

AGENDA
Call Of Time: Anubhavimoor-Dharnamoor Bhav
समय की पुकार: अनुभवीमूर्त-धारणामूर्त भव
24th Annual SpARC Meeting & Experiential Retreat
(05th-09th January, 2019)
VENUE- Conference Hall & Dadi Ji Meeting Hall

Day One: 05th January, Saturday, 2019

09:30-09:45 AM	Creative Meditation - BK Megha Behn, Faculty, SpARC, Kalyan, Maharashtra
09:45-09:50 AM	Prabhu Smriti (meditation)
09:50-09:55 AM	Welcome - BK Alka Behn (Kalyan), Zonal Coordinator, SpARC Wing, Maharashtra
09:55-10:05 AM	Avyakt BapDada's Blessing to SpARC Wing (Video)
10:05-10:25 AM	SpARC Meeting Agenda Briefing - BK Sanjay, HQs Co-ordinator, SpARC, Gyan Sarovar
10:25-10:45 AM	Presentation of Projects Report of the year 2018 by their coordinators - BK Rupesh, Faculty, SpARC, Gyan Sarovar, - BK Chaya, Core Group Member, SpARC, Bengaluru
10.45-10.55 AM	Briefings on Current Rajyoga Projects taken for the year 2019 - BK Vinay Pandya, Core Group Member, SpARC, Vallabh Vidya Nagar, Gujarat
10:55-11:05 AM	Inauguration of the Meeting (Candle Lighting) by..... - Dadi ji, BK Nirwair Bhai ji, BK Ambika ben ji and other senior sisters & brothers
11:05-11:20 AM	Aim and Objectives of SpARC (Expectation of BapDada and former Chairperson & Vice chairperson of SpARC) - BK Shrikant, National Coordinator, SpARC Wing, Gyan Sarovar
11:20-11:30 AM	Guidelines on "Vision & Mission of SpARC Wing Services" as per BapDada's Direction - BK Ambika Behn, Chairperson, SpARC, Bengaluru
11:30-11:45 AM	Inspirations : - BK Nirwair Bhai ji, Secretary General, Brahma Kumaris
11:45 -12:00 PM	Blessings by Respected Dadi Ji
12:00 -12:15 PM	Greetings : - BK Mruthyunjaya bhai ji (Executive Secretary, Brahmakumaris) - BK Surya Bhai ji (Senior Rajyogi & Principal Advisor to SpARC Rajyoga Lab)
TOLI & BLESSINGS	
Stage Co-ordinator – BK Sneha, Core group member, SpARC	
01:00-04:00 PM	Lunch & Rest
04:00-04:15 PM	Creative Meditation - BK Suresh Bhai, SpARC LC, Nashik
04:15- 05:00 PM	Science of Happiness - BK Aditi Singhal, Faculty, SpARC Delhi
05:00- 06:00 PM	Project 1 - Avyakt Palna Ka Return (Turn in Return) - BK Surya Bhai ji (Senior Rajyogi & Principal Advisor to SpARC Rajyoga Lab)
06:00-06:30PM	Break
06:30-07:30PM	Numahsham Powerful Yoga
07:30- 08:30PM	Dinner
08:30-09:30PM	Local Chapter Presentations (Session - 1) - Stage Coordinator- BK Vidya ben, Sub zone Coordinator, SpARC, Belgam
09:30-10:00PM	Good Night Meditation - by BK Shrikant Bhai

Day Two: 06th January, Sunday, 2019

04:00-04:45 AM	Experiencing Loveful Amritvela - by BK Surya Bhai Ji
06:15-06:45 AM	Angelic Walk with Sr. Bro/Sis from Manmohinivan to Diamond Hall (Assembly Point- Divya Dham)
09:30-09.45 AM	Murli Revision - BK Sneha, Core Group Member, SpARC
09.45-10:15 AM	Swadarshan Chakra As Entertainment - BK Prakash bhai (Nigeria)
10:15-11:00 AM	Healing Power of Rajyoga - BK Chaya, Core Group Member, SpARC
11:00-11:30 AM	Break
11.30-01.00 PM	Project 2 - Exploring and Experiencing the power of Dharnas - BK Ambika Behn ji, Chairperson, SpARC Wing
01:00-04:00 PM	Lunch & Rest
04:00-04:15 PM	Creative Meditation - by BK Lovely Behn, LC Coordinator, Delhi
04.15-05:30 PM	SpARC Research Planning, Progress, Results & Findings - BK Sushil Bhai & BK Ekta Behn
05:30-06:00 PM	Hereditary Cancer : Ways for Early Detection - BK Mansi, PhD in Cancer Counseling, Ahmedabad
06:00-06:30 PM	Break
06.30-07.30 PM	Experiencing Sweet Silence with Music - BK David, Gyansarovar
07:30-08:30 PM	Dinner

08:30-09:45 PM	Project 3 - Practical Approach to Experience stages of Rajyoga - BK Alka Behn ji, Zonal Coordinator , SpARC Wing, Maharashtra - BK Mukul bhai, Core Group Member, SpARC, Pune
09:45-10:00PM	Good Night Meditation (Giving Chart and Letter to Baba)

