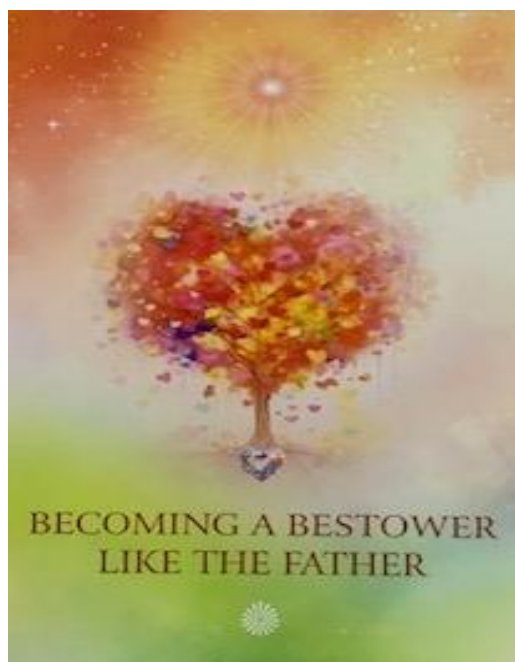


Summary Report

Integrated Retreat 2026 *“Becoming a Bestower Like the Father”*

NC/NCT/CC & Boards
MMV: 21-28 February 2026



International Participants: 555 BK instruments as NC/NCT/CC & Boards around the world (more than 100 countries from Africa, Asia-Pacific, USA & Americas, Europe and United Nations Office)

Thailand: 5 BKs as (1) Sr La - NC Thailand, (2) Sr Jyoti - CC Pinthu, (3) Sr Ngyam -CC Suvannapumi (4) Br Kailash CC Sukhumvit (5) Sr. Shanta and (6) Sr Chittinun NCT - Secretary (first time attending)

IR 2026 Topic: “Becoming a Bestower Like the Father”

