



### A Brief Report On

## 19<sup>th</sup> National SIR Conference & Meditation Retreat

On the theme “Spirituality for Human Existence – Innovating Newer Avenues”

**Dated: 28<sup>th</sup> Aug to 1<sup>st</sup> Sept, 2025**

**Venue: Harmony Hall, Gyan Sarovar, Mt. Abu**

### Reception Session

Amongst a gathering of approx. 500 highly intellectual, scientifically skilled reputed dignitaries from various educational, scientific and professional organizations from all over India and abroad, **SpARC 19<sup>th</sup> SIR national conference & meditation retreat** on the theme ‘**Spirituality for human existence – Innovating newer avenues**’ commenced on evening of 28<sup>th</sup> August at the picturesque deeply serene and divine place of Gyan Sarovar.



**L to R:** BK Sanjay, HQs Coordinator, SpARC Wing, Dr. Rajesh Saxena, Head Scientific Advisor, Patanjali Research Foundation Trust, Haridwar, Rajyogini BK Ambika, Chairperson, SpARC Wing, BK Prabha, Director, Gyan Sarovar, Mt. Abu.

With a warm welcoming of all the delegates and dignitaries through words, cultural songs & dance, badges and bouquets, Chairperson of SpARC Wing **Rajyogini BK Ambika** greeted the reception session through her sharing about the theme of the conference that advent of technology is threatening the values and human existence. An effective and lasting solution to it is seeking the right knowledge being shared by the Supreme to re-emerge the divine treasures hidden within us.

Chief Guest, **Dr. Kamatchi Iyer**, Pro VC, Universal Skilltech, Mumbai, sharing her views to be solution oriented rather than focusing on problems, revealed plans of opening a Rajyoga Centre and Rajyoga Thought Lab in their university.

Director Gyan Sarovar **Rajyogini BK Pratiba Didi** expressed that happiness may be experienced out of physical achievements – degrees, awards etc., however by diving deep into Rajyoga - ocean of jewels of knowledge and inculcating those living values one can be successful. Through guided meditation, SpARC Wing, Delhi Zone Coordinator **Rajyogini BK Saroj**, took everyone into deep relaxation experience. Retd Addl. Chief Secretary, Govt. of UP, **Dr. Lalit Varma**, while presenting the significance and various dimensions of meditation and spirituality expressed its dire need in the present era. Guest of Honour **Rajesh Saxena**, Head Scientific Adviser, Patanjali Research Foundation Trust, emphasized on the fact that being spiritual is to be one with nature, neighborhood and environment. He opined that we may live a healthy happy life if we listen to our heart and live close to the nature. **Dr. Amutha Varatharajoo**, HOD Emergency Physician, Bukit Mertajam Hospital, Malaysia while showering her greetings stated that even science confirms an adverse effect of negative thoughts on brain. Sharing the relationship between body and mind, she assured to use Rajyoga in her professional endeavors as well as future research projects.



**R to L:** Dr. Amutha Varatharajoo, HOD, Emergency Physician Hospital, Bukit Mertajam, Malaysia, Rajyogini BK Saroj, Zone Coordinator, SpARC Wing, Delhi NCR, Dr. Kamatchi Iyer, Pro-VC, Universal Skilltech University, Mumbai, Rajyogini BK Alka, Zone Coordinator, SpARC Wing, Maharashtra Zone.

## Pre-Inaugural Session

**Prof Kamalesh Jha**, Dept. of Physiology, AIIMS, Patna and **Dr. Ramajayam**, Asst. Prof, IKS, IIT Mandi, in a nutshell shared their research insights and the upcoming research activities like - Effect of Rajyoga on health, life-style, thoughts, technology etc.

