



12th UN International Day of Yoga 2026

Combined Overall Service Report

Yoga for Wellness, Wisdom and World Peace

Celebrating Unity Across Kuala Lumpur,
Butterworth, Ipoh, Kota Kinabalu &
Johor Bahru

Organised by:



**Brahma Kumaris Foundation,
Malaysia**



COMBINED OVERALL REPORT on Celebration of **UN International Day of Yoga 2026** by Brahma Kumaris Foundation Malaysia

The 12th UN International Day of Yoga was celebrated with great enthusiasm and spiritual joy across multiple locations in Malaysia by the Brahma Kumaris Foundation (BKF).

From 17th to 28th June 2026, the Brahma Kumaris in Malaysia successfully organised meaningful programs in **Kuala Lumpur, Ipoh, Butterworth, Kota Kinabalu (Sabah), and Johor Bahru**, touching the lives of hundreds of participants with the transformative message of yoga.

Under the inspiring theme **“Yoga for Wellness, Wisdom & World Peace”**, these events beautifully demonstrated yoga as a holistic practice that nurtures the body, enlightens the mind, and cultivates inner and outer peace.

Each celebration, though unique in scale and format, reflected the same spirit of service, unity, and dedication to Raja Yoga principles





1

Kota Kinabalu

17 June 2026

@

**Sabah Indian Association
(SIA) Hall, Kota Kinabalu,
Sabah**



CURTAIN RAISER YOGA EVENT 2026 KOTA KINABALU IN CONJUNCTION WITH THE INTERNATIONAL DAY OF YOGA 2026

@ SUNDAY, 17 JUNE 2026

Jointly organized by Sabah Indian Association (SIA), Peace House Kota Kinabalu Brahma Kumaris Foundation (BKF), Secretariat of Indian Arts, Culture, Spirituality & Heritage (SEKWIM) Universiti Malaysia Sabah and Supported by the Indian High Commission to Malaysia, Indian Council for Cultural Relationship (IHC KL), Malaysia Hindu Sangam Sabah, Sri Pasupathinath Temple Kota Kinabalu and Persatuan Peranakan Masyarakat India Sabah.

CURTAIN RAISER YOGA EVENT 2026, KOTA KINABALU
IN CONJUNCTION WITH

Organised by

INTERNATIONAL DAY OF **yoga** 2026

Co- Organised by

Supported by

Theme for IDY2026:
'Yoga for Healthy Ageing'

Date : 17 June 2026 (Wednesday)
Time : 9:15 am - 12:15pm
Venue : Sabah Indian Association (SIA) Hall, Kota Kinabalu

Free entrance | Light breakfast and lunch will be served

For more information, contact the Organising Chairman, Datuk Dr. G. Mohan (019-833 7401)

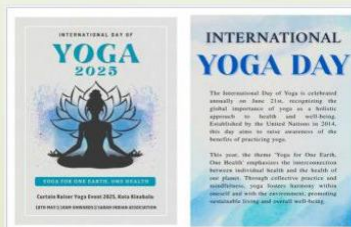


HE Shri Hitesh Rajpal, Charge d'Affaires, High Commission of India, Kuala Lumpur being honoured with gift by Organising Chairman, Datuk Dr. G. Mohan.



The Audience consist of general public, university students, media personnel, invited yoga schools and representative from associations.

The Organizing Chairman, Datuk Dr. G. Mohan, Chairman of Malaysia Hindu Sangam, Sabah State Council and Executive Committee of Sabah Indian Association and Chairman of Persatuan Peranakan Masyarakat India Sabah is honoring the Guest of Honour, YB Datuk Roger Chin who is also the Chairman of Invest Sabah Sdn Bhd.



e-Book for registered audience



Special Video about Raja Yoga with Jayanti Didi's IDY Message

CURTAIN RAISER YOGA EVENT 2026 KOTA KINABALU IN CONJUNCTION WITH THE INTERNATIONAL DAY OF YOGA 2026 @ SUNDAY, 17 JUNE 2026

The event had Hatha Yoga demonstration, Sharing on "Understand Yoga beyond Asana" and Raja Yoga Meditation sharing and experiential session.



