



48th NATIONAL CONFERENCE ON **Mind-Body Medicine**

Programme Booklet

**29th Sep. to
01st Oct.
2023**

**Venue:
Conference Hall,
Shantivan**



Organised by



MEDICAL WING,
RAJYOGA EDUCATION & RESEARCH FOUNDATION
GLOBAL HOSPITAL & RESEARCH CENTRE TRUST,
Abu Road, Rajasthan (India)

Under the Patronage of
PRAJAPITA BRAHMA KUMARIS ISHWARIYA VISHWA VIDYALAYA



Welcome and Namaste

Dear Participant,

Welcome to God's abode at Brahma Kumaris Shantivan. Please accept heartfelt greetings of peace, harmony and happiness.

We the Brahma Kumari's family feel honoured to welcome to you at the Mind-Body Medicine Conference cum Meditation Retreat. We hope and believe that you have a comfortable and memorable stay at the eco-friendly campus of Shantivan. In the backdrop of Aravalli Mountain range, this place is a harmonious balance of clean environment and meditative surroundings perfectly meant to recharge and rejuvenate yourself. Brahma Kumaris Shantivan - A thought away from the hustle bustle of modern day living.

We are confident that the rich experience that you gain from the event will help you outshine in your professional as well in your personal life. At the same time, we are hopeful that you will actively participate in the conference as per the program schedule and enjoy the powerful vibrations of this holy place. Rajyoga is at the core of the spiritual learning that we practice here. It is an ancient spiritual discipline that can be used for relaxing, refreshing, and re-charging the mind and body, thus leading to a deeper experience of peace and bliss. It provides one with the spiritual knowledge and practice needed to strengthen oneself from in and out.

We wish you a time full of peace & bliss.

"Smiles are forever in fashion, so keep grinning"



Thursday, 28th September, 2023 : Registration 4.00 pm - 9.00 pm

Friday, 29th September, 2023 : Registration 9.00 am - 5.00 pm

Registration at Shantivan Accommodation Office

Friday, 29th Sept., 2023

Venue: Conference Hall, Shantivan

06.30 am - 08.00 am : Beyond the Manifest - My Journey towards Soul Realization

Dr. Swapan Gupta, Delhi
Associate Professor of Neurology, GB Pant Hospital

Coordinator: BK Geetanjali, Mysuru

08.00 am - 09.00 am : Breakfast

09.30 am - 10.25 am : Compassionate Living

Dr. Reena Tomar, Delhi
*Prof. in Pathology, Maulana Azad Medical College
and Lok Nayak Hospital*

In Chair:

Dr. Arati Kulwal, Akola
Assistant Director, Health Services

Dr. Achala Singhal, USA
Senior Cardiologist, Oklahoma Hospital Muskogee

Dr. Mrs Manmohan Kaur, Gwalior
Retd HoD, Pathology Deptt, Medical College

Coordinator: BK Usha, New Delhi

10.30 am - 12.00 noon : Self-Realisation

Rajyogini BK Usha, Mt. Abu
Senior Faculty, Brahma Kumaris HQ

Coordinator: BK Dharti, Shrinor

12.00 noon - 12.15 pm : Tea Break

Friday, 29th Sep. 2023



Venue: Conference Hall, Shantivan

12.15 pm - 1.15 pm : Self-Healing Through Rajyoga

Dr. Sachin Parab, Mumbai

Joint Secretary, Medical Wing, RERF

In Chair:

Sri KVV Satyanarayana Raju, Rajahmundry

Founder & Chairman, Chaitanya Educational Group

Dr. R. Anithakumari, Bangalore

*Prof. & Head, Endodontics and Conservative Deptt,
VS Dental College & Hospital*

Dr. Sarita Agrawal, Pune

*Prof. & Head, Bharat Ratna Atal Bihari Vajpayee
Medical College*

Coordinator: BK Ranju, Jalore

01.15 pm - 02.15 pm : Lunch

02.15 pm - 03.30 pm : Rest & Self Study

03.30 pm - 04.00 pm : Light Refreshments

04.00 pm - 5.30 pm : Health and Healing Through Light & Might

Dr. Swaminathan, Mumbai

Corporate Trainer & Senior Faculty Brahma Kumaris

In Chair:

