



# NEWS LETTER

*Online Events*

**APRIL - MAY 2020**

**Brahma Kumaris, Frankfurt, Germany**

# Online Services - *April - May*



## *Public*

1. Kids Workshop- 4 sessions
2. ART of Positive Thinking
3. Stress Free Living –  
Workshop
4. Rajyoga Course
5. Live Session on Official  
Face Book Page of  
Consulate General of  
India, Frankfurt

## *BKs*

1. Hindi Online Bhatthi for  
3 days
2. Silence Bhatthi – Full  
Germany- 2 days
3. Godly Movie Time
4. Virtuescope Workshop
5. Thursday & Weekend  
Hindi Murli Session with  
Seniors



**IGNITE**

# ONLINE WORKSHOP FOR KIDS

## 3 Sessions

Age Group: **8 – 12 Years**

How many participated: **30**

Participating  
Countries

Singapore, Muscat, Abu Dhabhi,  
Canada, USA, India, Germany

**online**  
**KIDS WORKSHOP**  
**8 – 12 Years**

April 19<sup>th</sup>  
13:00 – 14:30  
April 26<sup>th</sup>  
13:00 – 14:30  
May 3<sup>rd</sup>  
13:00 – 14:30

**Creativity, Yoga,  
Meditation, Games**

**In English & Hindi**

**Workshop is Free  
Registration is essential  
Register on  
[bkgermany.eventbrite.com](http://bkgermany.eventbrite.com)**

**3 Optional Dates  
Limited Seats**

**BRAHMA KUMARIS  
WORLD SPIRITUAL UNIVERSITY  
Lindenau 7, 60433 Frankfurt Main, Germany  
info.events@brahmakumaris.de www.brahmakumaris.de**

*Workshop shall be through Zoom meetings. The Meeting ID and password shall be shared through Eventbrite registrations  
If you don't have a Zoom app, download for free from [www.zoom.us](http://www.zoom.us) If any difficulty please reach out on above email*

**WHAT DO WE NEED?**

- Round Paper Plate (Plain White Paper)
- Colour Pencils
- Punch Machine
- Scissors
- String / Thread
- Note Book
- Pen





# ACTIVITIES IN KIDS WORKSHOP

## **Aim**

To develop EQ (Emotional Quotient)  
& to make kids aware of their feelings



1. Story telling
2. Craft activities – Mask making
3. Sharing their feeling in lockdown
4. Inspirational Videos
5. Drawing with theme
6. Singing Song
7. Meditation