Yoga explanation presented by Mr. Seenu, Certified International Yoga Instructor & Certified Ayurvedic therapist



Hatha Yoga Demonstration presented by Ms Dhanista Samariya, Indian Council for Cultural Relations (ICCR), Netaji Subhas Chandra Bose Indian Cultural Centre Kuala Lumpur



Raja Yoga Meditation concepts were presented by Bro Jothi.



Participants are led to Chair Yoga and Pranayama by Ms Dhanista Samariya from the Indian Council for Cultural Relations, Indian High Commission to Malaysia, Kuala Lumpur



Raja Yoga Meditation commentary was presented by Br Murlu with guided meditation by Bro Jothi.



Group photo of all the participants after the program.



Souvenirs and Certificate is presented to YB Datuk Roger Chin by Datuk Dr G. Mohan,



Father's Day Cake Cutting Celebration



Closing remark by Ms. Rhuubini, The Director General of Secretariat of Indian Arts, Culture, Spirituality and Heritage, Universiti Malaysia Sabah.



2

Butterworth

20 June 2026

@

**Mak Mandin Tamil School,
Butterworth**



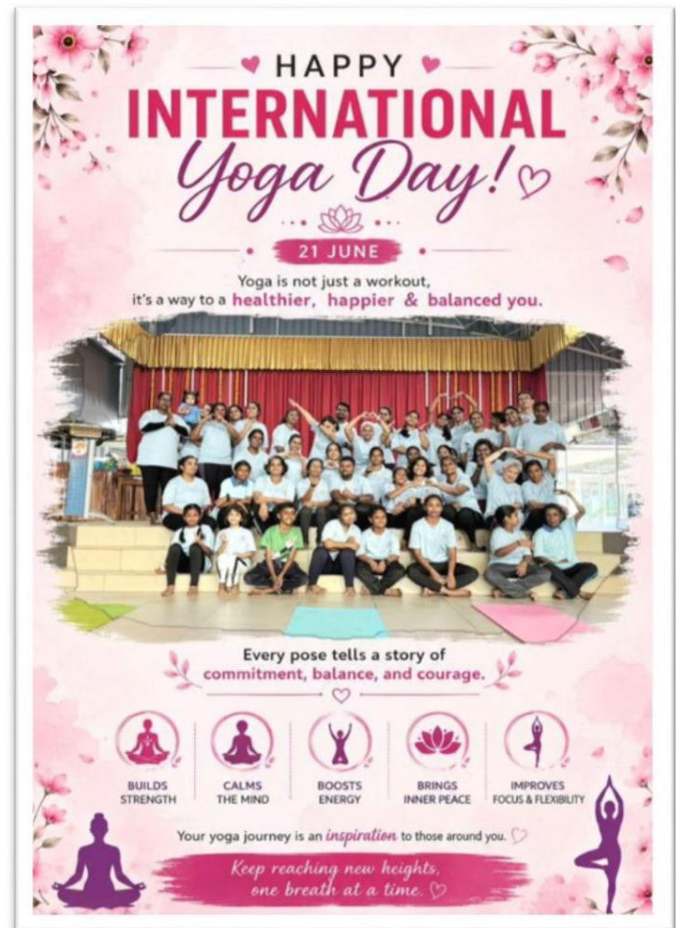
International Yoga Day Celebration – "Yoga for Healthy Ageing" Held at Mak Mandin Tamil School, Butterworth on 20th June 2026

An International Yoga Day celebration, themed "Yoga for Healthy Ageing," was organized by Ayush Yoga on 20 June at Mak Mandin Tamil School.

The Brahma Kumaris proudly joined the event in support of this meaningful initiative, promoting the importance of yoga for healthy living and graceful ageing.

Approximately 50 participants, including regular yoga practitioners from both Ayush Yoga and Brahma Kumaris, took part in the program. The event featured yoga practice sessions that encouraged physical well-being, mental peace, and holistic health while fostering friendship and collaboration between the two organizations.

The celebration concluded successfully, inspiring participants to embrace yoga as a lifelong practice for maintaining health, vitality, and overall well-being.