BK Host Organizer: BKs Instruments, Bks Team from Russia and connected countries

Retreat Venue: Manmohinivan Complex, MMV at Global Auditorium

Accommodation: Brahmhalok (Seniors), Divyalok, Vikuhn

Dinner Place: Divya Lok

Program Schedules: 21-28 February 2026

IR 2026 Whole Program

Saturday21 Feb 2026 DAY - 6	Sunday22 Feb 2026 DAY - 1	Monday23 Feb 2026 DAY - 2	Tuesday24 Feb 2026 DAY - 3	Wednesday25 Feb 2026 DAY - 4	Thursday26 Feb 2026 DAY - 5	Friday27 Feb 2026 DAY - 6	Saturday28 Feb 2026
CNC DAY		I am a Soul, a Child of the Supreme Bestower	Cleaning the Mind to Become a Clear Channel	SILENCE DAY Giving without Expectations, like the Sun	Beacons of Hope in a World of Change	Master Bestower – Giving Through Thought, Word, and Deed	
ARRIVALS		90 Years of God's Light on Earth	Regional Meetings Day	SILENCE DAY	Parallel to Board Sessions		
Early Amrit Vela - 3:30am Amrit Vela 4:00-4:45	Early Amrit Vela - 3:30 Amrit Vela 4:00 - 4:45	Early Amrit Vela - 3:30 Amrit Vela 4:00 - 4:45	Early Amrit Vela - 3:30 Amrit Vela 4:00 - 4:45	Early Amrit Vela - 3:30 Amrit Vela 4:00 - 4:45	Early Amrit Vela - 3:30 Amrit Vela - 4:00-4:45	Early Amrit Vela - 3:30 Amrit Vela - 4:00-4:45	Early Amrit Vela - 3:30am Amrit Vela - 4:00-4:45
Meditation 6:30 - 7:00 Muri and Class 7:00 - 8:00 Breakfast 8:00 - 9:30	Meditation 6:30 - 7:00 Muri and Class 7:00 - 8:00 Breakfast 8:00 - 9:30	Meditation 6:30 - 7:00 Muri and Class 7:00 - 8:00 Breakfast 8:00 - 9:30	Meditation 6:30 - 7:00 Muri and Class 7:00 - 8:00 Breakfast 8:00 - 9:30	Meditation 6:30 - 7:00 Muri and Class 7:00 - 8:00 Breakfast 8:00 - 9:30	Meditation in Shantivan 6:30 - 7:00 Muri and Bhog in Shantivan 7:00 - 8:00 Breakfast 8:00 - 9:30	Meditation 6:30 - 7:00 Muri and Class 7:00 - 8:00 Breakfast 8:00 - 9:30	Meditation 6:30 - 7:00 Muri and Class 7:00 - 8:00 Breakfast 8:15 - 9:30
	9:45 to 10:30 Welcoming participants at the entrance to Auditorium A 10:30 - 11:15 Hearty Welcome - Cultural performance 11:15 - 11:25 Film: Journey from 1936 to 2026 11:25 Personal reflections on the Yagya's evolution Mohini Didi, Sudha Didi, Santosh Didi 12:30 - 13:00 Toli, Blessings and welcome Gifts LUNCH 3:15 pm - 4:15 pm Service Info Sessions Tea 4:00 - 4:30 pm	9:45 am - 10:00 am Welcome Skit 10:00 - 11:00 Class and dialogue: The Inner Secrets of Bestowing Br Charlie and Sr Manda 11:00 - 11:30 Tea Break 11:30 to 11:50 Report from RC-Meetings Sr Maureen 11:50 - 12:15 Updates from Madhuban Shashi Didi 12:15 - 13:00 Group activity in the tent: The Wonderful Practice of Soul Consciousness LUNCH 3:15 pm - 4:15 pm Service Info Sessions Tea 4:00 - 4:30 pm	9:45 - 10:00 Meditation in Regions 10:00 - 11:00 Regional Meetings Part 1 11:00 - 11:30 Tea Break 11:30 - 11:50 Silence with Chakradhari Didi 11:50 - 12:15 Regional Meetings Part 2 12:15 - 13:00 Meditation with Chakradhari Didi LUNCH 3:15 pm - 4:15 pm Service Info Sessions Tea 4:00 - 4:30 pm	9:45 - 11:00 Personal Silence Time 11:00 - 11:30 Tea Break in Silence 11:30 - 11:50 Silence with Chakradhari Didi 11:50 - 12:15 Experiences of Silence with the Ancestor souls 12:15 - 13:00 Meditation with Chakradhari Didi LUNCH 3:15 pm - 4:15 pm Service Info Sessions Tea in Silence 4:00 - 4:30 pm	9:45 am - 10:00 am Meditation 10:00 - 11:00 Class followed by dialogue: Responding Spiritually to Critical Times Sr Jayanti with Sr Gayatri 11:00 - 11:30 Tea Break 11:30 am - 13:00 pm Panel: HOW READY ARE WE? Facilitated by Judy Rodgers LUNCH 3:15 pm - 4:15 pm Service Info Sessions Tea 4:00 - 4:30 pm	9:45 am - 10:00 am Meditation 10:00 - 11:00 Workshop: Creating a personal Bestower Blueprint for daily life and service with Br Ken 11:00 - 11:30 Tea Break 11:30 - 1:00 pm Gift Ceremony with Mummi Didi LUNCH 3:15 pm - 4:15 pm Service Info Sessions Tea 4:00 - 4:30 pm	on the way to breakfast: Pīñāta Celebration in Brahmlok Garden
4:30 pm to 6:30 pm Registration 6:30 pm to 7:30 pm Evening Bhakti	4:30 pm - 4:45 pm Meditation 4:45 pm to 6:15 pm Service Presentations 6:15 pm - 6:30 pm Break / Movements 6:30 pm to 7:30 pm Evening Bhakti with Chakradhari Didi	4:30 - 5:20 pm Collective Journaling experience: Different stages of giving throughout the cycle 5:20 - 6:30 pm Light Movements 6:30 pm - 6:25 pm Interview: Understanding SHIVBABA as He is and what He is Didi Sudesh and Sr Maureen 6:30 pm - 7:30 pm Evening Bhakti with Didi Sudesh	4:30 - 5:00 pm Subtle Self-Checking: The Inner Audit UNITY 5:00 pm - 6:00 pm Meditative Dialogue Br Charlie and Br Ken 6:00 pm - 6:15 pm Stretch break 6:15 - 7:30 pm Class and Meditation: Cleaning the Mind to Become a Clear Channel with Mohini Didi	5:00 pm - 5:45 pm Optional at Brahmlok Garden: Angelic Movements in Silence 6:00 pm - 7:30 pm Collective Meditation: Unlimited service, constant and endless like the sun with Vedanti Didi SILENCE to be continued until next day	4:30 - 6:00 pm Skit and Dance 6:00 - 6:30 pm Interview: Beacons of Hope in a World of Change Karuna Bhai and Sr Waddy 6:00 pm - 6:30 pm Break and Meditation 6:30 pm - 7:30 pm Collective Meditation for World Healing	4:30 pm - 6:00 pm Meditation in Brahmlok Garden: I am a Lighthouse, God's instrument of giving 6:00 pm - 7:30 pm Closing Ceremony with all RC's	

