



28th August – 01st September 2025

NATIONAL SIR CONFERENCE & MEDITATION RETREAT

“SPIRITUALITY FOR HUMAN EXISTENCE - INNOVATING NEWER AVENUES”

Venue: Brahma Kumaris, Gyan Sarovar, Mount Abu – 307501, Rajasthan, India

Programme Booklet



Organisers:

Spiritual Applications Research Centre (SpARC)
Rajyoga Education & Research Foundation (RE&RF)
Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya
www.brahmakumaris.com | www.bkwsu.org | www.bksparc.in



Welcome and Namaste

Dear Distinguished and Honorable Guests,

Please accept heartfelt greetings of Happiness, Harmony & Perfect Wellness.

We welcome you to Gyan Sarovar complex, God's abode at Brahma Kumaris, Academy for a Better World, which is the venue for the “19th National SIR Conference and Meditation Retreat” theme of which is **"SPIRITUALITY FOR HUMAN EXISTENCE- INNOVATING NEWER AVENUES"**.

The venue will provide a comfortable and memorable stay at the eco-friendly campus situated in the backdrop of Aravalli Mountains Range which is a harmonious blend of clean environment and meditative surroundings, perfectly meant to recharge and rejuvenate the soul and serves as a window, far away from the hustle & bustle of hectic modern-day living.

We are confident that you will also enjoy the powerful vibrations of this holy place with your active, constructive and enlightening participation.

Rajyoga - is an ancient spiritual discipline for relaxing, refreshing and recharging the mind and body, leading to a deeper experience of peace and happiness which is the core of all spiritual pursuits that the residents practice here and translate the benefits to actions in day to day life. It is an easy and safe tool to strengthen oneself from within, practiced daily by over a million who are spread across 140 countries.

We welcome you once again and look forward to your august presence.

Rajyogini BK Ambika
Chairperson, SpARC Wing

Programme at a Glance



Day 01: Thursday, 28th August 2025

- 10.00am Onwards : Arrival at Mount Abu
Registration and Visit of the Gyan Sarovar Complex
- 05.30pm - 06.00pm : Video Show
- 06.00pm - 08.00pm : Reception

Day 02: Friday, 29th August 2025

- 06.45am - 08.15am : Meditation Session 01
- 09.30am - 10.00am : Pre-Inaugural Talk
- 10.00am - 01.00pm : Inaugural Session
*Theme: Spirituality for Human Existence –
Innovating Newer Avenues*
- 04.00pm - 05.30pm : Open Session
*Theme: Inner Transformation
Through the Science of Rajyoga*
- 05.30pm - 06.30pm : History of the Institution
- 07.00pm - 07.30pm : Creating Spaces of Silence
(Collective Meditation Experience)
- 08.30pm - 10.00pm : Paper Presentation

Day 03: Saturday, 30th August 2025

- 06.45am - 08.15am : Meditation Session 02
- 09.30am - 11.00am : Plenary Session 01
Theme: Challenging the Self – Key to Innovation
- 11.30am - 01.00pm : Plenary Session 02
Theme: Ethics in the Age of Artificial Intelligence
- 04.30pm - 06.00pm : Plenary Session: 03
Theme: Nurturing Nature for a Sustainable Tomorrow
- 06.30pm - 07.00pm : Creating Spaces of Silence
(Collective Meditation Experience)
- 07.00pm - 08.30pm : Panel Discussion
*Theme: Consciousness, Ethics and Culture:
Connections and Conflicts*
- 09.15pm - 10.15pm : Cultural Events

