

KARNATAKA KAYASTHA SAMAJ (KKS)



Sabka Vikas, KKS Ka Prayas

Karnataka Kayastha Samaj (KKS) is a registered society under the Registrar of Societies, Bangalore, and is eligible for **Income Tax exemption under Section 80G**. Guided by strong Kayastha values, KKS is committed to fostering social cohesion while driving meaningful change across communities.

Through focused initiatives in **women empowerment, educational support, healthcare assistance, skill development, and livelihood generation, KKS works tirelessly to uplift the underprivileged and economically weaker sections of society**. Its charitable efforts aim not just at providing relief, but at creating **long-term, sustainable impact**—enabling individuals and families to lead lives of dignity, independence, and hope. With a spirit of service at its core, KKS continues to translate compassion into action, touching lives and strengthening society as a whole. For more information and to be part of this journey of change, please visit www.karnatakakayasthasamaj.org

KKS PRESENTS MEENAL NIGAM



A Devotional Singer and a Nada Yoga Facilitator

Through

RESONANCE – A Guided Music and Sound Meditation Experience

RESONANCE is the natural response of the inner being when sound touches consciousness.

This two-hour spiritual concert is a carefully curated journey through mantra, music, rhythm, and meditation, designed to create deep inner alignment and collective vibrational harmony. The experience begins with invocations to Ganesh, Shiva, and Shakti, where rhythm becomes the driving force. Each mantra carries its own meter, and each meter is supported by a unique musical arrangement designed to activate the mantra's vibrational power in the space and within the listener.

As the journey unfolds, Kabir's songs, along with select devotional and folk compositions, offer moments of reflection — sung with depth and accompanied by simple insights into their timeless wisdom and lived spirituality.

The final act brings together Gurbani Shabad and Bhajans in a Kirtan medley form, building into an energetic, participatory crescendo. The beats grow stronger, the music more expansive, and the boundary between performer and listener dissolves. This is where resonance is felt — when intent, voice, rhythm, and silence move together.

- 🔥 **Powerful live music**
- 🔥 **Collective chanting**
- 🔥 **A charged, meditative atmosphere**
- 🔥 **Immersive Bhajan Medley**

Come to experience what it feels like to resonate with inner and outer Sound, Music and Divine Vibrations

KARNATAK KAYASTHA SAMAJ (KKS)

Presenting

RESONANCE

Kabir, Folk and Devotional Bhajans
Sound Meditation Immersive Experience
By
MEENAL NIGAM

22nd March, 2026 | 4 PM TO 7 PM

Alliance Francaise De Auditorium,
Vasanth Nagar, Bangalore, 560052

Limited Seats | Ticket: Rs. 999/- Per Person | Open to all

UPI ID - 9606021851@upi

Proceeds from this event will support the underprivileged.

◆ **Animesh Bisaria**
President
9845102777

◆ **Ritu Karidhal**
Secretary
9448277523

Meenal Nigam imbued music as a sacred path of awareness and expression from an early age. Her journey seamlessly blends classical spirituality, yoga sadhana, and the transformative science of sound. With over two decades of experience in yoga, meditation, and healing, and deep grounding in Nada Yoga and Swar Yoga, she guides seekers into inner stillness through sound and silence.

Ms Meenal Nigam was born into a distinguished musical family, and she grew up with sound and rhythm as an integral part of her life. As the daughter of **legendary singer Shri Agam Kumar Nigam and sister of Padma Shri Sonu Nigam**, music shaped her inner world—not merely as art, but as a sacred medium of awareness and expression.



Meenal Nigam is presenting a saree to the Hon'ble President of India, Smt. Droupadi Murmu, along with her brother Padam Shri Sonu Nigam

Her yoga journey began at the age of nineteen while healing a nerve weakness in her spine. Under the guidance of Dr Ruhi Shekhar, she not only restored her health but also embraced yoga as a lifelong sadhana. With over two decades of experience as a yoga therapist and teacher, she specialises in ancient meditation techniques, breathwork, and healing, and has trained extensively in classical yoga, prenatal yoga, and multiple healing modalities, including Reiki and Seichem at the Grandmaster level.

Her spiritual path deepened through initiations in Kriya Yoga and Raj Yoga, particularly at the Satyananda Yoga Ashram in Munger, where she received her spiritual name, Atmabindu, and developed a profound connection with Bhakti, kirtan, mantras, and stotrams. Since 2018, her work has focused on the science of sound through Nada Yoga and Swar Yoga, and today she holds the title of an Acharya of Swar Yoga Peeth. She conducts workshops, retreats, corporate programs, and cultural performances using a combination of her own modalities to guide and heal people. Anchored in humility, she remains a lifelong student—devoted to her Gurus and in service of humanity.

A devoted Bhakti singer and lifelong seeker, she walks her path with humility—committed to remaining a student forever, in service of her Gurus and humanity.