# ART OF POSITIVE THINKING

**30 Participants**

**Aim of Course**

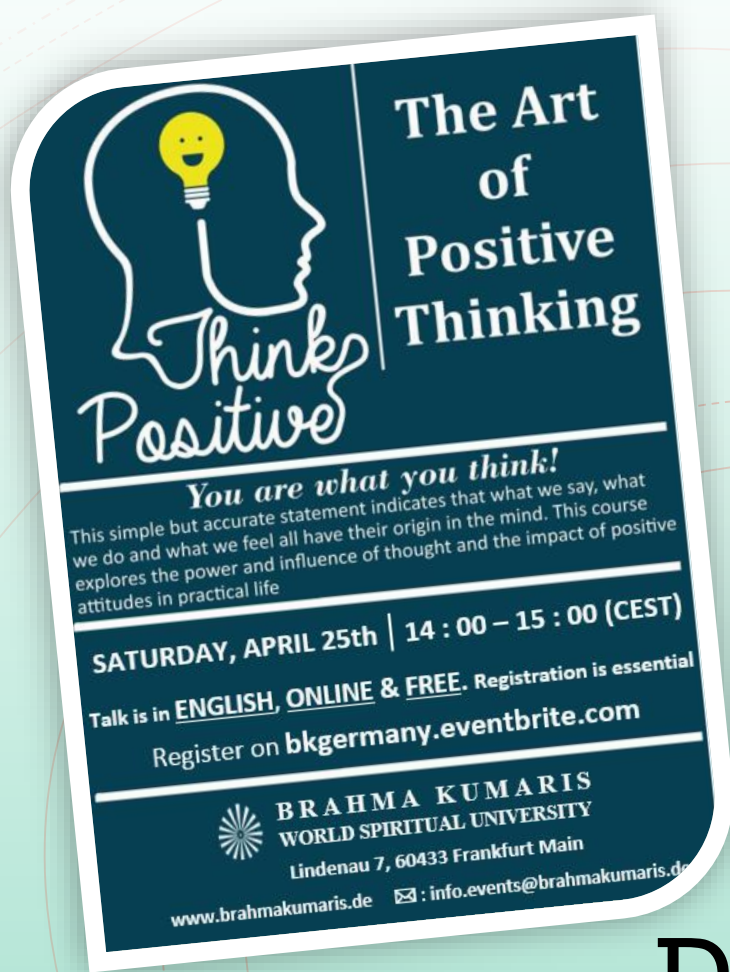
**Types of Thoughts**

**Source of Thoughts**

**Discovering our Qualities**

**Awareness, Reflection & Transformation of Thoughts**

**Meditation**





# ~~STRESS~~

# FREE LIVING

**2 Sessions Workshop**  
**20 participants**

## **Aim of Course**

### **Autobiography of Stress**

**What's Stress, Types, Causes & Signs of Stress**

**Stress Management = Life Management**

**Management Techniques, SWOT Analysis, Meditation**





# Live Rajyoga Session on Facebook Consulate General of India, Frankfurt

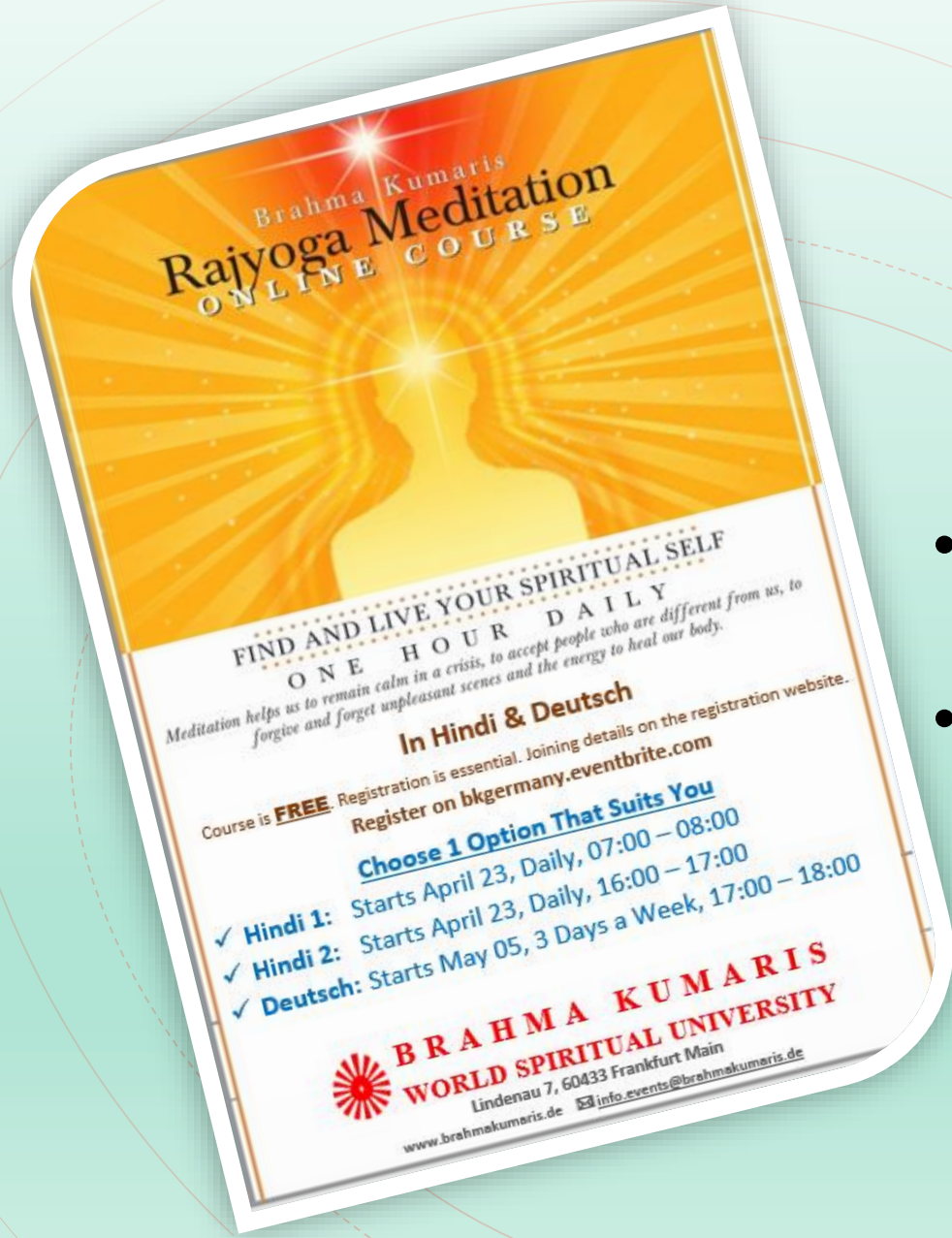
## Highlights

- Introduction to Rajyoga
- Practical Meditation
- Sharing activities of Brahma Kumaris
- Sharing efforts for being stable in present times