Day 04: Sunday, 31st August 2025

06.45am - 08.15am : Meditation Session 03

09.30am - 12.30pm : Valedictory Session

Theme: Invoking Dawn of a New Era by

Exploring its Seeds in the Present Times

12.30pm Onwards : Sight-Seeing of Mount Abu

08.30pm - 10.00pm : Experience Sharing

Day 05: Monday, 01st September 2025

06.45am - 08.15am : Meditation Session 04

MAIN ATTRACTIONS

Venue: Auditorium, Harmony Hall, Gyan Sarovar, Mount Abu

EVERYDAY

Time: 04.15am - 04.45am

GUIDED MASS MEDITATION

Facilitator : Sr. Rajyogi BK Surya, Brahma Kumaris, Gyan Sarovar, Mount Abu

EVERYDAY

Time: 06.00am - 06.30am

PHYSICAL EXERCISE

Facilitator : BK Suresh, Audio-Visual Dept., Gyan Sarovar, Mount Abu

EVERYDAY

Time: 06.45am - 08.15am

RAJYOGA MEDITATION SESSION

Thursday, 28 August 2025

Time: 05.30pm - 06.00pm

Venue: Harmony Hall

VIDEO SHOW

Tour of Brahma Kumaris

Thursday, 28 August 2025
Time: 06.00pm - 08.00pm

Venue: Harmony Hall

RECEPTION SESSION

WELCOME SONG	:	Madhurvani Group <i>Brahma Kumaris, Mt. Abu</i>
WELCOME DANCE	:	Kumari Pari & Kumari Aishwariya <i>Brahma Kumaris, Ambernath, Maharashtra.</i>
WELCOME ADDRESS	:	Rajyogini BK Alka <i>Zone Coordinator, SpARC Wing, Maharashtra Zone</i>
GREETINGS	:	Rajyogini BK Ambika <i>Chairperson, SpARC Wing, Brahma Kumaris, Bengaluru</i>
INSPIRATIONS	:	Rajyogi BK Karuna Dada <i>Additional Secretary General, Brahma Kumaris, Mt. Abu</i>
CHIEF GUEST	:	Dr. Kamatchi Iyer <i>Pro-Vice Chancellor, Universal Skilltech University, Mumbai</i>
BLESSINGS	:	Rajyogini BK Prabha Didi <i>Director, Gyan Sarovar, Brahma Kumaris, Mt. Abu</i>
GUESTS OF HONOUR	:	Dr. Lalit Varma <i>Additional Chief Secretary (Retd.), Govt. of UP, UP</i>
	:	Rajesh Saxena <i>Head Scientific Advisor, Patanjali Research Foundation Trust</i>
GREETINGS	:	Dr. Amutha Varatharajoo <i>HOD, Emergency Physician Hospital, Bukit Mertajam, Malaysia</i>
GUIDED MEDITATION	:	Rajyogini BK Saroj <i>Zone Co-ordinator, SpARC Wing, Delhi & Delhi NCR</i>
PROGRAM BRIEFING	:	BK Sanjay <i>HQs Co-ordinator, SpARC Wing, Gyan Sarovar, Mt. Abu</i>
STAGE COORDINATOR	:	BK Sanjay <i>HQs Co-ordinator, SpARC Wing, Gyan Sarovar, Mt. Abu</i>

* DISTRIBUTION OF GODLY GIFTS FOLLOWS *



Friday, 29th August 2025
Time: 06.45am - 08.15am

Venue: Harmony Hall

MEDITATION SESSION – I

Topic: Discovering My Original Identity

SPEAKER : **Rajyogini BK Manju**
Senior Rajyoga Teacher, Brahma Kumaris, Gyan Sarovar, Mt. Abu

FACILITATOR : **BK Bharti**
Faculty, SpARC Wing, Kalyan, Maharashtra

Friday, 29th August 2025
Time: 09.30am - 10.00am

Venue: Harmony Hall

PRE-INAUGURAL TALK

SPEAKER 01 : **Prof. Dr. Kamlesh Jha**, *Prof. Dept of Physiology, AIIMS, Patna*

TOPIC : **Neurobiology of Meditation and Its Effects**

SPEAKER 02 : **Prof. BK Dr. Ramajayam**, *Asst. Prof. IKS, IIT, Mandi*

TOPIC : **Research Findings from SpARC Lab**

FACILITATOR : **Dr. Keerti Parasar**, *Faculty, SpARC Wing, Patna, Bihar*

Friday, 29th August 2025
Time: 10.00am - 01.00pm

Venue: Harmony Hall

INAUGURAL SESSION

Theme: “Spirituality for Human Existence–Innovating Newer Avenues”

