessings to SpARC Wing (Video)</b> <b>Blessings</b> by Dadi Janki Ji (Video) <b>Inspirations:</b> BK Ramesh Bhai Ji, Former Chairperson, SpARC Wing BK Usha Bhen Ji, Former Vice Chairperson, SpARC Wing
10:20-10:25AM	<b>Welcome-</b> BK Alka Didi, Zonal Co-ordinator, SpARC Wing, Mah.
10:25-10:35AM	<b>Agenda Briefing</b> - BK Sanjay Bhai, HQs Co-ordinator, SpARC Wing, Mount Abu
10:35-10:40AM	<b>Aim and Objectives of "30<sup>th</sup> Annual SpARC Meeting &amp; Experiential Retreat, 2025"</b> - BK Shrikant, National Co-ordinator, SpARC Wing, Mount Abu
10:40-10:55AM	<b>Guidelines on "Vision &amp; Mission of SpARC Wing Services" as per BapDada's direction</b> -BK Ambika Didi Ji, Chairperson, SpARC Wing
10:55-11:05AM	<b>Inauguration of the Meeting (Candle Lighting) by</b> -By BK Mohini Didi Ji, Addl. Chief of Brahma Kumaris, BK Sudesh Didi Ji, Jt. Chief of Brahma Kumaris, BK Karuna Bhai Ji, Addl. Secretary General, Brahma Kumaris, BK Mruthyunjay Bhai Ji, Addl. Secretary General, Brahma Kumaris BK Ambika Didi Ji, Chairperson, SpARC Wing and Senior Sisters & Brothers of SpARC Wing
11:05-12:00PM	<b>Inspirations:</b> - BK Sudesh Didi Ji, Jt. Chief of Brahma Kumaris - BK Karuna Bhai Ji, Addl. Secretary General, Brahma Kumaris - BK Mruthyunjay Bhai Ji, Addl. Secretary General, Brahma Kumaris - BK Ramnath Bhai Ji, Senior Rajyoga Teacher & HQs Coordinator, Religious Wing, Madhuban
12:00-12:05PM	<b>Greetings:</b> - BK Durgesh Didi, Sub Zone Coordinator Bhubaneswar and BK Pradeep Malhotra, Core Group Member, SpARC
12:05-12:20PM	<b>Presentation of Project Report of the year 2024-25 by Project Co-ordinator</b> - BK Rupesh, Core Group Member, SpARC Wing, Mount Abu
12:20-12:35PM	<b>Briefings on Current Self Progress Projects taken for the year 2025-26</b> - BK Vinay Pandya, Core Group Member, SpARC, Vallabh Vidya Nagar, Gujarat
12:35-12:45PM	<b>Homage to...</b> BK Arun Bhai, Former HQs Coordinator, SpARC Wing BK Nalini Behn, LC Coordinator, SpARC Wing, Naranpura, Ahmedabad BK Shiv Prasad, Faculty, SpARC Wing
12:45-12:50PM	<b>Releasing Newly Published Books and Project Reports</b>
	<b>BLESSINGS &amp; TOLI Distribution</b>
	<b>Stage Co-ordinator–</b> BK Rupesh, Core Group Member, SpARC Wing, Gyan Sarovar, Mount Abu
01:00-04:00PM	<b>Lunch, Rest &amp; Tea</b>
04:00-04:30PM	Creative Rajyoga – BK Lovely behn, LC Co-ordinator, SpARC Wing
04:30-06:00PM	<b>Project 1-"Vaykt Se Avyakt ki Ore (व्यक्त से अव्यक्त की ओर)"</b> - BK Surya Bhai ji, Senior Rajyogi, Advisor SpARCRajyoga Research Programs
06:00-06:30PM	<b>Break</b>
06:30-07:30PM	<b>Numahsham Yog-Prayog</b> - BK Ambika Didi Ji and BK Alka didi with 5 BK Teachers on Stage
07:30-09:00PM	<b>Dinner</b>
09:00-10:00PM	<b>Presentations:-</b> Mansa Sakash, Yog-Prayog Report - BK Rakhi Behn, Faculty, SpARC Wing

