

## **MALAYSIAN SERVICE REPORT ON INTERNATIONAL DAY OF YOGA**

### **UN International Day of Yoga, Sunday, 20 June, 2021**

The Brahma Kumaris Malaysia held a Virtual Program to commemorate the celebration of the UN International Day of Yoga. The Program was fully supported by the Indian High Commission of India Kuala Lumpur

**BK Letchumanan**, President of Brahma Kumaris Malaysia, welcomed and thanked H.E. Shri Mridul Kumar, Indian High Commissioner in Malaysia, for the partnership in the virtual celebration of the UN International Day of Yoga (IDY) on Sunday, 20 June 2021. He briefly spoke on the importance of meditation for personal development especially in the very challenging pandemic times .

**H.E. Shri Mridul Kumar** acknowledged his thanks on behalf of the Indian High Commission and the Indian world community. He conveyed their greetings and the invitation of Brahma Kumaris Malaysia to be partners in the celebration. He praised the Brahma Kumaris worldwide for their extraordinary work in the upliftment of people especially in difficult times when the world needs a healing touch.

Following the opening address, a video on the demonstration of Hatha Yoga Exercise, led by **BK Ami Lee**, Yoga Instructor was shown. This chair exercise was particularly useful for those who have difficulty in performing yoga on the floor. Many participants found the hatha yoga easy to practice at home and in office

This was followed by a Talk on **“Holistic Benefits of Yoga”** by **BK Rajayogini Sujatha Rathi, Certified Health, Dietetics & Nutrition Expert** and also **Professional Fitness Advisor & Trainer** from the Global Hospital, Mt. Abu, Rajasthan. At the end of her talk Rajayogini Sujatha gave a live yoga demonstration followed by an entertaining Laughing Yoga.

The program culminated with a powerful Talk on **“Healing Body, Mind & Spirit through Ancient Raja Yoga”** leading to a powerful Meditation Experience by **BK Rajayogini Didi Meera Nagananda, Director of Brahma Kumaris Malaysia**. Rajayogini Meera shared a Step by Step practice of ancient Raja Yoga Meditation and also the benefits of Raja Yoga  
Virtual Blessings were presented to all present at the Celebration.

Lots of Love  
From BK Meera  
For Malaysian Family

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# UN INTERNATIONAL DAY OF YOGA ~ 2021