## Inauguration Session



A formal inauguration of four-day conference commenced with candle lighting and welcoming of dignitaries and audience. **Rajyogi BK Shrikant**, National Coordinator of SpARC Wing while sharing the significance and inspiration behind organising SIR Conferences annually since 2007, he said it was the desire of former Prez, Dr. APJ Abdul Kalam to share the findings of SpARC spiritual researches with the scientific world. Appreciated dignities for uplifting the spirit of the conference through their presence. **Rajyogini BK**

**Ambika**, Chairperson of SpARC Wing expressed dismay at the fact that despite advanced technology humanity is heading towards crises. Reason is the dis-balance between inner and outer world. She appealed to the distinguished guests to take-up the seven days' Rajyoga course of forty-five minutes daily to enable themselves to become rulers of their life and mind. **Rajyogi BK Mruthyunjay**, Addl. Secretary General of BKs, through his inspirations said that spirituality alone can create a blissful, enlightened and peaceful mind. Society would be benefitted only by discreetly programming AI and technology. Spiritual knowledge ought to be acquired from organizations which impart sustainable knowledge, enabling to lead a life of bliss, prosperity and also strike a balance with environment. Chief Guest of the conference **Dr. Saraswat**, Hon'ble Member of Niti Aayog shared his opinion that research by BKs combined with science can yield lot of advantages for humanity both at physical & mental levels. He defined spirituality as **science of inner growth** and **universal harmony**. Commonality of all religions is **Union with Ultimate**. He also said that despite science going deeper cannot explain cognition, consciousness, connectivity with ultimate. He felt that, AI if guided by values of empathy, kindness and truth can lead to a future technology and contribute to real service to humanity. While greeting the delegates, MLA, Govt. of Delhi, **Shri Ajay Mahawar** appreciated BKs being a live example of spiritual enlightenment, brotherhood, compassion, selfless service and transparency. He said mankind can be benefitted only with the discreet utilization of AI. To have harmony with nature, he made a fervent appeal to plant 15 saplings to return back the oxygen availed from it. Special Guest of the occasion **Dr. Vinod Verma**, Sr. VP Group Corporate Affairs & Head Regulatory Affairs, Hindalco while appreciating the overall activities of BKs stated that knowledge imparted by BKs pertaining to spirituality, human existence, innovation, etc., is the way to a peaceful and blissful life. Session concluded with Vote of thanks offered by **Prof. Dr. Kantilal Nagre**, SpARC Core Group Member, Kalyan, Maharashtra.

## Poster Session

Few researchers presented their work through posters displayed for viewing viz., **Dr. Harshvardhan Shrivastava**, Asst. Prof., Keshav Law College, Haryana shared about **Bharat's Traditional Knowledge – Spirituality and Global Peace**. **Dr. Tribikram Gupta**, Asst. Prof., RV College, Bangalore about **Role of Spirituality in Pursuit of Science**. **Dr. Rajesh Arora**, Sr. Prof., Dept. of Value Education Spirituality, MIU & CARE, Shantivan about **Ventilation through writing: A Spiritual practice within BKs as a part of healthy lifestyle tiled to the biological lock for prevention and regression of lifestyle diseases**. **Ms. Gayatri Jawaharlal Teli**, Research Scholar, KBCNMU, Jalgaon about **Consciousness & Significance of Spirituality in Development of Human Personality**. **Shri Leekeshwar**, Research Scholar, Dept. of Yoga Science, University of Patanjali about **Cultural Significance of Death and Rebirth in Bharatiya and Global Philosophies**. **Dr. Smita Gupta**, about **Exploring linkages of Univ Teacher's Spiritual synergies, occupational stress and satisfaction**. **Shri, K.K Parhi**, about **Spirituality for Human Existence – Innovating Newer Avenues**. Research Scholar, **Shri Ravi Saini**, Dept. of Yoga Science, University of Patanjali, Haridwar about **Transforming the Self : How Rajyoga Meditation Improves Mind and Moral Values**. **Shri Arjun Ram Roj**, about **Breath of Recovery: Effects of a Structured Yoga Pranam on Pulmonary Function in Men with chronic Opium Dependence in Western Rajasthan – a Pre-post Intervention Study**. **Dr. SK Panigrahi**, Dept. of Mech. Engineering, Defense Institute of Advanced Technology, Pune about **Spirituality for Human Existence: History, Approach and Application**. Research Associate, University of Johannesburg, Ms.