3

Ipoh

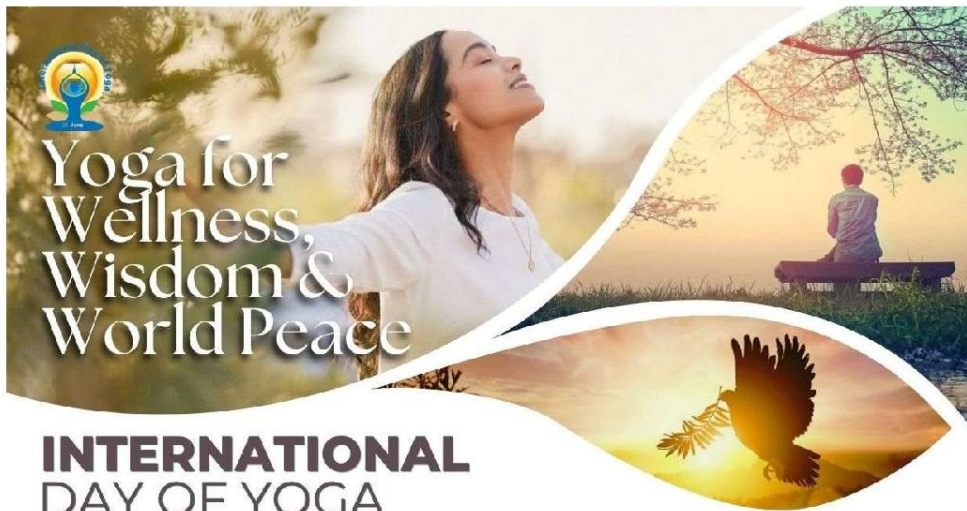
21 June 2026

@

**Kinta Valley Resort,
Ipoh**



UN International Day of Yoga, 21 June 2026 @ Kinta Valley Retreat, Ipoh SERVICE REPORT



INTERNATIONAL DAY OF YOGA

Wellness begins with caring for the body, wisdom develops through understanding and discernment, and world peace emerges when individuals cultivate inner peace and compassionate action.

Drawing from their professional expertise and personal experience, our speakers and facilitators will share practical insights and pathways to Wellness, Wisdom, and World Peace.



Ms Yeoh Chai Yen
Registered Dietitian.
Certified Diabetes Lifestyle
Advocate under Malaysian
Endocrine and Metabolic
Society (MEMS).



Dr Ooi Hean Beng
PhD in Science Education.
Chairman of Buddhist
Missionary Society
Malaysia (BMSM),
Perak Branch.



BK Kiruba Muthusamy
Registered Community
Pharmacist.
Certified Results Coach.
Raja Yoga Meditation
Teacher for over 30 years.



Master Mandira
M.A. Yoga & Naturopathy.
Certified Yoga Master from
Morarji Desai National
Institute of Yoga
(Ministry of AYUSH, India).

What You Will Gain From This Event:

- Professional insights and practical guidance for physical, mental and emotional wellness.
- Simple meditation and yoga practices for daily life.

Pre-Register by 18 June

via QR Code or link:
https://bkfmy.link/IDY2026_ipoh

**Goodie Bag
Lunch Pack
for
Pre-Registrants**



Date, Time & Venue:

21 June 2026 (Sunday)
9.00 AM - 12.00 PM
8.30am Registration

Kinta Valley Retreat
62, Jalan Kuala Kangsar
Taman Malaysia, Ipoh

Organised by



<https://brahmokumaris.my>

Supported by



**FREE
COMMUNITY EVENT**

Enquiries: 011-5584 1992

This year's 12th UN International Day of Yoga celebration in Ipoh was held at Kinta Valley Retreat, a venue that is familiar and still found to be conducive and suitable over the years.

In preparation for the program, we had the wonderful cooperation of 3 guest facilitators found online and through reference with Baba's touching: Dr Ooi Bean Heng, Ms. Yeoh Chai Yen and Yoga Master Mandira.

The program was planned with the input of the English Service Committee, and guidance from Br Balan and Br Kiruba. The format was set out in a way to keep participants

engaged over the 3-hour program with 4 talks and wellness intervals in between - the outcome was well-achieved. Out of the 70 pre-registrants, 40 turned up with 2 walk-ins.