WELCOME SONG : **Madhurvani Group**
Brahma Kumaris, Mt. Abu

DANCE & SPEECH : **Kumari Shruti**
Brahma Kumaris, Ambernath, Maharashtra

YOGA ACTIVITY : **Kumari Rasika Kadam**
International Fame Yoga Teacher, Kalyan, Maharashtra

WELCOME ADDRESS : **Rajyogini BK Saroj**
Zone Co-ordinator, SpARC Wing, Delhi & Delhi NCR

ABOUT SpARC Wing : **Rajyogi BK Shrikant**
National Co-ordinator, SpARC Wing, Gyan Sarovar, Mt. Abu

ABOUT CONFERENCE : **Rajyogini BK Ambika**
Chairperson, SpARC Wing, Brahma Kumaris, Bengaluru

----- Candle Lighting -----

BLESSINGS	:	Rajyogini BK Mohini Didi <i>Administrative Head, Brahma Kumaris, Mt. Abu</i>
INSPIRATIONS	:	Rajyogi BK Mruthyunjaya <i>Addl. Secretary General, Brahma Kumaris, Mt. Abu</i>
CHIEF GUEST	:	Dr. VK Saraswat <i>Hon'ble Member, Niti Aayog, Govt. of India</i>
GREETINGS	:	Shri Ajay Mahawar <i>MLA, Govt. of Delhi</i>
SPECIAL GUEST	:	Dr. Vinod K Verma <i>President (All India) – Group Corporate Affairs & Head Regulatory Affairs, Hindalco, Delhi</i>
GUESTS OF HONOUR	:	Dr. Raghavendra Rao M <i>Director, Central Council for research in Yoga & Naturopathy, Ministry of Ayush, New Delhi</i>
	:	Dr Mayank Dwivedi <i>Director General, Human Resource (DG-HR), DRDO</i>
GUIDED MEDITATION	:	Rajyogini BK Alka <i>Zone Coordinator, SpARC Wing, Maharashtra Zone</i>
VOTE OF THANKS	:	Prof. Dr. Kantilal Nagre <i>Core Group Member, SpARC Wing, Kalyan, Maharashtra</i>
STAGE CO-ORDINATOR	:	BK Rupesh <i>Peace of Mind TV Fame, Core Group Member, SpARC Wing</i>

Lunch : 01.00pm - 02.00 pm

Friday, 29th August 2025

Time: 03.00pm - 04.00pm

Venue: Harmony Hall

POSTER SESSION - I

Foyer of Auditorium

Dr. Harshvardhan Shrivastava, Asst. Professor, Keshav Law College, Kosli, Rewari, Haryana

"आध्यात्मिकता (भारतीय ज्ञान परंपरा) एवं विश्व शांति"

Dr. Tribikram Gupta, Asst. Prof. RV College of Engineering, Bangalore

"Role of Spirituality in the Pursuit of Science"

Dr. Rajesh Arora, Sr. Professor, Department of Value Education and Spirituality, MIU & CARE, Shantivan

"Ventilation through writing: A spiritual practice within Brahma Kumaris as a part of healthy lifestyle tied to the biological clock for the prevention and regression of lifestyle diseases"

Gaytri Jawaharlal Teli, Research Scholar, KBCNMU, Jalgaon

"मानव व्यक्तित्व विकास में आध्यात्मिक प्रज्ञा का महत्व"

Leekeshwar, *Research Scholar, Department of Yoga Science, University of Patanjali, Haridwar*
"Cultural Significance of Death and Punarjanma (Rebirth) in Bharatiya and Global Philosophies"

Dr Smita Gupta, "Exploring linkages of university teacher's spiritual synergies, occupational stress and satisfaction"

K K Parhi, "Spirituality for Human Existence - Innovating Newer Avenues"

Ravi saini, *Research Scholar, Department of Yoga Science, University of Patanjali, Haridwar*
"Transforming the Self: How Rajyoga Meditation Improves Mind and Moral Values"

Arjun Ram Roj, "Breath of Recovery: Effects of a Structured Yoga Program on Pulmonary Function in Men with Chronic Opium Dependence in Western Rajasthan - A Pre-Post Intervention Study"