Garima Bansal about **Mathematics Meets Mindfulness: Story Telling as a Tool for Graph Comprehension and Self Reflection**. Research Scholar, KDBNMU, Jalgaon, Shri Ramakrishna Nanagir Bawa about **Environmental Development in human civilization through spiritual awareness**. Shri Chaitanya Kaushal from Dept. of Sports Psychology shared about **Effect of Isometric Exercises and Trataka Training on Physical and Psychological Variables of Cricket players**. Asst. Prof., RV College of Engineering, Bangalore, Dr. Ram Bilas Agrawal, about **A Study of non-performing assets of small & marginal Farmers of Rajasthan**. Debajyoti Ghosh, about **Scalable Opportunistic Shortest Path Problems on Road Networks**. Shri Chilukuri Bala Venkata Subbarayudu, about **Indian Knowledge System - Importance of Traditional, Spiritual and Integrated Human Values in Education**. Shri Sudarsan Raj, Bhubaneswar about the **Importance of Spirituality**.

## Open Session

**Theme:** Inner Transformation through Science of Rajyoga

Chairperson to the session Sr. Scientist (Retd.) from Ministry of Communication IT, Jaipur **Shri Shyam Sundar**, shared that Rajyoga is not merely a technique but a divine connection with the Supreme to enhance creativity, quality development, etc. and opined that abundantly available knowledge is futile if not applied effectively. Chief Guest of the occasion from School of Chemical Sciences, Central University, Gandhinagar **Prof. Man Singh**, emphasized that spirituality

and science are complementary and scientists are spiritual beings first. Spirituality opens newer avenues, transforms potential energy and establishes equilibrium of mind & body, etc., thus makes us an asset at individual & collective levels. Keynote Speaker, **Rajyogi Surya**, Sr. Rajyoga Teacher, while sharing the prevailing physical and mental problems in the society and its causes, expressed in simple terms about how practice of Rajyoga helps in dealing & healing the issues. He also stated that God being the most subtle entity is the most powerful and therefore by establishing connection with Him, one gets empowered.

## Brahma Kumaris – Journey so far

(History of the Institution)

Sr. Rajyoga Teacher, BK Mt. Abu, **Rajyogini BK Shielu** shared about the journey of Brahma Kumaris since inception till today, how this organisation shaped to grow at an international level crossing over different challenges to spread the power of peace and harmony among various wide diverse cultures prevailing in the world.

## Plenary Session 01

**Theme:** Challenging the Self – Key to Innovation

Chairperson to the session, Jt. Dir. (IT), Registrar Gen I/O, Ministry of Home Affairs, **Dr. Padarabinda Rath**, quoting from history spoke about tangible and non-tangible innovations. He mentioned few tangible innovations by BKs viz., Indian One solar system, yogic jaivik agriculture, Janki Dadi Foundation, Global Peace Initiative, Mega green kitchen, etc. He appreciated the unique feature of self & God realization by BKs. Chief Guest of the occasion, Chairman, Suryadatta Group of Institutes, **Shri Sanjay Bansilal Chordiya**, stated that the BKs institution itself is an innovation by Almighty and has over 80 years spread its wings across the globe with more than a million practicing the meditation technique imparted. Keynote Speaker **Rajyogini BK Ambika**, Chairperson, SpARC Wing stated that **Almighty - the Greatest Scientist** has bestowed us with a variety of innovations in the form of world of Equality, Liberty, Fraternity, bountiful happiness, etc. With the passage of time and in tune with eternal laws of nature, the world seems to be heading for catastrophe. She also shared tips as to how to undo the adverse effects and make the world a better place to live for succeeding generations.

## Plenary Session 02

**Theme:** Ethics in the Age of AI

Chairperson for the session Director, ICAR, **Shri Artha Bandhu Sahoo**, said that AI is both acquisition and application of knowledge. AI is good for analytical and predictive tasks with varied parameters. However, when knowledge is not applied with ethics, it is disruptive. Quoting few examples from Mahabharata, Ramayana and Animal Sciences etc., he said all depends on the how we apply the knowledge in our life. Chief Guest of the session Director, SAC, ISRO, Ahmedabad **Shri Nilesh M Desai**, said that AI is the most disruptive technology if it controls us. Generally, any new inception of technology is resisted, however eventually its usage is accepted. Keynote Speaker Sr. Rajyoga Teacher, **Rajyogini BK Usha** said that just as God Creates, Sustains and Destroys the world, so too is AI. AI is in its creation stage, where certain imperfections are there. However with the change in the world - in the new era, AI in its refined form will be responsible for sustenance. And surely, the unethical usage of AI in the present times will lead to destruction. AI as any other technology is both beneficial and disruptive depending upon its usage.