# Online Rajyoga Course



## Highlights

- 20 Students completed Rajyoga course
- Listening regular Murli now

**Online Yog Bhatthi – Hindi – 01st – 03rd May**



**इश्वरिये शक्तियां से जीवन और विश्व परिवर्तन**

**Self & World Transformation Through Godly Powers**

## **Highlights**

- 3 full day Bhatthi on Zoom (Amritvela to Good night meditation)
- 80 Hindi speaking Brahmins participated
- Murli & Classes from Dr. Nirmala Didi (Gyan Sarovar), Meera Didi (Malaysia), Rajni Didi (Japan) & Sudesh Didi
- Bhog Offering at same time across all participants
- Creative Meditation with Virtual Baba Room
- Antakshri (Relay of Singing Baba's songs)
- Quiz from the day's murli

# Online Silence Bhatthi – 16<sup>th</sup> – 17<sup>th</sup> May



## Highlights

- 2 full day Bhatthi on Zoom (Amritvela to Good night meditation)
- 80 Brahmins participated (Tamil, German & Hindi speaking)
- Bhog Offering at same time across all participant
- Short meditation session of 30 minutes – every 30 minutes
- Special Drishti Yog with Dr. Nirmala Didi & Sudesh Didi
- Creative Meditation – 4 Pilgrimage Places & 5 Forms
- Study of Avyakt Murli

# Movie Time with BK Family on Zoom



**JAGDISH BHAIJI**  
10.10.1929 – 12.05.2001



**ATAM  
KATHA**

**BIOGRAPHY OF JAGDISH BHAI**

जगदीश भाई जी को बाबा संजय के नाम से बुलाते थे। भाई जी ने 200 से ज्यादा किताबें लिखीं। 1953 में भारत में आने के बाद जगदीश भाई पहले समर्पित कुमार हुए इसलिए अत्यन्त बाप-दादा उन्हें यज्ञ सेवा के आदि रत्न भी कहते थे।

**FRIDAY: MAY 15<sup>th</sup> 16:00 – 18:00**

**SUNDAY, 10<sup>th</sup> MAY, 2020 16:30 – 18:00**  
**MOVIE TIME - BRAHMIN PARIVAAR KE SATH**



**GOD OF GODS**  
BIRTH OF THE UNBORN

हिंदी

"BK VENKATESH GOPAL'S NEW FILM WILL MOVE YOU."

JAGDISH BHAIJI I.R.S. REDDI KADIMBARA SHETTY

"A MUST WATCH FILM FOR ALL THE AGES AND SEXES" "THE HISTORY OF MANKING COMES ALIVE!"

**MOVIE TIME**



**THERE'S ONLY ONE SEAT EMPTY IN HEAVEN**

**स्वर्ग में एक सीट खाली है**

**PART 1 - DONNERSTAG : MAY 21<sup>st</sup> 15:30 – 17:00**  
**PART 2 - FREITAG: MAY 29<sup>th</sup> 16:00 – 17:30**



# Hindi Murli Session with Seniors



Thursdays, Saturdays, Sundays

SHIELU  
DIDI

Atam  
Prakash  
Bhai  
(Gyanamrit)

JAYANTI  
DIDI

SUDESHP  
DIDI

USHA  
DIDI

MANJU  
DIDI  
(Gyansarovar)

Anita  
Didi  
(Chandigarh)

# Upcoming Events – June 2020



**RAJYOGA  
COURSE**

**MOVIE TIME  
WITH  
VIDEOS OF  
YAGYA  
HISTORY**

**KIDS  
WORKSHOP  
(3 Sessions)**

**SELF  
ESTEEM  
2 Session  
Workshop**

**INTERNATIONAL  
YOGA DAY  
2 ONLINE SESSIONS  
ON CONSULATE  
GENERAL OF INDIA  
FACE BOOK PAGE**

**HINDI  
BHATTHI  
ON MUMMA  
DAY**

**SILENCE  
BHATTHI**

**WORKSHOP  
FOR  
BRAHMINS**