



Newsletter

ORC REPORTER

Brahma Kumaris

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Dadi Gulzar

“Happiness is natural when you live with simplicity and truth.”

Raja Yoga is considered an esoteric discipline, primarily of interest to the spiritually inclined. In reality, in its most practical form, Raja Yoga enables us to lead a healthy and happy life.

It is a path of self-discipline wherein the seeker practices self-control, detachment from worldly things, concentration and meditation to achieve Self-realisation. Even when one is making one's way to Self-realisation, practice of Raja Yoga brings inner peace and clarity.

The discipline required for the practice of Raja Yoga naturally brings about a healthy lifestyle, as a pure way of life, with moderation in diet, and good habits that contribute to physical and mental well-being. Raja Yoga consists of eight steps: self-control, discipline, physical exercises, breathing exercises, withdrawing the senses from external objects, concentration, meditation, and realisation. The principles of non-violence, truthfulness, and complete purity of mind are inherent in these steps.

Rajyogi BK Brijmohan

Secretary-General,
Brahma Kumaris, Mt Abu



BK Brijmohan, Secretary-General of the Brahma Kumaris, Mount Abu, & BK Asha met the **Hon'ble President of India, Smt. Droupadi Murmu**, at Rashtrapati Bhavan, New Delhi



Brahma Kumaris Secretary-General, BK Brijmohan, in conversation with **Luís Roberto Barroso, Chief Justice of Brazil**



BK Asha, Director of the Om Shanti Retreat Centre addressing a seminar organized by the **Ministry of Information & Broadcasting, Government of India**, for its officers and staff

Highlights

Education



A 3-day national conference on the theme **Spiritual Knowledge for a Better Life** was organized for academic leaders and educators at Om Shanti Retreat Centre

Rural



Shri Jagdish Yadav, Chairman, Commission for OBCs, Govt. of NCT of Delhi at the conference for farmers

Women



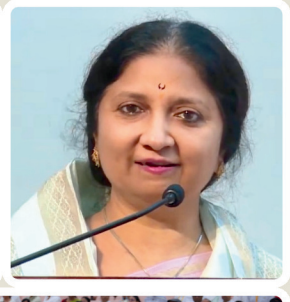
The national conference on **'Women: Saviour of Culture'** was attended by Mrs. Meenakshi Lekhi, Former Minister of State for External Affairs of India, and others dignitaries at the Om Shanti Retreat Centre

Security Services



A three-day National Dialogue on **Self-Empowerment for Coping with Challenges** for Security Forces' Personnel was held at ORC

Social Service



Ms. Monali Dhakate, JS, Ministry of Social Justice and Empowerment, GoI attended the National Conference for Social Workers

Highlights



BK Vidhatri greets **Shri Hari Babu Kambhampati, Hon'ble Governor of Mizoram**, during the Nasha Mukh Bharat Abhiyaan program at Raj Bhavan, Mizoram



BK Husain in conversation with **Shri S.P. Singh Baghel, Hon'ble Minister of State for Fisheries, Animal Husbandry & Dairy, and Panchayat Raj, Government of India**



BK Vidhatri facilitated a Stress-Free Lifestyle program for the members, officers, and staff of the **Bihar Legislative Council**



BK Yeshu conducted a session on Stress-Free Administration at the **Collector Office** in Amreli, Gujarat



Insightful views on the purpose of religion were shared by BK Husain during an interfaith dialogue at the **National Commission for Minorities, Government of India**



Stress management session at the Orientation Programme for Functional Directors of CPSEs, organized by the **Department of Public Enterprises, Government of India**



Ethics in Governance session for the Executive Director, CGMs, GMs, and senior officers of **Indian Oil Corporation Ltd**



Session on practical meditation at the **Ministry of Mines, Gol** for the Joint Secretaries, Directors, and senior officials

Highlights



A **three-day All India Sadhu-Sant Mahasammelan** was held at the **Brahma Kumaris Om Shanti Retreat Centre**, centered on the theme '**Pavan Shreshthachari Sukhmaya Bharat ki Punaresthapana mein Dharm Satta ka Yogdan**'



Diwali Celebrations at the Om Shanti Retreat Centre, filled with light, joy, and spiritual renewal



BK Divya conducted a session at the **National Brain Research Centre** for the scientists



BK Surnaina and BK Parul led a seminar on positive attitude at **JD Institute of Fashion and Technology, Delhi**



Brahma Kumari Husain with Singh Sahib Giani Harpreet Singh, Dr. Imam Umer Ahmed Ilyasi, Acharya Lokesh Muni, H.E. Ling Rinpoche, & Fr Herman Norbert at the **Interfaith Global Summit** in Amritsar



Business leaders from **Canada** after a five-day **silence retreat** at the Om Shanti Retreat Centre