Friday, 29th August 2025

Time: 04.00pm - 05.30pm

Venue: Harmony Hall

OPEN SESSION

Theme: Inner Transformation through the Science of Rajyoga

CHAIRPERSON	:	Shyam Sundar Khichi <i>Sr. Scientist (Retd), STQC LAB (ETDC, Jaipur) DIT, Ministry of Communication & IT, Jaipur</i>
GUEST OF HONOUR	:	Prof. Man Singh <i>School of chemical Sciences, Central University, Gandhinagar, Gujarat</i>
KEYNOTE SPEAKER	:	Rajyogi BK Surya <i>Senior Rajyoga Teacher, Mount Abu & Advisor SpARC Wing Rajyoga Lab</i>
GUIDED MEDITATION	:	Rajyogini BK Mamta <i>Sub-zone Coordinator, SpARC Wing, Agra</i>
CO-ORDINATOR	:	Rajyogini BK Yesu <i>Faculty & Coordinator, SpARC Wing ORC, Gurugram</i>

Friday, 29th August 2025

Time: 05.30pm - 06.30pm

Venue: Harmony Hall

BRAHMA KUMARIS - JOURNEY SO FAR

Topic: History of the Institution

SPEAKER	:	Rajyogini BK Shielu <i>Sr. Rajyoga Teacher, Brahma Kumaris, Mt. Abu</i>
FACILITATOR	:	BK Bharti , <i>LC Coordinator, SpARC Wing, Shahada, Maharashtra</i>

Tea Break : 06.30pm - 07.00pm

Friday, 29th August 2025
Time: 07.00pm - 07.30pm

Venue: Harmony Hall

Creating Spaces of Silence (Meditation Experience)

FACILITATOR : **Rajyogini BK Yeshu**
Faculty & Coordinator, SpARC Wing ORC, Gurugram

Dinner : 07.30pm - 08.30pm

Friday, 29th August 2025
Time: 08.30pm - 10.00pm

Venue: Harmony Hall

TECHNICAL SESSION

Paper Presentation - 01

Facilitator: BK Dr. Kalpana Sharma, *Facutly SpARC Wing, Bengaluru*

Prof. Sadhna Jain, *Professor, Aditi Mahavidyalaya, University of Delhi, Delhi.*

"Role of Transformative Power of the State of the Mind in an Individual's Life"

Dr. Gyanendra Tiwari, *Department of Computer Science and Engineering, BIT Mesra, Patna Campus.*

"Depression and Anxiety Detection using EEG, Audio and Facial Data based AI Modelling"

Dr. Ranjita Bhowmick Shastri,

"Investigating the Intermediary Role of Organizational Spirituality: Analysing the Link Between Self Elevation, Spiritual Upliftment and Creative Work Practices"

Dr. Renuka Jakhar, *Assistant Professor, SGT University, Budhera, Gurugram-Badli Road, Gurugram*

"Evaluating the Effectiveness of Deep Breathing, Range of Motion Exercises and Rajyoga Meditation versus Range of motion exercises alone in reducing Neck Pain & academic stress in university students"

Prof Rajnikant Dixit, *ICMR-National Institute of Malaria Research, New Delhi.*

"Understanding the molecular secrets and conceptual education to solve lifestyle problems through scientific innovation as defined in Shrimad Bhagwat Geeta"

Dr. Kavita Sharma, *Professor, Department of Chemistry, Shri Vaishnav Vidyapeeth Vishwavidyalaya.*

"The correlational study between Spiritually and Resilience: Quantitative study"

Dr. Ranjit Kumar, *Department of Chemistry, Faculty of Science, Dayalbagh Educational Institute, Agra.* **"Role of Religion in Air Quality Management: Dayalbagh, A Case Study"**

Ms Sangeeta Natarajan, *Founder Human OS.*

"The missing link in education for overall growth and development of a child"

Shri Vardaan Singh Saini, *Research Scholar, University of Patanjali, Haridwar.*

"Preventing Spinal Fatigue during Meditation using Biomechanical and Alignment Principles"

Shri KM Megha, Research Scholar, Central University of Rajasthan

"Electrophysiological Correlates of Nadamay Meditation Compared to Mind Wandering"

