

BrahmaKumaris Organising 2 weeks long 'Stress Relieving' Camp at Nagaon



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The hectic day-to-day life has introduced 'stress' into everybody life with varying intensity and when person reaches his home even within four walls of house is not free from tension. Ultimately, the stress factor is taking its toll on common man 'health' and its side-effect can be seen from rise in diabetes, hyper-tension, blood pressure, blood-sugar, depression, heart diseases and over-all high level of tension in general.

To overcome such problem, stress management is having basic key and Brahamkumaris local chapter has arranged for 2 weeks long early morning camp on "Stress Relieving" by its in-house expert Sister Poonam. The venue will be Nehru Bali field, Nagaon where beginning from 5 September'10 to 16 September'10 anybody can take part and feel the way to relieve from modern day tension through spiritual practices and make life happy without any carry over tension.

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BY BISHWAJEETSINHA

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