The morning began with all the facilitators being invited for breakfast together in a private room, joined by Sr Revathy and Sr Pooba. This was a time for BKs to meet, greet, serve and connect with guest facilitators before the program.

The program then began with a warm welcome by MC Br Duresh and a good welcome speech by Sr Pooba. Followed by a candle lighting ceremony.



Sister Pooba



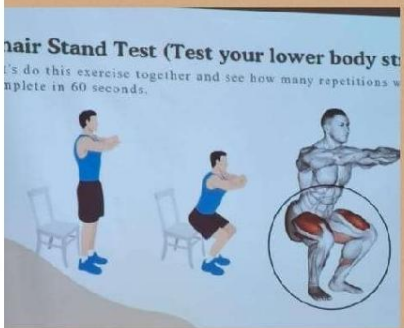


During the program, each of the guest facilitators spoke passionately and presented thought-provoking information, slides and videos.



Ms. Yeoh Chai Yen presented on 'Wellness' in particular for healthy ageing. She spoke on the importance of preserving muscle, importance of hydration, Vitamin B12 and aspects that each can take control of as we age.

Dietitian
Yeoh Chai Yen



Dr. Ooi Hean Beng

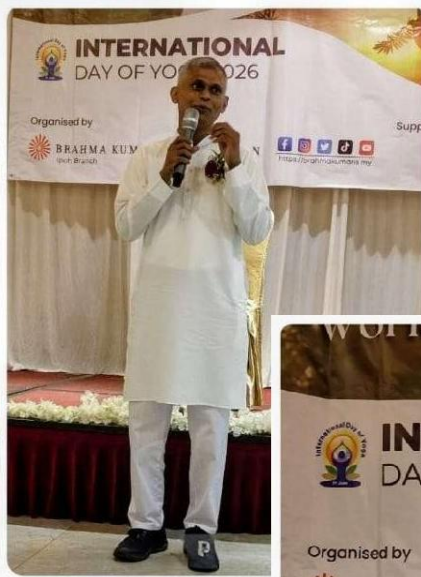
Dr Ooi Hean Beng presented on 'Wisdom' through the eyes of Buddhism, understanding the effect of desires, benefits of practicing equanimity in life and how the practice of meditation is not limited to sitting but also as we live our daily lives.





Pharmacist
BK Kirba Muthusamy

Brother Kiruba presented on 'World Peace' and the responsibility of being at peace and loving to the self first to enable us to extend true love and peace to those around us and the world.



Master Mandira



Yoga Master Mandira ran the 5-min wellness intervals in between each talk and also had a 30-min presentation on the importance of natural self-help health including 5 daily practices to keep our body feeling young and minds sharp till old age.





The four talks ended with a guided meditation for World Peace by Brother Kiruba.

Overall time keeping of the program was well (and politely) managed by MC Br Duresh. We started and ended on time.



International Day of Yoga 21/6/26 Kinta Valley Resort, Ipoh



Participants found the program “illuminating and informative”. Both facilitators and their team members also commented that the atmosphere was very beautiful and the cooperation between the 4 facilitators were seamless, often in tune and referencing each other and highlighted the benefits and importance of meditation.

All participants left with an environmentally-friendly goodie bag and lunch box, mineral water, flyers for upcoming program, follow up program, 7-days course and beautifully made toli and blessing. The BK family, guests and participants content. Thank you Baba.



Photo collage courtesy of Rajeswary Nagalingam (regular contact soul, former IPIP participant).

Om shanti 🙏



Kuala Lumpur

21 June 2026

@

**Auditorium, Wisma CL,
HELP University, Bukit
Damansara, Kuala Lumpur**

UN International Day of Yoga, 21 June 2026 @ Wisma CL, HELP University, Bukit Damansara, Kuala Lumpur

SERVICE REPORT

FREE EVENT

UN INTERNATIONAL DAY OF YOGA 2026

Yoga for Wellness, Wisdom and World Peace

Hatha Yoga Showcase & Demonstration
by Renowned Yoga Experts

Date
Sunday
21
June
2026

Time
6:30pm
-
8:30pm
(Registration begins at 6:00 pm)

Venue
Auditorium,
Level 4, Wisma CL,
Bukit Damansara,
Kuala Lumpur
(HELP University)

Pre-Register by 18 June
Secure your seat in advance at
<https://bkfmy.link/IDY26>
Limited spots available!

