

# HEALTHY HAPPY HOLY DAY

August 26, 2025

HOSTED BY:  
3HO, KRI, SDI, MPA, SIKHNET, LYF

Davinder Singh	CEO for 3HO (Healthy, Happy, Holy Organization)
Jugat Guru Singh	CEO for KRI (Kundalini Research Institute)
Prem Kaur	CEO for SDI (Sikh Dharma International)
Japjeet Kaur	CEO for MPA (Miri Piri Academy)
Dass Atma Singh	CEO for Sikhnet
Guru Sadhana Kaur	CEO for LYF (Legacy of Yogiji Foundation)

TIME (MDT/US)	ACTIVITY
3:30 am – 4:00 am	Japji Sahib
4:00 am – 4:15 am	Guru Guru Wahe Guru Chanting (worldwide)
4:15 am – 6:45 am	2.5 hours of Long Ek Ong Kar's
6:45 am – 7:15 am	Gurdwara
7:15 am – 8:15 am	BREAK
8:15 am – 8:30 am	Introduction + <i>Healthy Happy Holy</i> Excerpts from SSSji
8:30 am – 9:00 am	Meditation/Kriya
9:00 am – 9:30 am	Meditation/Kriya
9:30 am – 9:45 am	<i>Healthy Happy Holy</i> Excerpts from SSSji
9:45 am – 10:00 am	BREAK
10:00 am – 10:30 am	3HO History
10:30 am – 11:30 am	Legacy Non-Profit CEO Presentations
11:30 am – 12:00 pm	BREAK
12:00 pm – 12:15 pm	Meditation/Kriya
12:15 pm – 2:00 pm	Music