



Speed, Safety, Spirituality

Online Inspirations for personnel associated with
transport, travel and tourism sectors



**CALM DOWN
during
LOCKDOWN**

Join this 3-day series of
inspirational talks

15, 16, 17 May '20

**10 - 11 am
& 5 - 6 pm
on all 3 days**

MOTIVATIONS

Overcoming
Overthinking
Emotional Healing
Compassion in Action

MEDITATIONS

Self-Realization
Meeting God
RajYoga Meditation

Organised by:

**Transport & Travel Wing,
RERF &
Brahma Kumaris**

Free Registration & Details:

**WhatsApp [NAME] [DESIGNATION]
[ORGANIZATION] to 916 799 5250**

**All Online talks in HINDI
*No SMS, No Calls,
Only WhatsApp Messages**



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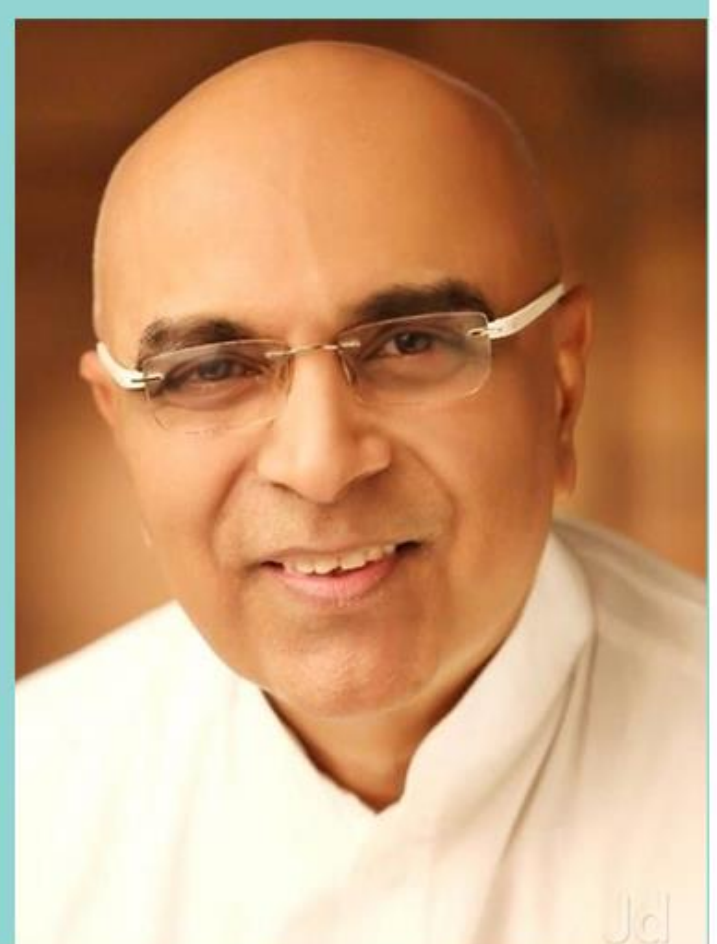


Emotional Healing

15 May 2020

10 - 11 am

**BK Dr Girish Patel
in conversation with
BK EV Girish**



Self-Realization

15 May 2020

5 - 6 pm

BK Sister Neeraja



**Morning session will feature an inspirational song by
famous playback singer Debojit**



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Overcoming Overthinking

16 May 2020

10 - 11 am

BK Sister Shivani

Meeting God

16 May 2020

5 - 6 pm

BK Sister Bindu



**Both sessions will feature inspirational songs by famous
playback singer Harish Moyal**



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Compassion in Action



17 May 2020

10 - 11 am

**BK Dr Swaminathan
in conversation with
BK Sister Shreya**



Raj Yoga Meditation

17 May 2020

5 - 6 pm

BK Sister Sangeeta



**The sessions will feature inspirational songs by famous
playback singers Pritha Majumdar and Sneha Shankar**