IR 2026 Daily Schedule



Integrated Retreat 2026
DAILY SCHEDULE
FOR PARTICIPANTS ONLY

Sunday, 22nd Feb 2026

Opening Ceremony by Russia and Connected Countries.

TIME	PROGRAM	VENUE
3:30 - 4:45 am	Amrit Vela	Auditorium A
6:30 - 7:00 am	Meditation	Auditorium A
7:00 - 8:00 am	Muri class	Auditorium A
8:00 - 9:30 am	Breakfast	Divyalok
9:45 - 10:30 am	Welcoming participants	Auditorium A
10:30 - 11:15 am	Hearty Welcome - Cultural performance	Auditorium A
11:15 - 11:25 am	Film: Journey from 1936 to 2026	Auditorium A
11:30 - 12:30 pm	Personal reflections on the Yagya's evolution (with Mohini Didi, Sudha Didi, Santosh Didi)	Auditorium A
12:30 - 13:00 pm	Toli, Blessings and welcome Gifts	Auditorium A
13:00 pm	LUNCH	Divyalok
4:00 - 4:30 pm	Tea	Tent
4:30 - 4:45 pm	Meditation	Auditorium A
4:45 - 6:15 pm	Service Presentations	Auditorium A
6:15 - 6:30 pm	Break / Movements	Auditorium A
6:30 - 7:30 pm	Evening Bhakti (with Chakradhari Didi)	Auditorium A
7:30 pm	Dinner	Divyalok



Integrated Retreat 2026
DAILY SCHEDULE
FOR PARTICIPANTS ONLY

Monday, 23rd Feb 2026

I am a Soul, a Child of the Supreme Bestower

TIME	PROGRAM	VENUE
3:30 - 4:45 am	Amrit Vela	Auditorium A
6:30 - 7:00 am	Meditation	Auditorium A
7:00 - 8:00 am	Muri class	Auditorium A
8:00 - 9:30 am	Breakfast	Divyalok
9:45 - 10:00 am	Welcome Skit	Auditorium A
10:00 - 11:00 am	Class and dialogue: The Inner Secrets of Bestowing (Br Charlie and Sr Manda)	Auditorium A
11:00 - 11:30 am	Tea Break	Tent
11:30 - 11:50 am	Report from RC-Meetings (Sr Maureen)	Auditorium A
11:50 - 12:15 pm	Updates from Madhuban (Shashi Didi)	Auditorium A
12:15 - 13:00 pm	The Wonderful Practice of Soul Consciousness (Group activity)	Tent
13:00 pm	LUNCH	Divyalok
3:15 - 4:15 pm	Service Info Sessions	Respective venue
4:00 - 4:30 pm	Tea	Tent
4:30 - 5:20 pm	Collective Journaling experience: Different stages of giving throughout the cycle	Auditorium A
5:20 - 5:30 pm	Light Movements	Auditorium A
5:30 - 6:25 pm	Interview: Understanding SHIVBABA as He is and what He is (Didi Sudesh and Sr Maureen)	Auditorium A
6:30 - 7:30 pm	Evening Bhakti (with Didi Sudesh)	Auditorium A
7:30 pm	Dinner	Divyalok



