

Programme Booklet

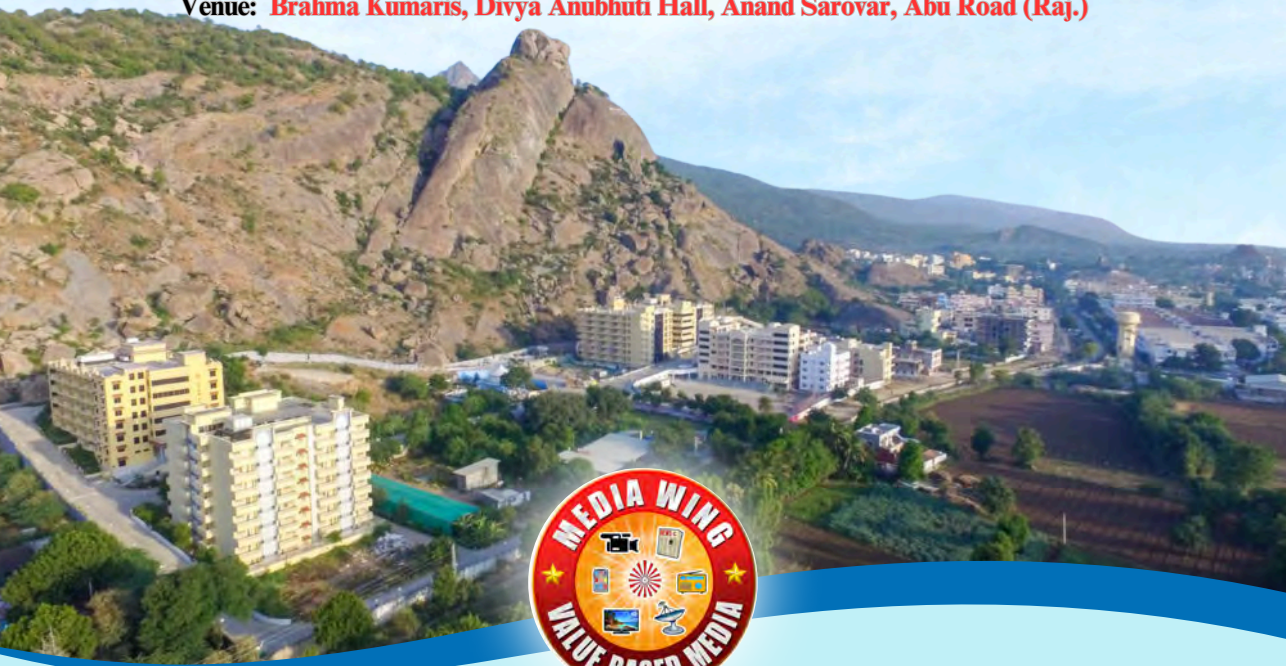
National Media Conference-2024

“Spiritual Empowerment for Healthy & Happy Society – Role of Media”

**“स्वस्थ और सुखी समाज के लिए
आध्यात्मिक सशक्तिकरण - मीडिया की भूमिका**

26th to 30th September 2024

Venue: Brahma Kumaris, Divya Anubhuti Hall, Anand Sarovar, Abu Road (Raj.)



Organised & Hosted by:

**Media Wing, Rajyoga Education & Research Foundation
Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya
World Headquarters: Mount Abu (Raj.)**

Cellphone: +91 9414156615, Email: mediawing@bkivv.org



Website: www.mediawing.org



YouTube: [bkmediawing](https://www.youtube.com/bkmediawing)

PROGRAMME AT A GLANCE

Venue: Divya Anubhuti Hall, Anand Sarovar, Abu Road (Raj.)