Dr. Nandan Upadhyay, Surendranagar

Prof. & Head, Anesthetist Dept, C U Shah Medical College

Dr. Sangappa Doddamani, Bagalkot

Prof. & Head, S N Medical College

Coordinator: BK Hima, Bhopal

Pure thoughts are your precious treasure

Friday, 29th Sep. 2023



Venue: Conference Hall, Shantivan

Inaugural Session

05.30 pm - 08.00 pm

- Welcome Song : **Madhurvani Group**
- Welcome Address : **Dr. Banarsilal Sah**, *Secretary, Medical Wing (RERF)*
- Objectives of : **Dr. Partap Midha**
MBM Conference *Vice President, Medical Wing (RERF)*
- Wing Services

Inauguration By Candle Lighting

- Blessings : **Rev. Rajyogini BK Dr. Dadi Ratan Mohini Ji**
Chief of Brahma Kumaris, Mt. Abu
- Rajyogini BK Mohini**
Additional Chief, Brahma Kumaris, USA
- Inspirations : **Rajyogi BK Nirwair**
Secretary General, Brahma Kumaris, Mt. Abu
- Rajyogini BK Laxmi (Munni Didi)**
Joint Chief, Brahma Kumaris, Mt. Abu
- Greetings : **Dr. Janardan Panthi**
Secretary, Ministry of Health Lumbini Province, Nepal
- Dr. Bikash Lamichhane**
*Vice Chancellor, Rapti Academy of
Health Sciences, Dang Lumbini Province, Nepal*
- Chairperson : **Rajyogi BK Dr. Mruthyunjaya**
Executive Secretary, Brahma Kumaris. Mt. Abu
- Vote of Thanks : **Dr. Brajesh Singhal**
Director, Navjeevan Hospital, Gwalior
- Co-ordinator : **BK Shrinidhi**, *GHRC, Mt. Abu*

Distribution of Godly Gifts to Delegates

08.00 pm - 09.00 pm : **Dinner**

Saturday, 30th Sep. 2023



Venue: Conference Hall, Shantivan

04.00 am - 04.45 am : **Guided Meditation**

Rajyogini BK Usha, Mt. Abu
Senior Faculty, Brahma Kumaris HQ

06.00 am - 06.30 am : **Awareness Exercise**

BK Sujata, GHRC, Mt. Abu

06.30 am - 08.00 am : **Recognising the Higher Power**

Rajyogini BK Usha, Mt. Abu
Senior Faculty, Brahma Kumaris HQ

08.00 am - 09.00 am : **Breakfast**

09.30 am - 11.00 am : **Power of Self-Care**

BK Shivani, Delhi
Awakening with Brahma Kumaris
Coordinator: BK Swarupa, Kakinada

11.00 am - 11.15 am : **Tea-Break**

11.15 am - 12.15 pm : **Meditation As a Lifestyle**

Rajyogini BK Mohini Didi, USA
Additional Chief, Brahma Kumaris
Coordinator: Dr. Bharati Ghivalikar, Mumbai

12.15 pm - 1.15 pm : **Panel Discussion –
Striking Balance: Enjoying Life**

**Panel : Dr. Partap Midha, Dr. Banarsilal Sah,
Dr. Usha Kiran, Dr. Brajesh Singhal**
Coordinator : Dr. Heena, Gwalior

01.15 pm - 02.15 pm : **Lunch**

02.15 pm - 03.30 pm : **Rest & Self Study**

03.30 pm - 04.00 pm : **Light Refreshments**

Saturday, 30th Sep. 2023



Venue: Conference Hall, Shantivan

04.00 pm - 04.25 pm : **Experience: Holistic Antenatal Care**

Dr. Shubhda Neel, *Navi Mumbai*
Senior Gynaecologist, Neel Hospital

Coordinator: Dr. Ulhas Gotkar, *Nagpur*

04.30 pm - 06.00 pm : **Healing Relationships**

BK Shivani, *Delhi*
Awakening with Brahma Kumaris

06.00 pm - 06.55 pm : **Healing the Heart**

Dr. Satish Gupta, *Abu Road*
Director, Medicine, RMM Global Hospital Trauma Centre

In chair:

