

## REPORT OF PROGRAMS BY DR. SHRIMANT IN NOTHERN REGION

- 1) The public talk was held on 16th May 2017 at Safira Country Club, Seberang Jaya, Penang and jointly organised by Brahma Kumaris Malaysia & Penang State Hindu Youth Council. The talk was attended by 121 participants.

Dato' Dr G P Doraisamy, DSPN (Penang) DJN., PKT., PJK (Guest of Honour for the event). Dr Shrimant's enlightened talk, enabled the participants to acquire the new methods to control the diabetics and also on how to prevent from getting the disease in future. Some of the participants also requested the Organising Committee to regularly conduct health related talk/workshop to give more awareness & also a number of participants shown interest to participate the holitics treatment being conducted at Global Hospital.



- 2) After arriving late at night from the mainland program, Dr Shrimant and Bro Surendran showed their discipline of amrit vela and murli. He read the murli with great love for Baba's teachings. His brief sharing of his journey showed his true dying alive and surrender for Baba's yagya and seva. The public program drew many new ones and filled the hall. All took great benefit especially the importance of exercise. It was good to make it enjoyable, fun, easy and simple and being happy like dancing. An inspiration to spark sessions of 'exercise for healthy living' as it's a need of the time.