Stretching Exercise: 27th to 30th Sept. 2024: 06:15 am to 06:45 am

Day 1: Thursday, 26 September 2024

- 04:00 am - 05:00 pm : Registration, Check-in & Campus Visit
09:30 am - 10:30 am : Raja Yoga Meditation Session - I
Topic : Raja Yoga Meditation in Daily Life - An Introduction
05:30 pm - 08:00 pm : Welcome Session

Day 2: Friday, 27 September 2024

- 06:45 am - 08:00 am : Raja Yoga Meditation Session - II
Topic : Discovering the Inner Self
10:30 am - 01:00 pm : Inaugural Session
Theme : Spiritual Empowerment for Healthy & Happy Society-Role of Media
04:00 pm - 06:00 pm : Plenary Session - I
Topic : Media – A Trendsetter for Global Peace and Harmony
06:30 pm - 07:45 pm : Insight Session
Topic : Empowering the Inner Self with Spiritual Energy
08:45 pm - 10:00 pm : Cultural Program

Day 3: Saturday, 28 September 2024

- 06:45 am - 08:00 am : Raja Yoga Meditation Session - III
Topic : Understanding the Supreme Being
09:30 am - 11:15 am : Plenary Session - II
Topic : Positive and Negative Dimensions of Social Media
11:30 am - 01:00 pm : Plenary Session - III
Topic : Artificial Meets Spiritual Intelligence
04:00 pm - 05:30 pm : Talk Show
Topic : Dealing with Misinformation and Fake News
06:00 pm - 08:00 pm : Valedictory Session
08:45 pm - 10:00 pm : Cultural Program

Day 4: Sunday, 29 September 2024

- 06:45 am - 08:00 am : Raja Yoga Meditation Session - IV
Topic : The Art & Science of Raja Yoga
09:30 am - 06:00 pm : Sight-Seeing of Mount Abu
08:45 pm - 10:00 pm : Sharing of Experiences & Q-A Session

Day 5: Monday, 30 September 2024

- 06:45 am - 08:00 am : Raja Yoga Meditation Session - V
Topic : Invoking Inner Powers Through Raja Yoga
09:30 am Onwards : Departure for a New Beginning

Thursday, 26 September 2024

06:15 am - 08:00 am

RAJA YOGA MEDITATION SESSION - I

Topic: Raja Yoga Meditation in Daily Life - An Introduction

(दैनिक जीवन में राजयोग ध्यान - एक परिचय)

Speaker : **Sis B. K. Manju**, Sr. Rajyoga Teacher, Bilaspur

Facilitator : **Sis B. K. Preeti**, Rajyoga Teacher, Bilaspur

Thursday, 26 September 2024

05:30 pm - 08:00 pm

WELCOME SESSION

Theme: Spiritual Empowerment for Healthy & Happy Society - Role of Media

(स्वस्थ और सुखी समाज के लिए आध्यात्मिक सशक्तिकरण - मीडिया की भूमिका)

- Video Film** : **'Voice of Truth' - (30 Min.)**
- Blessings** : **Sis. B. K. Dr. Mohini**
Addl. Administrative Head, Brahma Kumaris
- Chairperson** : **Bro. B. K. Atam Prakash**
Vice Chairperson, Media Wing, RERF, Abu Road
- Inspirations** : **Sis. B. K. Dr. Nalini**
Sub-Zone Incharge, Brahma Kumaris, Ghatkopar, Mumbai
- Welcome Song** : **Bro. B. K. Satish**
Madhurvani Group, Mt. Abu
- Welcome Speech** : **Bro. B. K. Nikunj**
National Coordinator, Media Wing, RERF, Mumbai
- Meditation Experience** : **Sis. B. K. Dr. Savita**
National Coordinator, Women Wing, RERF, Abu Road
- Divine Song** : **Bro. B. K. Yugratan**, Spiritual Singer, Raipur
- Greetings** : **Sis. B. K. Nikita**
Rajyoga Teacher, ORC, Delhi
- Welcome Dance** : **Kajol Dance Group**, Agra

- Introduction of Media Delegates (Statewise)

- Godly Gift to Participants

Coordinator : **Sis. B. K. Chanda**
HQ Coordinator, Media Wing, RERF, Mt. Abu

Friday, 27 September 2024

06:15 am - 08:00 am

RAJA YOGA MEDITATION SESSION-II

Topic: Discovering the Inner Self

(आन्तरिक 'स्व' की खोज)

- Stretching Exercise : **Bro. B. K. Dr. Babu Lal**, Yoga Teacher, Shantivan
Speaker : **Sis. B. K. Dr. Savita**, Sr. Rajyoga Teacher, Mt Abu
Facilitator : **Sis. B. K. Reena**, Coordinator, Media Wing, Chhatarpur (MP)

