

Brahamkumaris 'Stress relief program begins at Nagaon



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The much awaited 12 days program on daily life “Stress Relief” program begins today morning at Nehru Bali field, Nagaon. The signature program is conceptualized by Sister Punam of Brahamumaris, Indore chapter and delivered in her own specialized way to thousands of present localites. The program is designed such as with awakening of human mind in early morning with a good night sleep and ready to take the fresh intake towards life in totality , so its timing in morning 06:30 – 08:00 schedule is really welcomed by large gathering present since first day of this 5-16 September’10 program.

The first day marked with mass lightening of lights by citizens representing almost every sphere of Nagaon social-cultural-administrative cum religious circle. As the program is targeted with incorporating stress relief in daily routine, most of the practice and its solution is adopted from our surrounding and day to day happenings. Truly, its after affect can be measured in long term only, when Nagaon people take the life challenges with much easiness after going through this complete camp.

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BY BISHWAJEETSINHA

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