

## **Techniques of Rajyoga Meditation**

On the occasion of **World Meditation Day 2025**, the **Department of Legal Affairs** organised a special meditation and wellness session to promote mental well-being and inner peace among officers and staff. The programme was conducted by **Sister BK Shaifali of Brahma Kumaris**, who delivered an insightful talk on the topic **“Technique of Rajyoga Meditation.”** The session was held on **23rd December 2025** from **04:00 PM to 05:00 PM** at the **Conference Room, 2nd Floor, Shastri Bhawan, New Delhi.**

The programme witnessed active participation from all officers and officials of the Department. During the session, Sister BK Shaifali explained practical techniques of Rajyoga Meditation and emphasised its role in enhancing concentration, emotional balance, stress management, and positive thinking in professional life. The session was highly informative and well appreciated by the participants.