Friday, 27 September 2024

10:30 am - 01:00 pm

INAUGURAL SESSION

Theme: Spiritual Empowerment for Healthy & Happy Society - Role of Media

(स्वस्थ और सुखी समाज के लिए आध्यात्मिक सशक्तिकरण - मीडिया की भूमिका)

- Chief Guests : **Bro. Jitin Prasad**
Hon'ble Union Minister of State for Electronics and IT, New Delhi
: **Bro. Dr. L. Murugan**
Hon'ble Union Minister of State for Information & Broadcasting, Delhi
- Blessings : **Rajyogini B. K. Dr. Dadi Ratan Mohini**
Administrative Head, Brahma Kumaris
: **Rajyogini B. K. Dr. Laxmi**
Jt. Administrative Head, Brahma Kumaris
- Chairperson : **Bro. B. K. Karuna**
Chairperson, Media Wing, RERF, Mt. Abu
- Inspiration : **Bro. B. K. Brij Mohan**
Addl. Secretary General, Brahma Kumaris, Mt. Abu
- Meditation Experience : **Sis. B. K. Sushma**, Director, Brahma Kumaris Centres, Jaipur
- Welcome Address : **Bro. B. K. Dr. Shantanu**, National Coordinator, Media Wing, Mt. Abu
- Welcome Dance : **Supreme Shiv Shakti Sanskrutik Academy**, Bengaluru
- Keynote Speech : **Prof (Dr.) Man Singh Parmar**
Former V. C., KT University of JMC, Raipur
- Guest of Honour : **Sis. B. K. Shielu**
Vice-Chairperson, Education Wing, RERF, Mt. Abu
: **Dr. Harshad A. Patel**
Vice- Chancellor, Gujarat Vidyapith, Ahmedabad
: **Sis. B. K. Sarala**
National Coordinator, Media Wing, RERF, Hyderabad
: **Bro. Vishnu Prakash Tripathi**
Executive Editor, Dainik Jagran, Delhi
: **Bro. Kuldeep Singh Dhatwalia**
Former Principal DG, PIB, Delhi

(Note: Honoured Speakers of all Sessions are requested to attend the Candle Lighting Ceremony)

- Coordinator : **Sis. B. K. Chandrakala**
Zonal Coordinator, Media Wing, RERF, Jaipur

Friday, 27 September 2024

04:00 pm - 06:00 pm

PLENARY SESSION-I

Topic: Media – A Trendsetter for Global Peace and Harmony
(मीडिया - वैश्विक शांति और सद्भाव के लिए एक पथ प्रदर्शक)

- Chairperson** : **Dr. Dhruba Jyoti Pati**
Dean & Director, India Today Media Institute, Noida
- Keynote Speech** : **Dr. Narendra Kaushik**
Professor & Dean, School of Mass Communication,
JECRC University, Jaipur
- Welcome Speech** : **Bro. B. K. Prahlad**
Coordinator, Media Wing, RERF, Gwalior
- Meditation Experience** : **Sis. B. K. Ranjan**
Zonal Co-ordinator, Media Wing, RERF, Valsad (Guj.)
- Guest of Honour** : **Bro. Bhagwandas Thakkar**
Freelancer & Columnist, Deesa (Guj.)
- : **Sis. B. K. Nandini**
Addl. Zonal Coordinator, Media Wing, RERF, Ahmedabad
- : **Bro. Motilal Verma**
Joint Director, PR, Nagar Nigam Jaipur Heritage, Jaipur
- : **Bro. Hari Ballabh Meghwal**
President, Journalist Association of Rajasthan (JAR), Jaipur
- : **Bro. Suresh Sharma**
Resident Editor, Dainik Acharan, Gwalior
- Audience Interaction** :

Coordinator : **Sis. B. K. Dr. Reena**
Zonal Co-ordinator, Media Wing, RERF, Bhopal

Friday, 27 September 2024

06:30 pm - 07:45 pm

INSIGHT SESSION

Topic: Empowering the Inner Self with Spiritual Energy
(आध्यात्मिक ऊर्जा के साथ आंतरिक ऊर्जा का सशक्तिकरण)