### Plenary Session 3

**Theme:** Ethics- Nurturing Nature for a Sustainable Tomorrow

Chairperson for the session, Scientist F, Group-i/c AMS and geochronology IVAC, New Delhi, **Dr. Pankaj Kumar**, expressed the need to ponder at the things today to ensure a better tomorrow and in turn to our succeeding generation. He defined sustainability as performing such acts which do not compromise on future. While mentioning the 17 goals listed by UN for nature preservation, he appreciated BKs to be at the top. Chief Guest of the session Entrepreneur, author, policy analyst, philanthropist, **Dr. Girish**

**Mittal**, talked about recent natural disasters and suggested means to control them. He also listed 10 different goals, which BKs have implemented and achieved. Keynote Speaker VP, Better Living at Searce Technologies, **BK Balakishore**, stated that awareness of self has a bearing on attitude, attitude on vision, vision on action and action on creation. Hence, by being in soul-conscious stage, changes can be felt in self and surroundings. For a sustainable tomorrow it is prudent to practice soul consciousness today. The coordinator of the session SpARC core group member **BK Ekta**, beautifully summarized the essence as whatever has **reduced** from our life is to be **reused** and must be brought back to us through **re-cycle**.

### Technical Paper Presentations

**Dr. Gyanendra Tiwari**, Asst. Prof, Dept of Comp Science & Engg, BIT, Patna through the topic **Depression and Anxiety Detection using EEG, Audio & Facial Data based AI Modelling** explained about the AI driven multimodal analysis of EEG, Audio, facial data in early, objective and accessible detection of depression and anxiety. **Dr. Renuka Jakhar**, Asst. Prof, SGT University, Gurugram presented about **Evaluating the Effectiveness of Deep Breathing, Range of Motion Exercise & Rajyoga Meditation Exercises in reducing neck pain and academic stress**. Research scholar, Dept. of Yoga **KM Megha**, through her topic - 'Electrophysiological correlates of Nadamay meditation compared to Mind Wandering' presented the effectiveness of Nadamay meditation in fostering calm and alert state of mind. Research Scholar **Shri Vardan Singh Saini**, spoke about the topic **Preventing spinal fatigue during meditation using biomechanical and alignment principles**. Research Scholar **Manisha B Patil** through her topic **An analytical study on working women & spirituality** shared the effectiveness of spirituality in enhancing work-life balance, coping stress and overall well-being. Research Scholar **Ms Shubangi Puri**, shared her views on the topic **Ensuring adolescent mental well-being in a changing world with Rajyog Meditation**. Research Scholar **Shri Hariom** shared the integrated approach for the wellness through the topic **Concept of manas tatva in the shiv sankalp sukta and its potential role in psycho-somatic well-being**. **Dr. Ranjit Kumar**, Dept. of Chemistry, Faculty of Science, Dayalbagh Educational Institute, Agra shared a model based on religion, science and community governance for effective air quality through his topic **Role of religion in air quality management**. **Dr. Sanjay Kumar Sinha**, Associate Prof. shared his views on **IOT Based handy low-cost portable ultrasound system** for real-time medical imaging. **Dr. Rajesh Arora**, Sr. Prof., Manipur International University & Care shared practices of Rajyoga in enhancing knowledge, virtues, emotional balance etc., through the topic **Eight ways to practice Rajyoga meditation based on your intelligence type**. **Dr. Sadhna Jain**, Professor Aditi Mahavidyalaya, University of Delhi, shared the spiritual practices and brain research for growth and well-being through her topic **Role of Transformative Power of the state of mind in an Individual's life**. **Dr. Ranjita Bhowmick Shastri**, Assistant Professor, SDJ International College, Vesu, Surat presented her topic **Investigating the Intermediary role of organizational spirituality: Analyzing the link between self-elevation, spiritual upliftment and creative work practices**. **Dr. Shrikant J Yadav**, Founder & Research head MD (Alternative medicine), Uniquebrain Academy Mumbai, shared the concept of ESP Brain Yoga in combination with neuroscience, meditation and Indian knowledge system to unlock the hidden potential for improving creativity, emotional balance and overall wellness & development through the topic **ESP Brain Yoga**. **Ms Sangeeta Natarajan**, Founder Human OS, Motivational Speaker and Wellness coach shared a holistic framework integrating spirituality, personal growth and scientific temper in education to nurture human beings beyond academics through the topic **-The missing link in education for overall growth and development of a child**.



