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TATHAASTU- DIVINE JOURNEY PRESS RELEASE

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For Immediate Release

'Divine Journey' and Tathaastu's 'BE THE CHANGE' Awards in Palampur

Divine chanting. Soulful music. Blissful meditation. The audience of a 1000 plus people was enthralled at the *Divine Journey* program, held in Palampur at the Villa Camellia on Saturday, October 23. Organized by *Tathaastu: So Be It*, the leading international spiritual and holistic lifestyle magazine, and sponsored by Sai University and S. K. Punj, this was the inaugural program of the series. Led by spiritual healer H.H. Shri Chamunda Swamiji from the United States and the legendary bhajan singer Shri Anup Jalota, the program's focus was on nurturing the mind with spiritual insight for a calmer and a more nourishing world.

Divine Journey helps healing, and brings out the latent energy in people through blissful music, mantras and motivational discourses. Imparting knowledge and insight into channeling and using these powerful tools for a better life, the program definitely awakens the inner strength in us. The program was filled with a positive, invigorating and yet, calming energy that the audience soaked up.

An integral part of the *Divine Journey* are the *Tathaastu 'BE THE CHANGE' Awards*. Awarded to people in the community for their phenomenal achievements and devotion to public causes, these awards highlight the core fundamentals of "selfless giving" to society and its people. The program highlighted extraordinary people within this community who have made selfless contributions to the society. Dr. Shiv Kumar and BBL Butail received this award.

H.H. Shri Chamunda Swamiji is the renowned New York-based spiritual healer to thousands, in the United States, Canada and India. His advice and guidance has transformed the lives of many across the world, through personal consultations, public events, writings, and television shows. When he was in his mid-20s, Swamiji embarked on a journey that took him to different pilgrimages and shrines all over India. A devout worshipper of Maa kali, he has learned the immense powers of spirituality and has spent the last many years helping heal people. He is a strong believer in the cultivation of purity of thought, mind, and harnessing positive energy from the negative forces around us.

Shri Anup Jalota needs no introduction. He is an integral part of the strong Tathaastu board. He has been entertaining us for decades with his divine voice. Popularly known as the "Bhajan Samrat," Anup Jalota has enchanted audiences over the years with his soulful renditions. He has recorded over 1200 songs, and performed over 4000 live concerts, spread over 100 cities on all five continents.

Dignitaries attending the event included Chandra Prabha Singh (President, Women's Red Cross), Kishan Kapoor (Industrial Minister), R.S. Gupta (Deputy Commissioner), Ratan Gautam, Shanta Kumar (Former MP), Ravinder Kaur (I & PH Minister), Captain Atma Ram (MLA, Rajgir), Parveen Sharma (MLA, Palampur), Sudhir Sharma (MLA, Palampur), Bipin Singh Parmar, Trilok Kapur (Chairman of Wool Federation), Brij Bihari Lal (Former MLA), Jagjivan Pal (Former MLA), S.P. Kangra.

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Tathaastu: So Be It has been organizing the *Divine Journey* series for the past two years in various cities in the United States and Canada, and is now proud to bring it to India. Events are planned in Chandigarh, Ludhiana and other cities of India. *Tathaastu* is a magazine that is devoted to a happier and peaceful life! It celebrates a healthy, spiritual way of embracing life and leading it with peace, harmony and dignity. Entertaining, eclectic, creative – *Tathaastu* is an informative guide to nurture good thoughts, good deeds, and ways to simplify our increasingly complex lives through spirituality and meditation. Leading life holistically is the mainstay of the magazine. *Tathaastu* is published in the United States and distributed in countries around the globe, including USA, Canada, Europe, Australia, New Zealand, Singapore and of course, the land of Eastern wisdom, India.

In addition to the discourses, meditation and music sessions in *Divine Journey*, the event also included a tribute to a fantastic group *Unlimited Ability*. It is a brilliant production, performed by artists on wheels, crutches and other aids. Dance theatre performances, enactment of the Great Epics, sword fights and a medley of scintillating acts performed by professional disabled artists on crutches and wheel chairs, this is the first of its kind in the history of dance theatre.

Divine Journey in Palampur was an evening filled with great energy, positive vibrations, and good thoughts that energized and motivated the audience to “**BE THE CHANGE.**”

Award Recipient - BBL Butail

Shri BBL Butail is a soft-spoken person. Yet he is a man made of steel with selfless contributions to society and numerous accomplishments over the years. He has been strongly instrumental in laying the Pragpur water pipes which provided immense relief to the local people during very trying times in 1925.

He was instrumental in providing free education to women for their empowerment.

He has been one of IOD's (Institute of Directors) distinguished fellows – IOD being a registered non-profit apex association of company directors committed to improving the competitiveness of Indian Business through development of its leadership

This Congress stalwart will also be contesting his seventh election from this constituency of Palampur – this seat has been successfully won by this candidate five times so far in assembly elections. Shri Brij Bihari Lal has been serving people from last three decades. The amount of development done in Palampur itself speaks of his dedication to work.

Award Recipient - Dr. Shivkumar

Dr. Shivkumar is a humble man deserving several accolades. As chairman of the Rotary Eye hospital, Palampur he has achieved a milestone in the health sector in the entire North India for having successfully completed 1 lakh eye operations.

This is not his first award – his selfless service in this arena has bestowed upon him the 1995 award for providing free service and consultation in his Eye Care Clinics.

We are proud to present our token of appreciation to a man who has selflessly gone beyond the call of duty to ‘**BE THE CHANGE**’ in this world.