Shri Manisha B.Patil, Research Scholar Savitribai Phule Pune University, Pune, Dept of Marathi

"Working Women and spirituality : An Analytical Study"

Shri Hari Om, Research Scholar Dept. of Yoga Sciences, University of Patanjali. **"Concept of Manas Tatva in the Shiva Sankalpa Suktam and Its Potential Role in Psychosomatic Well Being"**

Ms. Shubhangi Puri, Research Scholar, Rishihood University

"Ensuring Adolescent Mental Well-Being in a Changing World with Rajayog Meditation"

Saturday, 30th August 2025

Time: 06.45am - 08.15am

Venue: Harmony Hall

MEDITATION SESSION-II

Topic: Awareness of the Supreme Being

Speaker : **Rajyogini BK Usha**
Senior Rajyoga Teacher, Brahma Kumaris, Mt. Abu

Facilitator : **BK Bharti**, Faculty, SpARC Wing, Kalyan, Maharashtra

Saturday, 30th August 2025

Time: 09.30am - 11.00am

Venue: Harmony Hall

PLENARY SESSION-01

Theme: Challenging the Self – Key to Innovation

CHAIRPERSON : **Artha Bandhu Sahoo**
Director of ICAR, National Institute of Nutrition & Physiology

GUEST OF HONOUR : **Sanjay Bansilal Chordiya**
Chairman, Suryadatta Group of Institutes

KEYNOTE SPEAKER : **Rajyogini BK Ambika**
Chairperson, SpARC Wing, Bengaluru

GUIDED MEDITATION : **Rajyogini BK Lovely**
Faculty & Coordinator, SpARC Wing, Delhi

CO-ORDINATOR : **BK Chaya**
Core Group Member, SpARC Wing, Bengaluru

**“True innovation begins where comfort ends:
Every challenge to the self is a door to a new possibility”**

Saturday, 30th August 2025
Time: 11.30am - 01.00pm

Venue: Harmony Hall

PLENARY SESSION-02

Theme: Ethics in the Age of Artificial Intelligence

CHAIRPERSON	:	Shri Nilesh M Desai, <i>Director, SAC, ISRO, Ahmedabad</i>
GUEST OF HONOUR	:	Kundan Ramesh Nagre <i>Professor, HOD (Mathematics), MIT University, Pune</i>
KEYNOTE SPEAKER	:	Rajyogini BK Jayanti <i>Additional Administrative Head, Brahma Kumaris, Mt. Abu</i>
GUIDED MEDITATION	:	Rajyogini BK Durgesh <i>Sub Zone Coordinator, SpARC Wing, Bhubaneswar</i>
CO-ORDINATOR	:	BK Vinay Pandya <i>SpARC Core Group Member, VV Nagar, Gujarat</i>

Lunch : 01.00pm - 02.00pm

Saturday, 30th August 2025
Time: 03.00pm - 04.00pm

Venue: Harmony Hall

POSTER SESSION - II

Theme: Ethics in the Age of Artificial Intelligence

Dr. S.K. Panigrahi, *Department of Mechanical Engineering, Defence Institute of Advanced Technology, Pune.* "Spirituality for Human Existence: History, Approach and Application"

Garima Bansal, *Research Associate, University of Johannesburg, South Africa.* "Mathematics Meets Mindfulness: Story-telling as a Tool for Graph Comprehension and Self-Reflection"

Ramkrushna Nanagir Bawa, *Research Scholar, KBCNMU, Jalgaon*
“अध्यात्मिक प्रज्ञा द्वारा मानव सभ्यता में पर्यावरण विकास”

Chaitanya Kaushal, "Effect of Isometric Exercises and Trataka Training on Physical and Psychological Variables of Cricket Players"

Dr. Ram Bilas Agrawal, *Assistant Professor, RV College of Engineering, Bangalore*
"A study of non-performing assets of small & marginal farmers of Rajasthan"

Debajyoti Ghosh, "Scalable Opportunistic Shortest Path Problems on Road Networks"

Chilukuri Bala Venkata Subbarayudu "Indian Knowledge System-Importance of Traditional, Spiritual and Integrated Human Values in Education"