### Special Session

Addl Administrative Head, BKs, Mt. Abu **Rajyogini BK Jayanti** shared her insights about being inwards, upwards and then outwards to bring the change we want to see in the world. Just as energy flows from higher state to lower similarly vibrations of human beings impacts elements of nature and other

creatures. The imbalance observed around is due to impact of the vibrations and inner state of human beings. While in true awareness of a being - the soul connects to the higher divine source, the soul is empowered to bring forth the divinity in its behavior impacting everything around. Spirituality is a science - **as is the formula so are the results**. Administrative Head, Brahma Kumaris, Mt. Abu, **Rajyogini BK Mohini Didi** through video greeted all the delegates and gave her inspirations that the power of thoughts are very effective therefore be stable even in upheavals, engage the body in service, manage the resources well and have love & affection for everyone. She insisted to have spiritual and alaukik relationship with everyone. Neither deject nor be over-attached. Practicing being soul-conscious and seeing others too the same favorably turns any difficult situation and people. In order to become obstacle free practice of soul consciousness is important. It helps turn impossible into possible. She said we try to naturally become aware of our truth or the knowledge shared with us by the Almighty rather than chanting it. She urged everyone to experiment the learnings being shared here to experience them and practice to be natural and easy yogi.

## Panel Discussion

**Theme:** Consciousness, Ethics & Culture – Connections and Conflicts

Panelist, Dean of faculty, Somaiya Institute for Dharma Studies, Mumbai **Dr. Abhishek Ghosh**, said Indian Knowledge systems can salvage our original culture lost due to the belief system established by westerners - that science or technology brought by West are progressive and useful. He said ethics are inside-out and outside-in. The inside-out behavior is sustainable and natural, whereas the outward-in is fear-based and to impress others. We need to be first accountable to our own self in order to be accountable for the societal behavior or culture. And for that love and hope needs to be practiced. ST-VI, Centre for Materials for Electronics Tech, Min of Elect. & IT(MeitY), Govt. of India, Pune, **Dr. Jalinder Ambedkar**, while sharing the three consciousness - Mental, Physical and Social wellness said, when mind is stable and healthy, it impacts the physical and eventually the social aspects of human being. Therefore, we must through conscious-thinking unleash the hidden treasures lying within to bridge the gap between expectations and fulfillments. It is time to realize that each one is unique and contributes in their unique ways. Delhi SpARC Wing Co-ordinator **Rajyogini BK Saroj** explained Consciousness, Ethics and Culture with an analogy of seed, fruits and garden. She said Consciousness is the



seed, ethics are the fragrance and culture is the garden. Quality of the seed governs the quality of the garden. The consciousness is both physical (outward-in) and meta-physical (inward-out). Spirituality is the base for moral based society. To revive the ethical culture, we need to re-emerge divinity already hidden within us in the merged form, appreciate the prevailing diversity and practice soul-consciousness to be more tolerant, accepting and understanding to bring the desired cultural changes outside. Scientist H, Lastec, DRDO, **Shri RK Jain**, shared four tips of mind to be a good researcher – Peaceful and happy to be able to give the best. Humility to improve ourselves wherever required. Curiosity to learn and grow and Resilience to exercise patience and perseverance for productive research. He emphasized on value based research to avoid mal-practices and also to be appreciative of the efforts instead of being result oriented. All the panelists offered cogent replies to questions posed.

## Meditation Sessions

The knowledge of Rajayoga Meditation was imparted by experienced and senior Rajyogini BK Sisters – BK Usha, BK Chaya, BK Manju, BK Suman during the four days program to help the gathering experience the nuances of meditation. In between various sessions through-out the program too, Rajyogini BK sisters (BK Lovely, BK Nilima, BK Alka, BK Shweta, BK Mamta) through guided meditation helped the audience feel & experience deep tranquility, love and divine bliss.

## Cultural Program

A group of young sisters and brothers from Ambernath and other creatively talented youngsters from different parts of India presented beautiful cultural program. Magic show by Rajyogi BK chandrakant was also a great attraction of the program.