Integrated Retreat 2026
DAILY SCHEDULE
FOR PARTICIPANTS ONLY

Tuesday, 24th Feb 2026

Cleaning the Mind to Become a Clear Channel
Regional Meetings Day

TIME	PROGRAM	VENUE
3:30 – 4:45 am	Amrit Vela	Auditorium A
6:00 – 6:30 am	Meditation	Auditorium A
6:30 – 8:00 am	Murli class	Auditorium A
8:00 – 9:30 am	Breakfast	Divyalok
9:45 – 10:00 am	Meditation in Regions	Respective venue
10:00 – 11:00 am	Regional Meetings (Part 1)	Respective venue
11:00 – 11:30 am	Tea Break	Tent
11:30 – 12:45 pm	Regional Meetings (Part 2)	Respective venue
12:45 pm	LUNCH	Divyalok
3:15 – 4:15 pm	Service Info Sessions	Respective venue
4:00 – 4:30 pm	Tea	Tent
4:30 – 5:00 pm	Subtle Self-Checking: The Inner Audit UNITY	Auditorium A
5:00 – 5:10 pm	Special video of Brother Brij Mohan	Auditorium A
5:10 – 6:00 pm	Class by Jayanti Didi	Auditorium A
6:00 – 6:15 pm	Stretch break	Auditorium A
6:15 – 7:30 pm	Class and Meditation: Cleaning the Mind to Become a Clear Channel (with Mahini Didi)	Auditorium A
7:30 pm	Dinner	Divyalok



Integrated Retreat 2026
DAILY SCHEDULE
FOR PARTICIPANTS ONLY

VENUES FOR REGIONAL MEETINGS

REGION	VENUE	COMPLEX
AFRICA	Seminar Room 2 – First floor	Global Auditorium Manmohini Complex
AMERICAS & CARIBBEAN	Auditorium A	
RUSSIA & CONNECTED COUNTRIES	Seminar Room 1 – Ground floor	
UK, EUROPE & MIDDLE EAST	Auditorium B	
ASIA PACIFIC	Dadi Prakashmani Training Center - First Floor - Room 3	SHANTIVAN



Integrated Retreat 2026
DAILY SCHEDULE
FOR PARTICIPANTS ONLY

Wednesday, 25th Feb 2026

Giving without Expectations, like the Sun
SILENCE DAY

TIME	PROGRAM	VENUE
3:30 – 4:45 am	Amrit Vela	Auditorium A
6:30 – 7:00 am	Meditation	Auditorium A
7:00 – 8:00 am	Murli class	Auditorium A
8:00 – 9:30 am	Breakfast	Divyalok
9:45 – 11:00 am	Personal Silence Time	
11:00 – 11:30 am	Tea Break in Silence	Tent
11:30 – 11:50 pm	Silence with Chakradhari Didi	Auditorium A
11:50 – 12:15 pm	Experiences of Silence with the Ancestor souls	Auditorium A
12:15 – 13:00 pm	Meditation with Chakradhari Didi	Auditorium A
13:00 pm	Lunch in Silence	Divyalok
4:00 – 4:30 pm	Tea in Silence	Tent
5:00 – 5:45 pm	Angelic Movements in Silence (Optional)	Brahmlok Garden
6:00 – 7:30 pm	Collective Meditation: Unlimited service, constant and endless like the sun (with Vedanti Didi)	Auditorium A
7:30 pm	Dinner in Silence	Divyalok

SILENCE to be continued until next day



SUGGESTIONS

1. Don't take in more...
2. Don't be too serious inside, really enjoy it.
3. From Amrit Vela to Amrit Vela
4. After the Silence Day: Maintain Silence inside even while conversing

SUGGESTIONS

- Listen to Baba
- Reflective Question:

If I were karmateet like Brahma Baba in his final months - how would I live my life?