Sudarsan Raj, Bhubaneswar, Odisha. "Importance of Spirituality"

Saturday, 30th August 2025

Time: 04.00pm - 04.30pm

Venue: Harmony Hall

TECHNICAL SESSION

Paper Presentation - 02

Saturday, 30th August 2025

Time: 04.30pm - 06.00pm

Venue: Harmony Hall

PLENARY SESSION-03

Theme: Nurturing Nature for a Sustainable Tomorrow

CHAIRPERSON	:	Col. B. Venkat <i>Registrar, Teri University, New Delhi</i>
GUEST OF HONOUR	:	Prof. (Dr.) Ashok Kumar Purohit <i>Former Dean & Faculty of Science, J.N.V. Vyas University, Jodhpur</i>
KEYNOTE SPEAKER	:	BK Balakishore <i>Vice-President - Better Living at Searce Technologies</i>
GUIDED MEDITATION	:	BK Shweta <i>Coordinator, SpARC Wing, Rourkela, Odisha</i>
CO-ORDINATOR	:	BK Ekta <i>Faculty & Core Group Member, SpARC Wing, Delhi</i>

**"To care for nature is to care for the roots of our own future:
Every leaf we protect is a promise we keep"**

Tea Break : 06.00pm - 06.30pm

Saturday, 30th August 2025

Time: 06.30pm - 07.00pm

Venue: Harmony Hall

CREATING SPACES OF SILENCE

(Deep Meditation Experience)

Facilitator : **Rajyogini BK Chaya**, Core Group Member, SpARC Wing, Bengaluru

Saturday, 30th August 2025
Time: 07.00pm - 08.30pm

Venue: Harmony Hall

PANEL DISCUSSION

Topic: Consciousness, Ethics and Culture - Connections and Conflicts

- Panelist 01 : **Dr. Abhishek Ghosh**
*Dean of faculty, Somaiya Institute for Dharma Studies,
Somaiya Vidya Vihar University, Mumbai*
- Panelist 02 : **Dr Jalindar Ambekar, ST-VI**
*Centre for Materials for Electronics Technology
Min. of Elect. and Info. Tech.(MeitY), Govt. of India, Pune*
- Panelist 03 : **Rajyogini BK Saroj**
Zone Coordinator SpARC Wing, Delhi and Delhi NCR
- Panelist 04 : **Shri R.K. Jain**
Scientist H (Retd.), Lastec, DRDO, Metcalfe House, DRDO
- GUIDED MEDITATION : **Rajyogini BK Neelima**
Zone Coordinator, SpARC Wing, Tamilnadu, Chennai
- MODERATOR : **BK Bharathe**
SpARC Core Group Member, Bengaluru

Dinner : 08.30pm - 09.15pm

Saturday, 30th August 2025
Time: 09.15pm - 10.15pm

Venue: Harmony Hall

CULTURAL EVENT

Brahma Kumaris, Ambernath, Maharashtra

Stage Coordinaor : **Rajyogini BK Tanuja**, Jt. Zonal Coordinator, SpARC Wing, Maharashtra

Sunday, 31st August 2025
Time: 06.45am - 08.15am

Venue: Harmony Hall

MEDITATION SESSION-III

Basis of Rajyoga Meditation

- Speaker : **BK Suman**
Senior Rajyoga Teacher, Brahma Kumaris, Mt. Abu
- Facilitator : **BK Bharti**, Faculty, SpARC Wing, Kalyan, Maharashtra

“When the soul is still, even storms become teachers”

