

Final Agenda

26th Annual SpARC e-Meeting & Experiential Retreat

Theme: Return Journey (अब घर जाना है)

Dates: 01 - 04 April, 2021

Venue - Online

Day 01: Thursday, 01st April, 2021

06:00 PM – 06:10 PM	Prabhu Smriti with Song About inaugural Session of the 26th Annual Meet and Experiential Retreat - BK Rupesh Bhai, Core Group Member, SpARC
06:10 PM - 06:13 PM	Welcome Dance - Kumari Heer, Ambarnath, Ghatkopar Sub Zone, Mumbai
06:13 PM-06: 21 PM	Welcome - BK Alka Behn Ji (Kalyan), Zonal Coordinator, SpARC, Maharashtra
06:21 PM- 06:32 PM	Avyakt BapDada, Dadi janki and Gulzar dadi's Blessing to SpARC Wing (Video)
06:32 PM – 06:35 PM	Aim & Objective of SpARC (Expectations of BK Ramesh Bhai ji, Founder, SpARC) - Video
06:35 PM – 06:45 PM	Guidelines on "Vision & Mission of SpARC Wing Services" as per BapDada's Direction - BK Ambika Behn Ji, Chairperson, SpARC Wing
06:45 PM - 06.48 PM	Aims and Objectives of 26th Annual Meeting & Retreat - BK Shrikant, National Coordinator, SpARC Wing, Gyan Sarovar
06:48 PM - 06.52 PM	Inauguration of the Meeting (Candle Lighting) - Dr. BK Nirmala Didi, Director, Brahma Kumaris, Gyan Sarovar - BK Suraj Bhai ji, Advisor, SpARC Rajyoga Research Lab, Gyan Sarovar - BK Ambika Behn ji, Chairperson SpARC -SpARC Zone, Sub Zone Coordinators and LC Coordinators
06.52 PM - 07.05 PM	Blessings :- Dadi Ratan Mohini Ji, Administrative Head, Brahma Kumaris Inspirations :- BK Nirwair Bhai Ji, Secretary General, Brahma Kumaris BK Brijmohan Bhai ji, Addl. Secretary General, Brahma Kumaris
07.05 PM - 07.18 PM	Blessings - Dr. BK Nirmala Didi, Director, Brahma Kumaris, Gyan Sarovar Inspirations - BK Suraj Bhai, Advisor, SpARC Rajyoga Research Lab, Gyan Sarovar
07.18 PM - 07.21 PM	Good Wishes - BK Saroj Behn Ji (Zonal Coordinator, SpARC, Delhi and Delhi NCR)
07.21 PM - 07.24 PM	Speech - Kumari Palak, Ambarnath (Video)
07.24 PM – 07.34 PM	Agenda Briefing - BK Sanjay, HQs Co-ordinator, SpARC, Gyan Sarovar
07.34 PM-07.50 PM	Heartfelt Tribute to Ashta-Ratan Atma our Beloved Dadi Janki ji and Dadi Gulzar ji Experiences: Rajyogini BK Hansa Behn, Shantivan & Rajyogini BK Neelu Behn, Shantivan Pay Yogic Tribute with Standup Mudra to both Dadijis
Program Co-ordinator – BK Rupesh Bhai, Core Group Member, SpARC, Gyan Sarovar	

Day 02: Friday, 2nd April, 2021

04:00 AM - 04:45 AM	Experiencing Powerful Amritvela – BK Suraj Bhai, Gyan Sarovar, Mount Abu
06.30 AM - 07.00 AM	Yoga
07.00 AM - 08.00 AM	Murli Class – BK Alka Behn Ji (Kalyan), Zonal Coordinator, SpARC, Maharashtra
09:30 AM - 10:00 AM	Experiencing Powerful Meditation (Soul Consciousness Stage) BK Girish Bhai (Bengaluru), Core Group Member, SpARC
10:00 AM - 10:45 AM	Presentation- Outcome of Swa-Unnati Projects Year 2020-21 Project- 1 - BK Rakesh Bhai, Core Group Member, SpARC, Pune Project- 2 - BK Yeshu Behn, Coordinator & Faculty, SpARC, ORC - Delhi Project- 3 - BK Chaya Behn, Core Group Member, SpARC, Bengaluru Project- 4 - BK Rupesh Bhai, Faculty, SpARC, Gyan Sarovar
10.45 AM - 11.40 AM	Master Class on "Clean and Clear Intellect" – BK Jayanti Behn (London), European Director, Brahma Kumaris
11.40 AM - 12.15 PM	Practical Demo on Spiritual Science Exhibition & Health-Wealth-Happiness – A Spiritual Dimension BK Hemalatha Behn, Core Group Member and BK Rani Behn (Kalyan), Faculty, SpARC
12.15 PM-12.35 PM	Experiencing Powerful Meditation - Nashtomaha Sthiti Shilpa Behn Core Group Member, SpARC, Bengaluru
12.35 PM - 01.00 PM	About SpARC & Necessary Information - BK Shrikant, National Coordinator, SpARC