Thursday, 26th Feb 2026

Beacons of Hope in a World of Change

TIME	PROGRAM	VENUE
3:30 – 4:45 am	Amrit Vela	Auditorium A
6:30 – 7:00 am	Meditation	Diamond Hall, SHANTIVAN
7:00 – 8:00 am	Murli class	Auditorium A
8:00 – 9:30 am	Breakfast	Divyalok
9:45 - 10:00 am	Meditation	Auditorium A
10:00 - 11:00 am	Class followed by dialogue: Responding Spiritually to Critical Times (Sr Jayanti with Sr Gayatri)	Auditorium A
11:00 - 11:30 am	Tea Break	Tent
11:30 - 13:00 pm	Panel: HOW READY ARE WE? (Facilitated by Judy Rodgers)	Auditorium A
13:00 pm	Lunch	Divyalok
3:15 – 4:15 pm	Service Info Sessions	Respective Venue
4:00 – 4:30 pm	Tea	Tent
4:30 - 5:00 pm	Skit and Dance	Auditorium A
5:00 - 6:00 pm	Interview: Beacons of Hope in a World of Change (Karuna Bhai and Sr Waddy)	Auditorium A
6:00 - 6:30 pm	Break	Auditorium A
6:30 - 7:30 pm	Collective Meditation for World Healing	Auditorium A
7:30 pm	Dinner	Divyalok



Friday, 27th Feb 2026

Master Bestower – Giving Through Thought, Word, and Deed

TIME	PROGRAM	VENUE
3:30 – 4:45 am	Amrit Vela	Auditorium A
6:00 – 6:30 am	Meditation	Auditorium A
6:30 – 7:15 am	Murli class	Auditorium A
7:15 am	50 Years Anniversary Honouring	Auditorium A
8:00 – 9:30 am	Breakfast	Divyalok
9:45 - 10:00 am	Meditation	Auditorium A
10:00 - 11:00 am	Closing Ceremony (with all RC's)	Auditorium A
11:00 - 11:30 am	Tea Break	Tent
11:30 - 1:00 pm	Gift Ceremony (with Munni Didi)	Auditorium A
1:00 pm	Lunch	Divyalok
3:15 – 4:15 pm	Service Info Sessions	Respective Venue
4:00 – 5:00 pm	Tea	Tent
5:00 - 6:00 pm	Workshop: Creating a personal Bestower Blueprint for daily life and service (with Br Ken)	Auditorium A
6:00 - 6:30 pm	Feedback Session	Auditorium A
6:30 - 7:30 pm	Meditation: I am a lighthouse, God's instrument of giving	Auditorium A
7:30 pm	Dinner	Divyalok

INTEGRATED RETREAT 2026

Service Initiatives Info Sessions

Monday 23 February

	Seminar Room 2, 2nd floor	Seminar Room 3, 2nd floor
15:15 - 15:45	#6.4 UN Website	
15:45 - 16:15	#6.3 SSLA	

Tuesday 24 February

	Seminar Room 2, 2nd floor	Seminar Room 3, 2nd floor
15:15 - 15:45	#3 Environment Initiative (60')	
15:45 - 16:15		#6.2 interACT

Thursday 26 February

	Seminar Room 2, 2nd floor	Seminar Room 3, 2nd floor
15:15 - 15:45	#5 YAP (60')	
15:45 - 16:15		#6.1 SIT

Friday 27 February

	Seminar Room 2, 2nd floor	Seminar Room 3, 2nd floor
15:15 - 15:45	#7 Ageing Care	
15:45 - 16:15	#8 Mental Health	#4 The Inner Compass

