

November 30, 2025

Report on the Meditation Programme

- Organized by Religions for Peace (RfP) Bangladesh Chapter
- Date: 28 November 2025
- Venue: Chattogram Elite Club, Chattogram, Bangladesh

Religions for Peace (RfP) Bangladesh Chapter organised a special Meditation Programme for its members on Friday, 28 November 2025, at the Chattogram Elite Club. The session was led by Ms. Shantisree McGrath, Director of the Sri Chinmoy Centre, Chittagong.

The programme began with a tribute to the late Reverend Dr. Nobuhiro Nemoto, former Secretary General of RfP Asia (ACRP). His contribution and service to the interfaith community were respectfully remembered.

- **Key Message from the Session**

During her talk, Ms. McGrath explained the importance of meditation in daily life. She said that meditation helps us achieve two important things:

1. Self-control, and
2. Self-transformation.

She explained that when a person meditates, the mind becomes calm, still, and peaceful. This calmness allows positive change to take place within. She also mentioned that the best time to meditate is early in the morning, around 6 AM, and beginners can start with just five minutes a day.

- **Programme Highlights**

- The event was inaugurated and moderated by Professor Dr. Masum Ahmed, Secretary General of RfP Bangladesh.
- The meditation session was conducted by Ms. Shantisree McGrath.
- A vote of thanks was delivered by Professor Dr. Sukanta Bhattacharjee, President of the RfP Bangladesh Executive Committee.
- The programme included meditative music performed by Ms. Bubli Ghosh, which added a peaceful atmosphere.
- A Q&A session followed, where participants engaged actively with Ms. McGrath.

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- **Participants**

Members of RfP Bangladesh were present, including:

- Treasurer Poet Bishwajit Barua
- Joint Secretary Principal Debapriya Barua
- Organizing Secretary Faruk Taher
- Executive Members Professor Ranjit Kumar Dey, Professor Dr. N. H. M. Abu Bakar, Professor Jasim Uddin, Professor Sujan Kanti Bishwas, Reverend Kanchan Barua, Professor Mishkatul Momtaz Mumu, Journalist Jiten Barua
- Social Worker Mukta Chakraborty
- Peace Activist Jaymala Barua, Eli Rani Barua, Intisar Bin Ismail, Pinky Chakraborty, and others.

- **General Reflection**

The event was well-received by all participants. It created a peaceful environment and encouraged members to practice meditation regularly for mental well-being, inner harmony, and spiritual growth.

RfP Bangladesh extends its gratitude to ACRP for continuous support and guidance.

- *This report is respectfully submitted to the Asia Conference of Religions for Peace (ACRP) Secretariat for record and publicity.*



Professor Dr. Masum Ahmed
Secretary General
Religions for Peace Bangladesh