	Brief Report on Breast Cancer Patients, AIIMS Patna- BK Ruby, Hajipur Bihar Experiencing Intense Meditation - BK Banshidhar Bhai, Ex Professor, Bhubanswar
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### **Day2: 29<sup>th</sup> March 2025, Saturday**

03:30-04:45AM	<b>Experiencing Powerful Amritvela</b> - BK Rupesh Bhai, Core Group Member ,SpARC Wing
07:00-08:15AM	<b>Murli Class</b> – BK Dr. Savita Didi, Senior Rajyoga Teacher, Mount Abu
08:15-09:30AM	<b>Breakfast</b>
09:30-10:00AM	<b>Creative Rajyoga</b> - BK Chaya Behn, Core Group Member, SpARC Wing
10:00-11:30AM	<b>“श्रेष्ठ स्थिति और शक्तिशाली वायुमण्डल द्वारा परमात्म प्रत्यक्षता”</b> -BK Ambika Didi Ji, Chairperson, SpARC Wing
11:30-12:00PM	<b>Break</b>
12:00-1:00PM	<b>SpARC -An Overview</b> BK Shrikant Bhai , BK Pradeep Malhotra Bhai, Core Group Member & BK Dr Ramajayam Bhai, Core Group Member
01:00-04:00PM	<b>Lunch, Rest&amp; Tea</b>
04:00-04:30PM	<b>Creative Rajyoga</b> – BK Rajiv Gupta, Faculty SpARC Wing, Mumbai
04:30-05:30PM	<b>Project 2- “श्रेष्ठ ब्राह्मण जीवन का आधार-श्रेष्ठ संस्कार”</b> - BK Shrikant, National Co-ordinator, SpARC Wing, Mount Abu - BK Sanjay Bhai, HQs Co-ordinator, SpARC Wing, Mount Abu
05:30-06:00 PM	<b>Break</b>
06:00-07:00PM	<b>“प्रकृतिजीत-विघ्नप्रूफ स्थिति”</b> - BK Sudesh Didi Ji, Jt. Chief of Brahma Kumaris
07:00-07:30PM	<b>Numahsham Yoga-Prayog</b> - ( 7 Sisters on stage)
07:30-09:00PM	<b>Dinner</b>
09:00-10:00PM	<b>Live demo of Brain Map Recording of Rajyoga Meditators</b> <b>Rajyoga Research Findings</b> – BK Dr Ramjayam bhai, Core Group Member, SpARC Wing

### **Day3: 30<sup>th</sup> March 2025, Sunday**

03:30-04:45AM	<b>Experiencing Powerful Amritvela</b> – BK Ambika Didi ji, Chairperson, SpARC Wing
07:00-08:15AM	<b>Murli Class</b> – BK Geeta Didi, Senior Rajyoga Teacher, Shantivan
08:15-09:30AM	<b>Breakfast</b>
09:30-10:00AM	<b>Creative Rajyoga</b> – BK Ekta Behn , Core Group Member, SpARC Wing
10:00-11:00AM	<b>Power of Sakaash- Experiments in Silence</b> - BK Raju Bhai Ji, SeniorRajyoga Teacher, Vice President - Rural Wing, Madhuban
11:00-11:30AM	<b>Break</b>
11:30-12:30PM	<b>Project 3- “परमात्म सानिध्य से सम्पूर्णता की ओर”</b> - BK Alka Didi (Kalyan), Zonal Co-ordinator, SpARC Wing, Mah. - BK Tanuja behn, Jt. Zone Co-ordinator, SpARC Wing, Mah.
12:30-1:00 PM	<b>Prabhu Ratna Contest</b> :- A brief report by BK Swati, Nigdi, Pune
01:00-04:00PM	<b>Lunch, Rest &amp; Tea</b>
04:30-06:00PM	<b>Parallel Sessions for Project- 1, 2 &amp; 3</b>
06:00-06:30PM	<b>Break</b>
06:30-07:30PM	<b>Numahsham Yoga-Prayog</b> -BK Shrikant Bhai – National Co-ordinator, SpARC Wing
07:30-09:00PM	<b>Dinner</b>
09:00-10:00PM	<b>“16 Principles of Spirituality &amp; Science and 7 Stages to Experience Rajyoga”- Training</b> - BK Hemalatha Behn, Core Group Member, SpARC Wing - BK Rani Behn (Kalyan, Mah) SpARC Wing Active Member <b>Good Night Mediation</b>