Day 3: 07th January, Monday, 2019

04:00-04:45 AM	Experiencing Powerful Amritvela - by BK Ambika Behn Ji
06:15-06:45 AM	Angelic Walk with Sr. Bro/Sis from Manmohinivan to Diamond Hall (Assembly Point- Divya Dham)
09:30-09:45 AM	Murli Revision - by BK Shilpa, Core Group Member, Bengaluru
09:45-11:00 AM	Parallel Session – 1 (Group division for current year projects)
11:00-11:30 AM	Break
11:30-12:30 PM	Sweet Memories of Olden Sakar Days - Facilitator: BK Rupesh Bhai - Dadi Ishu Ji, BK Atma Prakash Bhai Ji, Chief Editor, Gyanamrit, BK Jamuna Prasad Bhai Ji, Madhuban
12:30-01:15 PM	Local Chapter Presentations (Session - 2) - Stage Coordinator- BK Bharati ben, LC coordinator, Shahada
01:15-04:00 PM	Lunch & Rest
04:00-04:15 PM	Creative Meditation - by BK , LC Coordinator, Shahada
04:15-04:45 PM	The Psychology Behind Brahmin Dincharya - BK Rajiv Gupta, Faculty, SpARC Wing
04:45-06:00 PM	Local Chapter Presentations (Session - 3) - Stage Coordinator- BK Tanuja ben, Joint coordinator, Maharashtra, Ambarnath
06:00-06:30 PM	Break
06:30-07:30 PM	Numahsham Powerful Yoga
07:30-08:30 PM	Dinner
08:30-09:30 PM	Training & Presentation Spiritual Science Exhibition Service - BK Hemalatha Core Group Member, SpARC, Penukonda
09:30-10:00 PM	Good Night Meditation (Giving Chart and Letter to Baba)

Day Four: 08th January Tuesday 2019

04:00-04:45 AM	Experiencing Blissful Amritvela - by BK Surya Bhai ji
06:15-06:45 AM	Angelic Walk with Sr. Bro/Sis from Manmohinivan to Diamond Hall (Assembly Point- Divya Dham)
09:30-09:45 AM	Murli Revision - by BK Chaya, Core Group Member, Bengaluru
09:45-11:00 AM	Future planning for forthcoming SIR Conference, SpARC Silver Jubilee Celebrations & SpARC Activities - BK Ambika Behn ji, BK Pradeep Malhotra
11:00-11:30 PM	Break
11:30-12:00 PM	Creating Circle of Positivity - BK Vinay Pandya bhai, Core Group Member, SpARC, Vallabh Vidya Nagar, Gujarat
12:00-01:00 PM	Parallel Session - 2
01:00-04:00 PM	Lunch & Rest
04:00-04:30 PM	Creative Meditation - by BK Durgesh Behn, SpARC Sub-Zone Coordinator, Odisha
04:30-05:00 PM	“Becoming Baba’s Right Hand for Upcoming SpARC Services” - BK Ambika behn ji & BK Shrikant Bhai
05:00-06:00 PM	“How To Become Anubhavimoor” - BK Usha Behn ji, Sr. Rajyoga Teacher, Madhuban
06:00-06:30 PM	Break
06:30-08:00 PM	Concluding Session (In presence of Dadi Ji, Ambika Behn & Suraj Bhai) - Stage coordinator – BK Shilpa, Core Group Member, SpARC, Bengaluru
08:00-09:00 PM	Dinner
09:00-10:00 PM	Experience Sharing & Feedback Session

Day Five: 09th January, Wednesday 2019

04:00-04:45 AM	Experiencing Peaceful Amritvela - by BK Rupesh bhai, Gyansarovar
06:30-06:45 AM	Angelic Walk with Sr. Bro/Sis from Manmohinivan to Diamond Hall (Assembly Point- Divya Dham)
10:00-01:00 PM	SpARC Development Planning Meeting - (for Core Group Members, Zonal and LC Coordinators)
10.00-12.30 PM	Sakar Murliyon Mein Aane Wali Kuchh Anokhi Baatein - BK Rajiv Gupta, Faculty SpARC, Mumbai

Main Program Coordinators - BK Sneha and BK Shilpa

Back Stage Coordinators - BK Yeshu, BK Kumud, BK Tanuja & BK Adilakshmi

- NOTE:**
1. The date and time of meeting with Dadis/Seniors is subject to change based on their availability.
 2. Parallel Sessions will be conducted in Conference Hall, Dadi Ji Meeting Hall and Training Centre.
 3. 6th, 7th & 8th January, 2019 – Daily one hour meeting for core group members and zone-subzone coordinators (time to be decided)

Name of the Guides and Co-ordinators for the Projects

Project 01

Topic : Practical Approach to Experience stages of Rajyoga
Guide : Rajyogini BK Alka Didi Ji
Co-ordinator : BK Mukul Bhai, BK Rakesh Bhai

Project 02

Topic : Exploring and Experiencing the power of Dharna
Guide : Rajyogini BK Ambika Didi Ji
Co-ordinator : BK Chaya behn, BK Sanjay Bhai,

Project 03

Topic : Avyakt Palna Ka Return (Turn in Return)
Guide : Rajyogi BK Surya Bhai Ji
Co-ordinator : BK Rupesh bhai, BK Vinay Pandya Bhai