Dr. Arkesh A Shah, *Bapunagar*
Prof. & Head, ESIS Hospital

Dr. Babu Lal Kumar, *Udaipur*
Prof. & Head, Pacific Institute of Medical Sciences (PIMS)

Dr. Ramesh Bhalala, *Gondal*
Medical Superintendent, Government Hospital

Coordinator: Dr. Anil Bhatija, *Patan*

07.00 pm - 08.00 pm : **Art of Happy Living**

Rajyogini BK Gopi, *UK*
Senior Faculty Brahma Kumaris HQ

Coordinator: BK Ashu, *Agra*

08.00 pm - 09.00 pm : **Dinner**

Greater the humility, higher the achievement



- 04.00 am - 04.45 am : **Guided Meditation**
Rajyogini BK Usha, Mt. Abu
Senior Faculty, Brahma Kumaris HQ
- 06.00 am - 06.30 am : **Awareness Exercise**
BK Sujata, GHRC, Mt. Abu
- 06.30 am - 08.00 am : **The Art and Science of Rajyoga**
Rajyogini BK Usha, Mt. Abu
Senior Faculty Brahma Kumaris HQ
- 08.00 am - 09.00 am : **Breakfast**
- 09.30 am - 11.00 am : **Miracles in Healing**
BK Shivani, Delhi
Awakening with Brahma Kumaris
- 11.00 am - 11.15 am : **Tea-Break**
- 11.15 am - 12.15 pm : **Distress to Happiness**
Dr. Prem Masand, Mt. Abu
Joint Secretary, Medical Wing (RERF)
Coordinator: BK Asmita, Balotra
- 12.15 pm - 1.15 pm : **History of Institution**
Rajyogi BK Dr. Banarsilal Sah, Mt. Abu
Secretary Medical Wing
Coordinator: BK Smita, Mumbai
- 01.15 pm - 02.15 pm : **Lunch**
- 02.15 pm - 03.30 pm : **Rest & Self Study**
- 03.30 pm - 04.00 pm : **Light Refreshments**
- 04.00 pm - 05.30 pm : **Raising Your Karma Vibration**
BK Shivani, Delhi
Awakening with Brahma Kumaris

Sunday 1st October, 2023



Venue: Conference Hall, Shantivan

05.30 pm - 06.30 pm : **Values in Healthcare -
A Spiritual Approach (VIHASA)-**

**Dr. Brijesh Singhal, Dr. Heena,
BK Kalpana, BK Rupa Upadhye**

06.30 pm - 08.00 pm : **Valedictory Session**

Chairperson : **Rajyogi BK Karuna**
Chief of Multimedia, Brahma Kumaris

Inspirations : **Rajyogi BK Atam Prakash**
National Coordinator, Media Wing

Dr. Banarsilal Sah
Secretary, Medical Wing

Dr. Usha Kiran
Former HoD, AIIMS

Coordination : **BK Rupa Upadhye, GHRC**

08.00 pm - 09.00 pm : **Dinner**

Achieve the impossible with silence power

Monday, 2nd October, 2023



Venue: Conference Hall, Shantivan

- 04.00 am - 04.45 am : **Guided Meditation**
Rajyogi Dr. Banarsilal Sah, *Mt. Abu*
- 06.00 am - 06.30 am : **Awareness Exercise**
BK Sujata, GHRC, *Mt. Abu*
- 06.30 am - 08.00 am : **Call of Time**
Rajyogini BK Geeta, *Mt. Abu*
Senior Faculty, Brahma Kumaris
- 08.00 am - 09.00 am : **Breakfast**
- 09.00 am onwards : **Sight Seeing**










Farewell for a New Beginning

Daily Routine

- 04.00 am - 04.45 am : **Collective Meditation**
(Conference Hall)
- 04.45 am - 05.45 am : **Tea / Coffee**
- 08.00 am - 09.00 am : **Breakfast**
- 01.15 pm - 02.15 pm : **Lunch**
- 02.15 pm - 03.30 pm : **Rest / Self Study**
- 03.30 pm - 04.00 pm : **Tea / Coffee**
- 08.00 pm - 09.00 pm : **Dinner**