Goodie bag Light Dinner
for free registration.

Enquiry | **Gowri** 016-371 8025 | **Sonia Soon** 012-208 0731

Organized by
Brahma Kumaris Foundation
<https://brahmakumaris.my>

HELP University
university of achievers

SUPPORTED BY
High Commission of India, Kuala Lumpur

OPENING ADDRESS
H.E. Mr. Hitesh Rajpal
Acting High Commissioner of India

SPEAKERS
Ms. Jojo Struys
International Wellness Icon &
Founder of Ohanajo
SPEAKER ON WELLNESS
Dato' Ramesh Kodammal
Chairman, ASEAN India Economic Council (AIEC)
Chairman, Goldtex Group, Malaysia
SPEAKER ON WISDOM
Rajyogini Meera Nagananda
Senior Spiritual Teacher &
Member of Advisory Council, BKF
SPEAKER ON WORLD PEACE

The 12th UN International Day of Yoga was celebrated with warmth, grace, and deep spiritual resonance by the Brahma Kumaris Foundation (BKF), Malaysia on Sunday, 21st June 2026, at the Auditorium of HELP University, Bukit Damansara, Kuala Lumpur.

Under the inspiring theme “**Yoga for Wellness, Wisdom & World Peace**”, the evening brought together nearly 150 participants, including two High Commissioners, distinguished guests, yoga enthusiasts, friends of Brahma Kumaris, students, and members of the spiritual family. Though organised on a more intimate scale compared to previous grand celebrations, the event was marked by heartfelt connection, elegant execution, and a beautiful atmosphere of unity and inner reflection.

The evening began with the arrival of participants from 5:45 pm and VIPs and guest speakers were ushered to the VIP Room where they were served with light refreshments.

The formal program commenced at 6:45 pm with a warm and engaging welcome by the emcee, Sister Celia. She extended heartfelt greetings to all distinguished guests and beautifully introduced the evening’s theme, reminding everyone that yoga is a complete way of living that brings balance, harmony, and inner peace.



Opening Addresses



Mr. C.F. Pui (fondly known as Bro. Pure), Chairman of the Board of Trustees, Brahma Kumaris Foundation, delivered a warm Welcome Address. He extended a heartfelt welcome to all participants and shared inspiring reflections on the transformative power of yoga and meditation. He highlighted how Raja Yoga nurtures inner peace, resilience, and a spirit of service.



H.E. Mr. Hitesh Rajpal, Charge d'Affairs and Acting High Commissioner of India, then graced the stage with his Opening Address. His presence and insightful words strengthened the longstanding bond between the High Commission of India and the Brahma Kumaris Foundation.

Program Highlights



One of the visually captivating moments of the evening was the **Hatha Yoga Demonstration & Performance** by accomplished yoga specialists **Ms. Vanessa** (founder of Veasy Yoga) and **Ms. Sasha** (founder of Zero Gravity by Breath Movements Yoga). Their graceful joint demonstration, followed by focused sessions on lower body alignment and spinal health, inspired the audience with the beauty and practicality of Hatha Yoga.



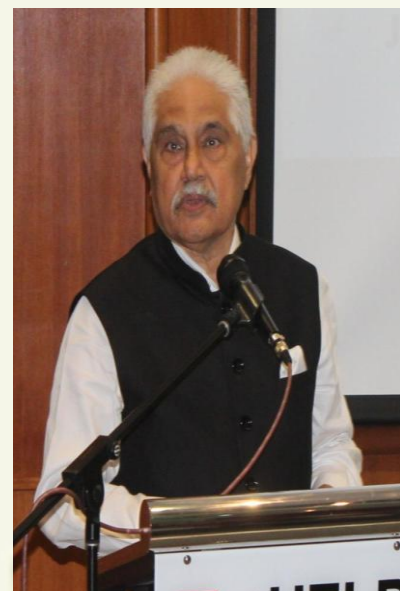
Program Highlights

The program then moved into three powerful reflection segments aligned with the theme:



Segment 1: Reflection on “WELLNESS” by Ms. Jojo Struys, International Wellness Icon and Founder of OhanaJo. Her sharing offered deep, practical insights into managing stress and cultivating emotional resilience through breathwork and mindfulness. She inspired the audience with actionable steps to nurture holistic well-being in daily life.