## Valedictory Session



Chief Guest Prof. Dept. of Sanskrit, Pali & Prakrit, Bhasha BHavana, Visva-Bharti, Shantiniketan, W.B, **Shri Arun Ranjan Mishra**, while sharing the experience of a scientist in failing to find a single non-medicinal plant/creeper or tree, he expressed that sometimes failure in research also leads in finding new facts. Research leads to Innovation which helps in development to bring the desired changes. He said one may uplift & grow themselves through inter-disciplinary practices only and not just by sticking to one. He opined that through collective meditation the evil, wars, bad practices prevailing in the society can be addressed. Mind is like waves whereas stillness is the soul. Through meditation i.e., Auto-suggestion and Imagination one may empty the mind to make it still. Professor & Dean, Faculty of Commerce & Management, Sigma University, Bakrol, Vadodara, Guj., **Dr. Neelima Kamjula** appreciating BKs as the best example of Self Actualised community said, mother nature is the ultimate source of energy and we must individually reciprocate love we receive from it. And this can be achieved through self-actualization and communal wellbeing. A brief review of the four day conference was shared by Core Group

Member, SpARC Wing, Bengaluru, **BK Bharthe**. The effectiveness of Rajyoga and its teachings for dispelling the confusion, myths and darkness of ignorance was beautifully depicted through Puppet show by BK Veena and BK Ashwini from Mumbai. Core Group Member, SpARC Wing, Mandi, Prof. **BK Dr. Ramajayam** shared the scope and prospects of varied areas of research activities planned by SpARC that may be translated into action in collaboration or silos. Chairperson, Director, OS (Retd.), ISSA, DRDO, **Shri Shashi Bhushan Taneja**, shared that Spirituality with AI in various Defence Systems, Automotive Vehicles, Distance Controlled Devices - Manned or unmanned can make them constructively powerful and useful. Spirituality offers what science or AI can't so while sowing the seeds for the future, a balanced approach is imperative. Through the inspirations of Chairperson, SpARC Wing, Bengaluru, **Rajyogini BK Ambika** assured having day after night and insisted to reflect to take back something to uplift the society. She said value based society can be established through the right connection with the source of power - the Supreme Soul. God has imparted the knowledge and practices relevant to the make the world a better place, so let's connect to the Supreme to shine-out our true core through our actions. **Dr. Amutha Varatharajoo**, HOD Emergency Physician Hospital, Bukit Mertajam, Malaysia shared her divine experience benefiting her professional endeavours and appreciated this platform where unity and harmony can be experienced among the diversity. The session concluded by extending appreciation and gratitude to everyone including the attendees and delegates by SpARC core group member, Mt. Abu **BK Sanjay**.

## Experience Sharing Session

Experiences, Suggestions and take away were shared by some of the delegates where they felt interactive and meditative or spiritual aspects of the conference to be increased to have a deeper experience of the inner peace and power. Many felt such programs are beneficial not only for self-transformation but also in establishing a harmony with the surrounding and nature.

## Moments & Snaps

### Moments of Reflection: Delegates in Harmony Hall



## Senior Souls Leading with Vision



**Rajyogini BK Ambika**  
Chairperson  
SpARC Wing, Brahma Kumaris



**BK Dr. Mruthyunjaya**  
Addl. Secretary General  
Brahma Kumaris



**BK Surya**  
Senior Rajyogi  
Brahma Kumaris, Mt. Abu



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



**During Plenary Session 1**  
Shri Sanjay Bansilal Chordiya  
Dr. Padarabinda Rath



**During Plenary Session 3**  
Dr. Girish Mittal, BK Balakishore  
Dr. Pankaj Kumar

## Special Guests: Sharing Wisdom and Grace



**Padma Bhushan Dr. VK Saraswat**  
Hon'ble Member NITI AAYog



**Shri Nilesh M. Desai**  
Director ISRO, SAC, Ahmedabad.



**Dr. Kamatchi Iyer**  
Pro VC, Universal Skilltech University,  
Mumbai



**Shri Ajay Mahawar**  
MLA, Govt. of Delhi  
New Delhi



**Dr. Lalit Varma**  
Additional Chief Secretary (Retd.)  
Govt. of UP, Lucknow



**Dr. Vinod K Verma**  
President (All India)-Group Corporate  
Affairs & Head Regulatory Affairs,  
Hindalco, Delhi

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