Important information for the Delegates

-  All sessions will be held in Conference Hall. Please maintain punctuality for all sessions, including that for meal timings.
-  The registration of the delegates will be at the Accommodation Office (Gate No. 3) Shantivan.
-  Smoking and drinking alcohol is strictly prohibited in the campus. Participants are requested to co-operate in maintaining the sanctity of the campus.
-  Sight-seeing arrangements may be made by delegates (on their own) to visit Mount Abu on 2nd October morning. All the delegates may please ensure to book one day in advance for sight-seeing at Shantivan Sight-Seeing Office.
-  For transport facility to nearby places/railway station, please inform about your departure to Transport Department one day prior to your departure.
-  Food arrangements for the delegates have been made on the 1st floor of the Shantivan Dinning Hall on all days.
-  Medical assistance can be availed from the Ever Healthy Hospital between 9.00 am to 12.00 pm, 4.30 pm to 6:00 pm and 8.00 pm to 9.00 pm.
-  Brahma Kumaris Literature is available at the Literature counter. Shantivan
-  Please take care of your belongings especially valuables, mobile phone and cash.

24X7 Help Desk General : Dr. Banarsilal 70149 86342

Accommodation: BK Manisha 8054442222

Transport : BK Meghraj : 9414004792

PROGRAMME AT A GLANCE

Friday 29th September, 2023

- 06.30 am - 08.00 am : **Beyond the Manifest - My Journey towards Soul Realization**
Dr. Swapan Gupta, Delhi
- 09.30 am - 10.25 am : **Compassionate Living** - Dr. Reena Tomar, Delhi
- 10.30 am - 12.00 noon : **Self-Realization** - Rajyogini BK Usha, Mt. Abu
- 12.00 noon - 12.15 am : **Tea Break**
- 12.15 pm - 1.15 pm : **Self-Healing through Rajyoga** - Dr. Sachin Parab, Mumbai
- 4.00 pm - 05.30 pm : **Health and Healing Through Light & Might** - Dr. Swaminathan, Mumbai
- 05.30 pm - 08.00 pm : **INAUGURAL SESSION**

Saturday 30th September, 2023

- 04.00 am - 04.45 am : **Guided Meditation** - Rajyogini BK Usha, Mt. Abu
- 06.00 am - 06.30 am : **Awareness Exercise** - BK Sujata, Mt. Abu
- 06.30 am - 08.00 am : **Recognizing the Higher Power** - Rajyogini BK Usha, Mt. Abu
- 09.30 am - 11.00 am : **Power of Self-Care** - BK Shivani, Delhi
- 11.00 am - 11.15 am : **Tea Break**
- 11.15 am - 12.15 pm : **Meditation As a Lifestyle** - Rajyogini BK Mohini Didi, USA
- 12.15 am - 1.15 pm : **Panel Discussion - Striking Balance: Enjoying Life**
- 04.00 pm - 04.25 pm : **Experience: Holistic Antenatal Care** - Dr. Shubhda Neel, Mumbai
- 04.30 pm - 06.00 pm : **Creating your Miracles** - BK Shivani, Delhi
- 06.00 pm - 06.55 pm : **Healing the Heart** - Dr. Satish Gupta, Abu Road
- 07.00 pm - 08.00 pm : **Art of Happy Living** - Rajyogini BK Gopi, UK

Sunday 1st October, 2023

- 04.00 am - 04.45 am : **Guided Meditation** - Rajyogini BK Usha, Mt. Abu
- 06.00 am - 06.30 am : **Awareness Exercise** - BK Sujata, Mt. Abu
- 06.30 am - 08.00 am : **The Art and Science of Rajyoga** - Rajyogini BK Usha, Mt. Abu
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- 04.00 pm - 05.30 pm : **Raising Your Karma Vibration** - BK Shivani, Delhi
- 05.30 pm - 06.30 pm : **Values In Health Care A Spiritual Approach (VIHASA)**
- 06.30 pm - 08.00 pm : **Valedictory Session**

Monday 2nd October, 2023

- 04.00 am - 04.45 am : **Guided Meditation** - Rajyogi BK Dr. Banarsilal Sah, Mt. Abu
- 06.00 am - 06.30 am : **Awareness Exercise** - BK Sujata, Mt. Abu
- 06.30 am - 08.00 am : **Call of Time** - Rajyogini BK Geeta, Mt. Abu