Segment 2: Reflection on “WISDOM” by Dato’ Ramesh Kodammal, Chairman of ASEAN India Economic Council and Goldtex Group. He reflected on the true definition of wisdom and spoke with humility and depth on living with human values, integrity, and wisdom in a fast-changing world. His reflections encouraged participants to apply timeless principles for personal and societal harmony.



- **Segment 3: Reflection on “WORLD PEACE” by Rajyogini Meera Nagananda**, Senior Spiritual Teacher and Member of the Advisory Council, BKF. She delivered a powerful talk on finding sustainable peace from within. She beautifully connected inner peace with global harmony through the practice of Raja Yoga. She then transitioned into a deeply restorative, guided meditation commentary, enveloping the auditorium in profound silence and collective tranquillity.



The evening concluded with the presentation of souvenirs by Rajyogini Meera Nagananda and Mr. C.F. Pui to HELP University, guest speakers, and the yoga specialists as a token of deep appreciation. The emcee delivered warm closing remarks and announcements, including an invitation to the upcoming **“Awaken Inner Peace” meditation retreat on 4th–5th July 2026**.



A group photograph was taken with the VIP guests, followed by the distribution of goodie bags and blessings to all participants at the auditorium entrance.



Impact & Reflection

Even on a smaller and more intimate scale, the 2026 International Day of Yoga at HELP University created a meaningful and enriching experience. Participants left with a renewed appreciation for the holistic gifts of yoga — physical vitality, mental clarity, and spiritual peace. The presence of high-level dignitaries, inspiring speakers, and the graceful yoga demonstration made the evening both elegant and impactful.

The event successfully strengthened community bonds, enhanced the visibility of Brahma Kumaris Foundation, and reinforced its partnership with HELP University and the High Commissions of India and the Republic of Mauritius. It served as a gentle yet powerful reminder that yoga is a living practice that can contribute to personal transformation and world peace.

Closing Note & Gratitude

This beautiful celebration stood as a testimony to the quiet power of collective intention and spiritual service. With hearts full of gratitude, we thank the Divine and all involved for making the evening memorable.

Heartfelt appreciation goes to:

- HELP University for their generous support and wonderful venue.
- All distinguished guests, speakers, and yoga specialists for their valuable presence and contributions.
- The dedicated Brahma Kumaris volunteers and organising team for their tireless service and loving coordination.
- Every participant who joined us with open hearts.

May the light and might of yoga continue to spread wellness, wisdom, and peace in our lives and in the world.



Om Shanti.