- Chairperson** : **Sis. B. K. Sushma**
Director, Brahma Kumaris Centres, Jaipur
- Speakers** : **Sis. B. K. Dr. Sunita**
FPP, Shivshakti Leadership Approach, Abu Road
- : **Sis. B. K. Hussain**
Coordinator, Media Wing, RERF, ORC, Gurugram
- : **Dr. Jagbir Singh**
Olympic Mind Power Coach, Mt. Abu
- Meditation Experience** : **Sis. B. K. Chandrakala**
Zonal Coordinator, Media Wing, RERF, Jaipur

- Coordinator** : **Sis. B. K. Nita**
Sub-Zonal Coordinator, Media Wing, RERF, Patan (Guj.)

Friday, 27 September 2024

08:45 pm - 10:00 pm

CULTURAL PROGRAMME



Supreme Shiv Shakti Sanskrutik Academy, Bengaluru
Diamond Dance Group, Bilaspur
Kajol Dance Group, Agra
Sis. Pratiksha Makashre, Kathak Artist, Indore
Bro. B. K. Yugratan, Spiritual Singer, Raipur
Sis. Vishwambhara Vaidya, Kathak Artist, Ahmedabad
Bro. Amrit Rathore, Singer, Mumbai



- Coordinators** : **Dr. Vivek Verma**
Spiritual Poet & Writer, Mt. Abu
- : **Sis. B. K. Manju**
State Coordinator, Media Wing, RERF, Bilaspur

Saturday, 28 September 2024

06:15 am - 08:00 am

RAJA YOGA MEDITATION SESSION - III

Topic: Understanding the Supreme Being (सर्वोच्च सत्ता की पहचान)

- Stretching Exercise : **B. K. Dr. Jagbir Singh**, Olympic Mind Power Coach, Mt. Abu
- Speaker : **Sis. B. K. Chandrakala**, Sr. Rajyoga Teacher, Jaipur
- Facilitator : **Sis. B. K. Bhavna**, Member, Media Wing, RERF, Vadodara

Saturday, 28 September 2024

09:30 am - 11:15 am

PLENARY SESSION-II

Topic: Positive and Negative Dimension of Social Media
(सोशल मीडिया के सकारात्मक और नकारात्मक आयाम)

- Chairperson : **Bro. Y. Babji**
Editor, Public Relations Voice, Hyderabad
- Inspirations : **Sis. B. K. Anita**
Core Committee Member, Media Wing, RERF, Indore
- Guest of Honour : **Prof. Onkar Chand**
Associate Editor, World Renewal Magazine, Shantivan
- : **Bro. B. K. Nikunj**
National Coordinator, Media Wing, RERF, Mumbai
- : **Dr. Mohit Gupta**
Senior Cardiologist & Motivational Speaker, Delhi
- : **Prof. Srishti Dixit**
Asst. Professor, JMC, PIMR, Indore
- : **Bro. Umanath Singh**
Digital Senior Editor, DD News, Delhi
- : **Dr. Vaishali Kapoor**
Associate Professor, JMC, Manipal University, Jaipur
- : **Bro. Sandeep R.V. Kasalkar**
Editor-in-Chief, Kya News, Mumbai
- Audience Interaction :

- Coordinator : **Sis. B. K. Yogini**
Sub-zonal Coordinator, Media Wing, RERF, Ajmer

Saturday, 28 September 2024

11:30 am - 01:00 pm

PLENARY SESSION-III

Topic: Artificial Meets Spiritual Intelligence
(आध्यात्मिक बुद्धिमत्ता और कृत्रिम बुद्धिमत्ता का मिलन)

- Chairperson** : **Bro. B. K. Sushant**
National Coordinator, Media Wing, RERF, Delhi
- Words of Wisdom** : **Sis. B. K. Vinita**
Executive Member, Media Wing, RERF, Jabalpur
- Keynote Speech** : **Sis. Priyadharshni Rahul**
Editor, PreSense, Delhi
- Guest of Honour** : **Dr. Kunjan Acharya**
HOD, JMC, Mohanlal Sukhadia University, Udaipur
- : **Dr. Sarika Takhar**
Director, JMC, NIMS University, Jaipur
- : **Bro. R. Jai Krishna**
Executive Director, News Broadcasters Federations, Delhi
- : **Sis. Sonali Singh**
Asst. Professor, JMC, ITM University Gwalior
- Vote of Thanks** : **Bro. B. K. Karamchand**
Zonal Coordinator, Media Wing, RERF, Mohali
- Audience Interaction** :