01.00 PM – 04.30 PM	Lunch & Rest
04.30 PM - 05:00 PM	Experiencing Powerful Meditation: Experiencing Ashariri Sthiti BK Rajiv Gupta, Faculty, SpARC, Mumbai
05.00 PM – 05.45 PM	Scientific Research Projects: Results and Progress Report With National and International Research Organisations 1. BK Shobhika, Faculty and Researcher, SpARC Chapter, Chandigarh 2. BK Ekta, Faculty and Researchers, SpARC Chapter, Delhi 3. BK Ramjayam, Core Group Member, Researcher, SpARC, Bengaluru
05.45 PM – 06.45 PM	Master Class on “Art of forgiveness & acceptance” BK Sudesh Didi (Germany), European Director, Brahma Kumaris
06.45 PM – 07.30 PM	Numahshaam Powerful Yog (Mansa Seva Through Beejroop Sthiti) BK Chaya Behn (Bengaluru), Core Group Member, SpARC
07.30 PM – 08.15 PM	Local Chapter Presentations (Session – I) 1. BK Sumalatha, Coordinator, SpARC, Shanti Sarovar, Hyderabad 2. BK Neelima (Chennai), Zone Coordinator, SpARC, Tamilnadu 3. BK Varsha, Coordinator, SpARC, Jalgaon Chapter, Maharashtra 4. BK Astha, Active Member, SpARC, Bhawan, Pune 5. BK Vinay Pandya (Vallabh Vidya Nagar), SpARC Core Group Member 6. BK Jayshree Behn, Coordinator, SpARC, Lucknow (Munshipulia)

Day 03: Saturday, 3rd April, 2021

04.00 AM – 04.45 AM	Experiencing Powerful Amritvela – BK Suraj Bhai, Gyan Sarovar, Mount Abu
06.30 AM - 07.00 AM	Yoga
07.00 AM - 08.00 AM	Murli Class - BK Ambika Behn, Chairperson, SpARC
09.30 AM – 10.00 AM	Experiencing Powerful Meditation - Power to Pack-up BK Sneha Behn, SpARC Core Group Member, Bengaluru
10.00 AM – 11.00 AM	Clarifications and Wisdom Sharing on Self Progress Project 04 – “Follow Father” Project Guide: BK Suraj Bhai, Advisor SpARC Rajyog Research Lab, Gyan Sarovar, Mt.Abu
11.00 AM - 12.00 PM	Clarifications and Wisdom Sharing on Self Progress Project 02 – “Swadarshan Chakradhari So Vishwa Rajyadhikari” Master Class on “Ruling Power and Controlling Power” BK Asha Didi, Director, Brahma Kumaris, Om Shanti Retreat Centre (ORC)
12.03 PM - 12.20 PM	Experiencing Powerful Meditation: Saakaari So Aakaari So Niraakari So Alankaari BK Amrita Behn, LC Coordinator, Greater Noida (NCR)
12.20 PM - 01.00 PM	SpARC Rajyoga Lab at Gyansaovar. A practical demo Dr. Sushil Chandra, Asso. Director, INMAS, DRDO, Delhi & Dr. Kanishka Sharma, IISc, Bengaluru
01:00 PM - 04:30 PM	Lunch & Rest
04.30 PM - 05:00 PM	Experiencing Powerful Meditation – Marjeevaa Janma BK Rupesh Bhai, Core Group Member, SpARC
05.00 PM - 05:45 PM	Power of Concentration – A Methodological Approach BK Dr. Aditi Singhal, Faculty, SpARC, Delhi
05:45 PM - 06:45 PM	Clarifications and Wisdom Sharing on Self Progress Project 01 – “Present moment becomes memorable tomorrow (वर्तमान पल बनें यादगार कल)” Project Guide – BK Alka Behn, Zone Co-ordinator, SpARC, Maharashtra Master Class by – BK Sunanda Behn Ji, Director, Brahma Kumari, Sub-Zone Mira Society, Pune and National Coordinator, Rural Development Wing
06:45 PM - 07:30 PM	Numahshaam Yog - BK Mukul, Core Group Member, SpARC, Pune
07.30 PM - 08:15 PM	Local Chapter Presentations (Session – II) 1. BK Chaya Behn, Core Group Member, SpARC (All LC under Bengaluru) 2. BK Neelima Behn (Vikroli, Mumbai), Coordinator, Mumbai Chapter 3. BK Madhvi, Coordinator, SpARC Chapter, SR Nagar, Secunderabad 4. BK Ranjan, Coordinator, SpARC Chapter, West Marredpally, Secunderabad 5. BK Megha Behn, LC Coordinator, SpARC, Kalyan, Maharashtra 6. BK Bikha Bhai, Coordinator, SpARC Chapter, Kapadganj, Gujrat 7. BK Durgesh, Sub-Zone Coordinator, SpARC Bhubaneswar