Sunday, 31st August 2025
Time: 09.30am - 12.30pm

Venue: Harmony Hall

VALEDICTORY SESSION

Theme: Invoking Dawn of a New Era by Exploring its Seeds in the Present Times

CHAIRPERSON	:	Shri Dr. Shashi Bhushan Taneja <i>Director, OS (Retd.), ISSA, DRDO</i>
CHIEF GUEST	:	Dr. Arun Kumar, <i>Vice-Chancellor, Swami Keshawanand Agriculture University, Bikaner</i>
GUESTS OF HONOUR	:	Dr. Satya Prakash <i>Member-Budget & Tax Advisory Committee, Govt. of Rajasthan</i>
	:	Shri Arun Ranjan Mishra <i>Prof. Dept. of Sanskrit, Pali & Prakrit Bhasha Bhavana, Visva-Bharati, Santiniketan, W.B.</i>
CONFERENCE REVIEW	:	BK Bharathe <i>Core Group Member, SpARC Wing, Bengaluru</i>
ACTION PLAN	:	Prof. BK Dr. Ramajayam <i>Core Group Member, SpARC Wing, Mandi</i>
INSPIRATION	:	Rajyogini BK Ambika <i>Chairperson, SpARC Wing, Bengaluru</i>
GUIDED MEDITATION	:	Rajyogini BK Alka <i>Zonal Co-ordinator, SpARC Wing, Maharashtra</i>
VOTE OF THANKS	:	BK Sanjay <i>HQs Co-ordinator, SpARC Wing, Gyan Sarovar, Mt. Abu</i>
STAGE CO-ORDINATOR	:	BK Suman <i>Senior Rajyoga Teacher, Brahma Kumaris, Mt. Abu</i>

12.30pm Onwards : Sight-Seeing of Mount Abu

Sunday, 31st August 2025
Time: 08.30pm - 09.30pm

Venue: Meditation Hall

EXPERIENCE SHARING

Monday, 01st September 2025
Time: 06.45am - 08.15am

Venue: Harmony Hall

MEDITATION SESSION-IV

Experiencing Eight Powers

Speaker	:	BK Suman <i>Senior Rajyoga Teacher, Brahma Kumaris, Mt. Abu</i>
Facilitator	:	BK Bharti, <i>Faculty, SpARC Wing, Kalyan, Maharashtra</i>

09.30am onwards
Departure for a New Beginning ...



Goodbyes are not forever.
Goodbyes are not the end.
They simply mean it is just a pause.
Until we meet again!



Daily Routine

03:30am	:	Good Morning
04.15am - 04.45am	:	Collective Meditation
04.45am - 06.00am	:	Tea / Coffee (Dining Hall No. 6)
06.00am - 06.30am	:	Physical Exercise
08.15am - 09.00am	:	Breakfast
11.00am - 11.30am	:	Tea Break
01.00pm - 02.00pm	:	Lunch
02.00pm - 03.30pm	:	Rest / Self Study
03.30pm - 04.00pm	:	Tea / Coffee (Dining Hall No. 6)
06.00pm - 06.30pm	:	Tea Break
07.30pm - 08.30pm	:	Dinner
10.00pm	:	Good Night

“In a world where machines can think,
The true intelligence is choosing what makes us more human”

“Life is not about finding yourself; it's about remembering who you already are”

A Word to Our Guests

- The divine family of Brahma Kumaris wishes you a comfortable stay in the campus that will enrich your life with inner powers and spiritual wisdom.
- While here, delegates are requested to avail maximum benefit of their stay by attending the **morning meditation sessions (4.15 am to 4.45 am)** especially when the atmosphere is powerful and pious.
- The early morning time allotted for meditation is a scientific method of self-realization, personal development, inner transformation and empowerment meant to realize the aim of your visit.
- Please wear the **ID-Card** issued to you, throughout the day during your stay.
- Out-patient medical assistance (Allopathy and Homeopathy) and advice can be availed from **Baba Dispensary** located within the campus, next to Vishnupuri Building
- BKs' literature is available at the **Literature Stall**, 1st floor, Harmony Hall.
- For any assistance please contact: **Conference Office** (Ground floor, Harmony Hall) / **SpARC Office** (Training Centre, Hall No.13).
- **Smoking, Drinking or any kind of substance use is strictly prohibited during your stay.** Participants are requested to co-operate in maintaining the sanctity of the campus and enhancing the spiritual ambience.
- Internet facility is available in **Internet Office**. (Ground floor of Harmony Hall)
- Please fill the Feedback Form and hand-over the same to BK Officials in the **Auditorium** or in **SpARC office** or **Conference Office** before your departure.
- Kindly intimate the transport office next to Reception Centre, about your departure date, place and timing, at least 24 hrs in advance to enable us to plan accordingly.

Note : All sessions will take place in Harmony Hall.