Coordinator : **Dr. Somnath G. Vadnere**
Asst. Professor, School of Media Studies, KBC North
Maharashtra University, Jalgaon

Saturday, 28 September 2024

04:00 pm - 05:30 pm

TALK SHOW

Topic: Dealing with Misinformation and Fake News
(गलत सूचना और फर्जी खबरें - एक चुनौती)

- Chairperson** : **Prof (Dr.) Man Singh Parmar**
Ex-VC, Kushabhau Thakre University of JMC, Raipur
- Inspiration** : **Sis. B. K. Vijaya**
Sub-Zonal Coordinator, Media Wing, RERF, Sidhpur (Guj.)
- Guest of Honour** :
- : **Dr. Zuber Khan**
HOD, JMC, Prestige Media, PIMR, Indore
 - : **Bro. Arun Arora**
Director - Strategy & Comm., Chetak Foundation, Delhi
 - : **Bro. Sarman Nagele**
Founder & Chief Editor, MPPOST.COM, Bhopal
 - : **Bro. Anil Trigunayat**
Editorial Head, Amrit Vichar, Hindi Daily, Lucknow
 - : **Dr. Jitendra Dwivedi**
Correspondent, AIR, Jaipur
 - : **Dr. Dipti Joshi**
All India Bureau Chief, Lok Samna News, Mumbai
 - : **Dr. Shreegopal Narsan**
Chief Editor, Divine Mirror Channel, Roorkee
 - : **Bro. Murari Gupta**
Dy. Director, Doordarshan, Jaipur
- Audience Interaction** :

Coordinator : **Bro. B. K. Komal**
Editor, Madhuban News Channel, Abu Road

Saturday, 28 September 2024

06:00 pm - 08:00 pm

VALEDICTORY SESSION

ACTION PLAN (कार्य योजना)

- Chief Guest** : **Bro. Shri Krishna Prasad Tenneti Ji**
Hon'ble M.P., Bapatla Lok Sabha Constituency, Bapatla (AP)
- Chairperson** : **Bro. B. K. Dr. Mruthyunjaya**
Chairperson, Education Wing, RERF, Mt. Abu
- Welcome** : **Bro. B. K. Amarchand**
Zonal Coordinator, Media Wing, RERF, Agra
- Guest of Honour** : **Dr. Manish Kumar Jaisal**
HOD, JMC, ITM University, Gwalior
- : **Bro. S. Narendra**
Former Media Advisor to Prime Ministers of India, Delhi
- : **Bro. Ashish Gupta**
Managing Director, Radio Sargam 90.8 FM, Indore
- Action Plan** : **Sis. B. K. Sarala**
National Coordinator, Media Wing, RERF, Hyderabad
- Meditation Experience** : **Sis. B. K. Sunita**
Zonal Coordinator, Media Wing, RERF, Delhi
- Vote of Thanks** : **Bro. B. K. Narendra**
Sub-Zonal Coordinator, Media Wing, RERF, Vadodara

-
- Coordinator** : **Sis. B. K. Poonam**
Zonal Co-ordinator, Media Wing, RERF, Chandigarh

Saturday, 28 September 2024

08:45 pm - 10:00 pm

CULTURAL PROGRAMME



Supreme Shiv Shakti Sanskrutik Academy, Bengaluru

Diamond Dance Group, Bilaspur

Kajol Dance Group, Agra

Sis. Pratiksha Makashre, Kathak Artist, Indore

Sis. Vishwambhara Vaidya, Kathak Artist, Ahmedabad

Bro. Amrit Rathore, Singer, Mumbai

Coordinators

: **Dr. Vivek Verma**
Spiritual Poet & Writer, Mt. Abu

Sis. B. K. Manju
State Coordinator, Media Wing, RERF, Bilaspur

Sunday, 29 September 2024

06:45 am - 08:00 am

RAJA YOGA MEDITATION SESSION-IV

Topic: The Art & Science of Raja Yoga

(राजयोग की कला और विज्ञान)