Day 04: Sunday, 04th April, 2021

04:00 AM - 04:45 AM	Experiencing Powerful Amritvela – BK Rupesh, Core Group Member, SpARC
06.30 AM - 07.00 AM	Yoga
07.00 AM - 08.00 AM	Murli Class – BK Saroj Behn, Zone Coordinator, SpARC, Delhi and Delhi NCR
09:30 AM - 10:00 AM	Experiencing Powerful Meditation - Experiencing Bindu Swaroop BK Rama Behn, Core Group Member, SpARC, Delhi

10.00 AM - 11:00 AM	Master Class – “ Success through right method (विधि से सिद्धि)” BK Ambika Behn, Chairperson, SpARC
11.0 AM - 11.45 AM	Master Class on Basic Dharanas for Sangamyugi Brahmins (Brahmin Jeevan Maryadayein) BK Anita Behn, Core Group Member and Zone Coordinator, SpARC, Punjab
11.45 AM - 12.15 PM	Experiencing Powerful Meditation – Paanch Swaroop BK Shilpa Behn, Coordinator, SpARC LC, Bhiwandi, Maharashtra
12:15 PM - 01:00 PM	Sharing on Services done in the year 2020 & Forthcoming Services – BK Pradeep Bhai (Delhi) Core Group Member, SpARC and BK Chandrani Behn (Kolkata), Core Group Member, SpARC
01.00 PM - 04.30 PM	Lunch & Rest
04.30 PM - 05:00 PM	Experiencing Powerful Meditation – Experiencing Angelic Stage BK Asmita Behn, Senior Rajyoga Teacher, Brahma Kumris, Kolkata (Bangur), WB.
05.00 PM - 06:00 PM	Presentation- Self Progress Projects Year 2021-22 Vartmaan Pal Bane Yaadgaar Kal (P-01) - BK Tanuja, Jt. Zone Coordinator, SpARC Maharashtra Swadarshan Chakradhaari So Vishwa Rajyadhkari (P-02) - BK Yeshu Behn, Coordinator & Faculty, SpARC, ORC - Delhi Follow Father (फॉलो फादर) (P-03) - BK Rupesh Bhai, Core Group Member, SpARC, Gyan Sarovar “Experiments with practical Spiritual Practices” - BK Shilpa Behn, Core Group Member, SpARC, Bengaluru
06:00 PM - 06:30 PM	Experiencing Power Numahshaam Yog – Jwala Swaroop Sthiti Dr Sachin Bhai, Senior Rajyogi, Global Hospital, Mount Abu
06:30 PM - 08:15 PM	Valedictory session : Future Service Ahead... Blessings and Good Wished from Seniors for New change BK Mruthyunjay Bhai, Executive Secretary, Brahma Kumaris, Mount Abu BK Ambika Behn, Chairperson BK Anita Behn, Core Group Member & Zone Coordinator, SpARC, Punjab BK Niha Beh (Gamdevi, Mumbai), Core Group Member, SpARC BK Suraj Bhai, Advisor SpARC Rajyoga Lab, Gyan Sarovar, Mt. Abu BK Alka Behn, Zone Coordinator, SpARC, Maharashtra BK Saroj Behn, Zone Co-ordinator, SpARC, Delhi and Delhi NCR
	Coordinator: BK Sanjay, HQs Coordinator, SpARC, Gyan Sarovar Mount Abu

Note: The date and timings of Classes of Dadis/ Seniors are subject to change based on their availability.

Names of Project Guides and Co-ordinators for the Year 2021-22

Project 01

Topic	:	वर्तमान पल बने यादगार कल (Vartmaanpal Bane Yaadgaar Kal)
Guide	:	BK Alka Behn, Zone Coordinator, SpARC, Maharashtra
Co-ordinator	:	BK Neelima behn (Mumbai), Zone Co-ordinator, SpARC, Mumbai
Joint Co-ordinator	:	BK Tanuja behn, Jt. Zone Co-ordinator, SpARC, Maharashtra

Project 02

Topic	:	स्वदर्शन चक्रधारी सो विश्व राज्य अधिकारी (Swadarshan Chakradhari So Vishwa Rajyadhikari)
Guide	:	Rajyogini BK Saroj Behn, Zone Co-ordinator, SpARC, Delhi and Delhi NCR
Co-ordinator	:	BK Yeshu behn, Coordinator & Faculty, SpARC, ORC - Delhi

Project 03

Topic	:	फॉलो फादर (Follow Father)
Guide	:	Rajyogi BK Surya Bhai Ji, Advisor, SpARC Rajyoga Research Lab, Brahma Kumaris, Mount Abu
Co-ordinator	:	BK Rupesh bhai, Core Group Member, SpARC, Mt. Ab