

# 1<sup>st</sup> Online National Kumaris Retreat



ORGANIZED BY BRAHMA KUMARIS MALAYSIA

## NATIONAL KUMARIS RETREAT

“DEPTH & DEFINITION OF SURRENDER”

**DATE : 20 – 21 MAR 2021**

**FOR FURTHER DETAILS:**

**012 - 391 6459**

BK MEERA NAGANANDA  
Director of Brahma Kumaris  
Malaysia

BK SANTOSH KUKREJA  
Director of Brahma Kumaris  
St. Petersburg, Russia

We welcome all Kumaris, those AGE ABOVE 12 YEARS OLD & FOLLOW ALL MARYADAS to join us!  
WHY WAIT ? Kindly register now at your respective centre !



# Retreat summary

1<sup>st</sup> online National Kumaris Retreat (Malaysia) was held on 20<sup>th</sup>-21<sup>st</sup> March 2021. This retreat was blessed with the presence and classes from respected Meera didi (Malaysia), Santosh didi (Russia) and Letchu bhai (Malaysia). 108 kumaris from Malaysia and Singapore participated and took benefit from this online retreat.

Retreat started at 9.30am on Saturday (20/03/21) and ended at 1.30pm on Sunday (21/03/21) All the sessions during retreat were enlightening , fun and experiential. This includes retreat inauguration with candle / lamp lighting, workshop with break rooms ( sharing among participants), quiz on murli, yoga bhatti on 5 forms drill, specialities of kumaris, ancestor souls' drishti, reflection sessions (writing down realizations in silence) and powerful class by Meera didi ( " Feeling of belonging" ) , class by Santosh didi ( " Depth and Definition of Surrender" ), class by Letchu bhai ( " Faith Brings Victory" ).

Besides that, kumaris also had the chance to share what they have learnt and realized during this retreat through sharing session on the second day of retreat. This was followed by blessings ceremony whereby each participant's blessing card was projected on screen (with their names on each unique blessing card). These blessing card together with compilation of BapDada's versions for kumaris ( in pdf format ) were sent to each participant as a "gift" from BapDada for this retreat.



# Sharing from participants

- Participants were happy that they had the opportunity to be with the kumaris from all over Malaysia and Singapore. They experienced powerful vibration throughout the retreat.
- Participants from centres in Malaysia which are far away from main centres especially were very grateful for such an opportunity to be in this powerful gathering as they missed the gathering of Brahmins especially during lock down period.
- Some participants shared that classes from seniors during retreat inspired them to strengthen their commitment and love for Baba.
- Audio visual aspects of this retreat was also appreciated by participants especially yoga bhatti session as the Technical Team made yoga bhatti experiential
- Panel discussion session was also well received by participants as sharing from all the panelists made them recall and appreciate their zeal and enthusiasm during their childhood days of Brahmin life. They were also happy and inspired hearing the different types of efforts that each Baba's kumaris made and are making especially during Covid / MCO.
- Overall, all the participants especially new and young kumaris took benefit and learnt a lot through this retreat. Everyone is looking forward for such retreats in future too.



**Panel discussion**



**Workshop with break rooms**



**Sharing session**

*Om Shanti*