THE WONDERFUL PRACTICE OF SOUL CONSCIOUSNESS

- 0
- 1 From inside - see yourself as a living Point of Light
- 2 Spin the Discus of Self-Realisation in one minute: see yourself in all 5 forms, feel and experience them.
- 3 Let go of all bodies from your consciousness. Remain deeply connected to the physical world and imagine that there are no bodies, only souls.
- 4 Share soul conscious drishti with your fellow brothers around you. You are special. He is special.
- 5 Look at yourself from outside. See your face. Concentrate. See the soul and identify with it.
- 6 You have completed the cycle - now. This is your final second. Leave your body and go home to Baba.
- 7 See Bapdada in front of you while keeping your eyes open, Take loving drishti ... and listen.
- 8 While remaining seated ... stand up with your subtle inner body of light and give Sakash to the world.
- 9

Special Events:

1. Retreat Atmosphere was the special gathering of Baba instruments worldwide to celebrate “90 years (1936-2026) Jubilee of Brahma Kumaris: the History of Love and Giving” in accordance with the main focus of the Integrated Retreat 2026 on the titled, “**Becoming the Bestower like the Father**”.



2. Retreat Venue Decorations were arranged especially beautiful and economical, both in the Tent for Registration booth, Service Initiatives Booth and in the Auditorium A for classes and meditation.

Outside Venue Decorations:



Inside Venue Decorations:



3. Registration for participants with smiling hospitality from the host team on Saturday, 21 Feb 2026 at 04:30-06:30 pm in Tent with name tag and cotton tote bag (consisted Retreat Notebook, pen, Booklet of Service Initiatives) under the atmosphere of special afternoon tea and snack (i.e. Ice creme, Popcorn, Fruits and Sweets)



4. Retreat Welcoming Ceremony for program opening by BKs from Russia organizing Team and connected countries was so wonderfully amazing by white rose welcome, handmade-colorful flowers greetings. There were such beautiful angels' hearty welcome and cultural performances and powerful singing by professional Russian singer (Baba's child) on the stage for retreat welcoming on Sunday, 22 Feb 2026.



Also, at the end of welcoming ceremony, all the seniors gave welcome blessings, toli and many gifts, notebook and Baba new book. (More books later on were given everyday, such a treasure)



5. All Program Sessions were well prepared, organized, and focused on specific objective each day for daily spiritual experience in accordance with this retreat IR 2026 Topic: “Becoming a Bestower Like the Father”

Day 1: Opening Ceremony by Russia and Connected Countries

Day 2: I am a Soul, a Child of the Supreme Bestower

Day 3: Cleaning the Mind to become a clear Channel (also Regional Meeting)

Day 4: Giving without Expectation, like the Sun (Silence Day)

Day 5: Beacons of Hope in a World of Change

Day 6: Master Bestower-Giving through Thought, Word, and Deed

The IR 2026 program really designed for insight personal experiences as well as impressive gathering inspirations together with powerful touching atmosphere by all the original jewels seniors, international instruments all over the world. Examples of some touching events are the following:

- Film, Journey from 1936-2026 (powerful remembrance)
- Golden Jubilee: 50 Golden Years Celebration (amazing tireless and powerful example of all the seniors in each spiritual life, experiences, virtues, and services)



- Regional Service Presentation (open-up new ideas for services)
- Dialogue/Interview (uplift thought and attitude)
- Soul Conscious Practice in Group (very practical and useful)
- Regional Meeting (update news and services)
- Class & Meditation by Jayanti Didi, Mohini Didi, Sudesh Didi, Vadanti Didi (really intoxicated and inspired)
- Silence Day (powerful solitude and special remembrance in various Baba's room in Shantivan)
- Murli and Bhog offering in Diamond Hall (special yoga experiences)
- Service information Session (getting ideas and examples for do more services)
- Special Books given (feeling really like special gifts that Baba needs us to follow the Father by studying and practicing more and more insightful)
- Pure Food Sustenance (all the meals were nutritious and healthy as well as serving with happy and peaceful vibrations)

Shukriya Baba, IBY