### **Day4: 31<sup>st</sup> March 2025, Monday**

03:30-04:45AM	<b>Experiencing Powerful Amritvela</b> - BK Ambika Didi ji, Chairperson, SpARC Wing
07:00-08:15AM	<b>Murli Class</b> - BK Ambika Didi ji, Chairperson, SpARC Wing
08:15-09:30AM	<b>Breakfast</b>

09:30-10:00AM	<b>Creative Rajyoga</b> - BK Durgesh Behn, Sub Zone Co-ordinator Bhubaneswer, SpARC Wing
10:00-11:00AM	<b>New Avenues for SpARC Services</b> - BK Dr Sushil Chandra and BK Pradeep Bhai, Core Group Members, SpARC Wing
11:00-11:30AM	<b>Break</b>
11:30-12:30PM	<b>"Being Smriti Swaroop"</b> - BK Mohini Didi Ji, Addl. Chief of Brahma Kumaris
12:30- 01:00 PM	<b>Art of Introspection</b> - BK Chaya Behn ,CORE GROUP MEMBER ,SpARC wing
01:00-04:30PM	<b>Lunch, Rest &amp; Tea</b>
04:30-05:00PM	<b>Creative Rajyoga</b> - BK Kumud Behn, Sr Rajyoga Teacher, Bhilwara, Rajasthan
05:00-07:30PM	<b>Final Project Proposal Presentations</b> <b>Experience Sharing</b> <b>Concluding Session</b> - BK Ambika Didi Ji( Chairperson), BK Alka Didi (Zonal Co-ordinator) and SpARC Seniors <b>(Puppet Show)</b> – BK Veena Behn, Active SpARC Membere, Bhyendar, Mumbai <b>Stage Co-ordinator- BK Sanjay Bhai, HQs Coordinator, SpARC Wing</b>
07:30-09:00PM	<b>Dinner</b>
09:00-10:00PM	<b>SpARC Wing Services at Mahakumbh, Prayagraj</b> – BK Rani Behn, Active Member, SpARC Wing <b>Zone / LC SpARC Wing Services Presentations</b>

**Day5: 01<sup>st</sup> April 2025, Tuesday**

03:30-04:45AM	<b>Experiencing Powerful Amritvela</b>
07:00-08:15AM	<b>Murli Class</b> - BK Alka Didi, Zonal Co-ordinator, SpARC Wing
08:15-09:30AM	<b>Breakfast</b>

**Departure for World Service**  
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**Note: The schedule is subject to change based on the availability of seniors or other reasons.**

**Swa-Unnati Project Details**

**Project 01**

**Topic** : “व्यक्त से अव्यक्त ओर”  
**Guide** : BK Surya Bhai ji, Senior Rajyogi, Advisor SpARC Rajyoga Research Programs  
**Co-ordinator** : BK Rupesh Bhai, Core Group Member, SpARC Wing, Mount Abu

**Project 02**

**Topic** : “श्रेष्ठ ब्राह्मण जीवन का आधार- श्रेष्ठ संस्कार”  
**Guide** : BK Shrikant Bhai, National Coordinator, SpARC Wing  
BK Sanjay Bhai, HQs Coordinator, SpARC Wing  
**Co-ordinators** : BK Samina Behn, Faculty SpARC Wing  
**Facilitators** : BK Vinay Pandya Bhai, Core Group Member, SpARC Wing  
BK Avinash Bhai, Core Group Member , SpARC Wing

**Project 03**

**Topic** : “परमात्म सानिध्य से सम्पूर्णता की ओर”  
**Guide** : BK Alka Didi, Zonal Co-ordinator SpARC Wing  
**Co-ordinators** : BK Tanuja Behn, Joint Co-ordinator , SpARC Wing  
BK Rakesh Bhai, Core Group Member, SpARC Wing  
BK Ramarao Bhai, Faculty, SpARC Wing  
**Facilitators** : BK Mahendra Bhai , Faculty, SpARC Wing and BK Sham Bhai, Faculty, SpARC Wing