5

Johor Bahru

27 June 2026

@

**Twilight Meeting
Room, KSL City Mall,
Johor Bahru**



The Mind-Body Wellness through Tai Chi & Self-Massage program

Photos

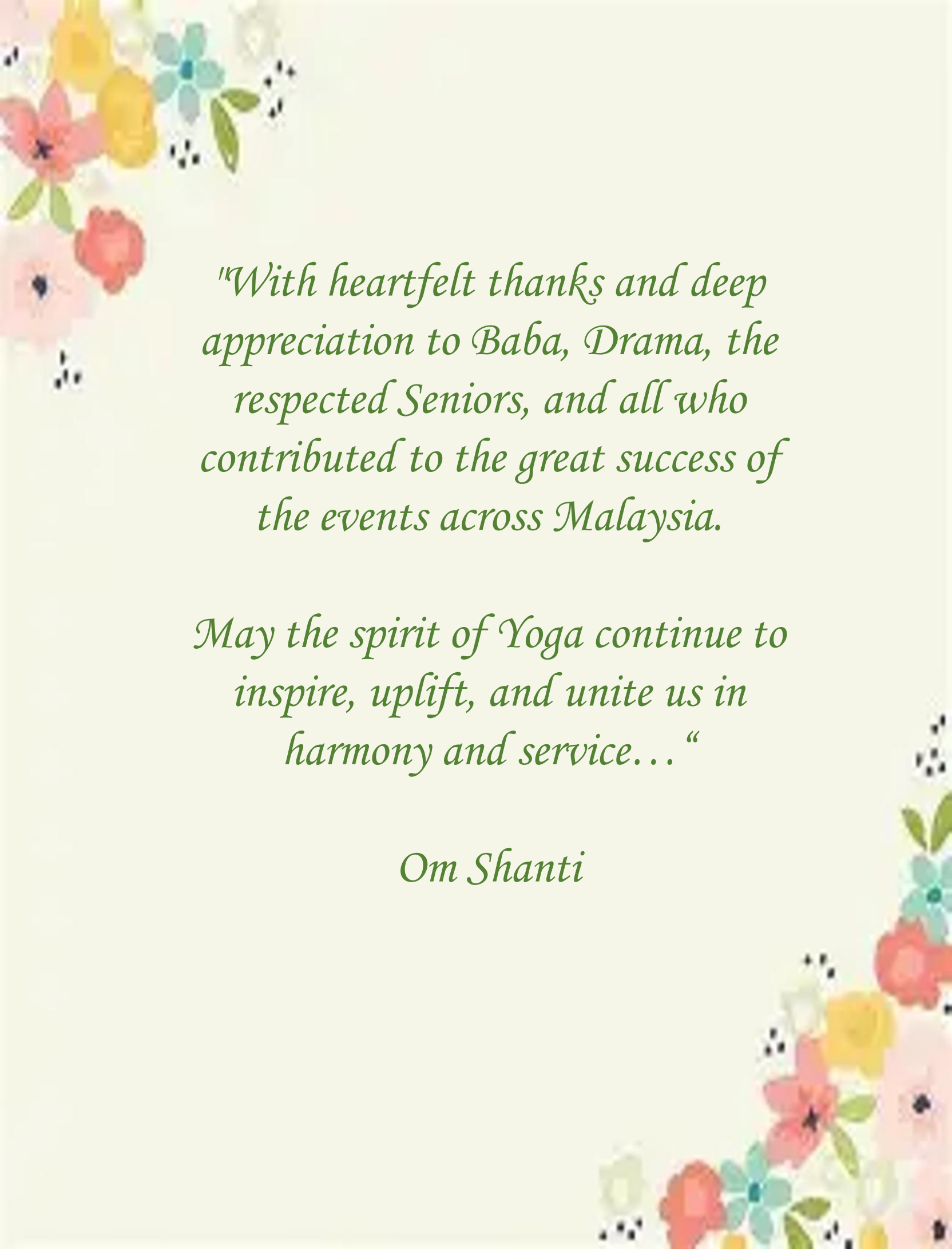


The Mind-Body Wellness through Tai Chi & Self-Massage programme, a free community event organised by the Brahma Kumaris Foundation in celebration of United Nations International Yoga Day under the theme 'One World, One Wellness', took place on Saturday 27 June 2026 from 9:30 AM to 11:30 AM at the Twilight Meeting Room, Level 7, KSL City Mall, Johor Bahru. The programme promoted holistic well-being through a harmonious blend of Tai Chi movements, breathing techniques meditation and self-massage practices. It was guided by special guests including Tai Chi Master Ooi Kean Seng who led gentle exercises and Sister Sue who demonstrated relaxation and healing



Additionally
Br Jothi and Sr Susan from the Brahma Kumaris Foundation shared meditation practices that helped attendees calm the mind and rejuvenate the spirit. Designed to help participants achieve better body-mind balance reduce stress and restore vitality the session was open to individuals of all backgrounds particularly beginners and those seeking relaxation offering an accessible platform to learn simple yet effective wellness practices that can be easily incorporated into daily life. In keeping with the Brahma Kumaris tradition of warmth and gratitude the programme concluded with each participant receiving a sacred toli and a blessing card as tokens of spiritual connection followed by a heartfelt blessing from the facilitators leaving everyone with a deep sense of peace positivity and inner upliftment.





"With heartfelt thanks and deep appreciation to Baba, Drama, the respected Seniors, and all who contributed to the great success of the events across Malaysia.

May the spirit of Yoga continue to inspire, uplift, and unite us in harmony and service... "

Om Shanti