Speaker

: **Sis. B. K. Geeta**
Sr. Rajyoga Teacher, Shantivan, Abu Road

Facilitator

: **Sis. B. K. Manjul**
Addl. Zonal Coordinator, Media Wing, RERF, Delhi

Sunday, 29 September 2024

09:30 am - 06:00 pm

SIGHT-SEEING OF MOUNT ABU

Visit to Pandav Bhawan, Nakki Lake, GHRC, Gyan Sarovar, Delwara Temple and Peace Park.

Tour Coordinators : **Bro. B. K. Surendra**, Receptionist, Pandav Bhawan, Mt. Abu
: **Bro. B. K. Vipul**, Media Wing, RERF, Shantivan, Abu Road

Sunday, 29 September 2024

08:45 pm - 10:00 pm

Sharing of Experiences & Q-A Session

Chairperson : **Sis. B. K. Sarala**
National Coordinator, Media Wing, RERF, Hyderabad

Coordinators : **Bro. B. K. Ganesh**
Addl. Zonal Coordinator, Media Wing, RERF, Delhi

: **Bro. B. K. Shashikant**
North Gujarat Coordinator, Media Wing, RERF, Deesa

Monday 30 September 2024

06:45 am - 08:00 am

RAJA YOGA MEDITATION SESSION-V

Topic : Invoking Inner Powers Through Raja Yoga

(राजयोग द्वारा आन्तरिक शक्तियों का आह्वान)

Speaker : **Sis. B. K. Chanda**, Sr. Rajyoga Teacher, Shantivan, Abu Road

Facilitator : **Sis. B. K. Shilpa**, Coordinator, Media Wing, RERF, Delhi

Monday 30 September 2024

09:30 am Onwards

Departure for a New Beginning

Daily Routine

04:00 am : Good Morning

04:15 am - 04:45 am : Amritvela Meditation

04:30 am - 06:15 am : Tea / Coffee / Milk

06:15 am - 08:00 am : Physical Exercise & Meditation Session

08:00 am - 09:00 am : Breakfast

01:00 pm - 02:00 pm : Lunch

02:00 pm - 03:00 pm : Campus Visit / Self-Study / Rest

03:30 pm - 06:00 pm : Tea / Coffee / Milk

08:00 pm - 09:00 pm : Dinner

10:00 pm : Good Night

About the Brahma Kumaris

The Brahma Kumaris is a worldwide spiritual movement dedicated to personal transformation and world renewal. Founded in India in 1937, Brahma Kumaris has spread to over 140 countries on all continents and has had an extensive impact in many sectors as an international NGO. However, their real commitment is to helping individuals transform their perspective of the world from material to spiritual. It provides spiritual education and reflective practices for people from diverse cultural backgrounds, inspiring them to live according to their own higher nature and contribute towards a better world. It supports the cultivation of a deep collective consciousness of peace and of the individual dignity of each soul.

Brahma Kumaris is the largest spiritual organisation in the world led by women. It was the founder, Prajapita Brahma Baba, who chose to put women in front from the very beginning, and it has set Brahma Kumaris apart on the stage of the world's religions and spiritual organisations. For over 87 years their leadership has been characterised by steady courage, a capacity for forgiveness and a deep commitment to unity.

Although women hold the top administrative positions, the women who hold these positions have always made decisions in partnership with the men. It is a partnership and consensus model of leadership, based on respect, equality and humility. As such, it stands as an exemplar of accomplished and harmonious jurisdiction.

Brahma Kumaris is an international Non-Governmental Organisation (NGO) of the United Nations accredited with General Consultative Status with the Economic and Social Council (ECOSOC) and UNICEF.

Through its international network of centres Brahma Kumaris offers courses in Raja Yoga meditation and a range of lectures, workshops, short courses and programmes in personal development. There are also many community outreach projects that serve a variety of local needs.

Key Features of Brahma Kumaris

Believes in the Basic Goodness of Every Human Being

One of the major founding factors of the Brahma Kumaris is that it believes in the basic goodness of every human being. The divine spark that lights up in every member of this godly family is the consciousness of being an incorporeal identity that manifests itself in a body, yet the body is not its integral identity.

Believes in Spiritual Brotherhood

Brahma Kumaris believe in the 'spiritual brotherhood' of mankind & they practice this ideology in their daily life by being in a state of soul- consciousness. Since we believe that the Supreme Soul is the Father of all human souls, as such we are all children of the same God and brothers and sisters that make us a global spiritual family of its kind.

All Services are Free of Cost

Being 'One World Family', the organization undertakes to open its doors to one and all. So the facilities at the Brahma Kumaris have no 'price-tag' and its courses of spiritual learning are free of cost. It does not seek any public funding or grants but supports itself entirely by voluntary contributions made by its regular members.

Woman Leadership

The Brahma Kumaris is the only spiritual organization, that is solely run by women. And that has been done not for a year or a decade but more than 85 years and it has strengthened its system of governance and administration with women at the helm of all its affairs. No doubt, brothers are always there and are given a place of respect.

Believes in World Change through Self-change

The governing ideal of this organization is 'World change through Self-change'. Naturally when we change the world changes. By working on this basic principle Brahma Kumaris practice a spiritual lifestyle that nurtures the purity of body, mind and soul and relationships based on a detached but loving and caring temperament.

Aims at the Development of Inherent Virtuous Goodness

Human and social values and spiritual virtues are the thread that binds the whole universe of human existence across the world and over many lives. Hence the Brahma Kumaris represent a segment of civil society that aims at the development of inherent virtuous goodness to herald the Angelic Living of the Golden Era of human existence in this universe.

The Wings of Brahma Kumaris

The Rajyoga Education and Research Foundation (RERF) is a sister organisation of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya and has similar aims and purposes that are accomplished through its 20 wings as mentioned below.

(1) Administration (2) Business & Industry (3) Art and Culture (4) Education (5) Jurists (6) Medical (7) Media (8) Politicians (9) Religion (10) Agriculture & Rural Development (11) Security Service (12) Sports (13) Social Service (14) Scientists and Engineers (15) Transport & Travels (16) SAT (Shipping, Aviation & Tourism) (17) Women (18) Youth (19) SpARC (Spiritual Application and Research). (20) IT.

About Media Wing

The Role of the Media Wing

The Rajyoga Education and Research Foundation (RERF) is a sister organisation of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya.

The Media Wing organises conferences, seminars, dialogues, workshops, get-togethers, media campaigns, interactive sessions and theme-based training from time to time in all parts of the country for popularizing the philosophy and practice of positive and value-based journalism towards building a better life and society on earth.

The Media Wing strives to develop and extend a network of concerned journalists and broadcasters who wish to support efforts on human rights and social reform. It seeks to promote values such as justice, integrity, equality, non-violence, and harmonious family life and to discourage prejudice against minorities and women.

The Media Wing also seeks to empower media professionals by providing regular training in meditation, self-management techniques, positive lifestyle skills, stress management etc. Thus, empowered professionals are in a better position to make proper understanding and interpretations of the world today. They are also able to overcome fears and external pressures better, which might otherwise diminish their sense of personal and professional freedom.

Constitution

In early 1980s, the Media Wing was formed under the aegis of Brahma Kumaris' Rajyoga Education & Research Foundation (RERF).

Aims & Objectives

- To practice and promote value-based journalism by the media persons in print, electronic, cyber, and promotional media services.
- To inspire media professionals to take up the challenges of promoting positive values in their enterprises and those of ending negativity in media coverage;
- To encourage media responsibility in promoting religious harmony, national character, unity and integration, and in protecting the interests of the weak, victimised and voiceless millions;
- To discourage media malpractices triggered by misinformation, biased news casting, invasion of privacy, indulgence in sensationalism and yellow journalism, and giving undue coverage to violence, obscenity and vulgarity.

Outcome

As an outcome of these efforts for last several years by media wing, many media persons, working journalists, media academicians, NGOs and associates have come forward to join hands and to work together for the noble task of self, social and world transformation.

Notable Instructions for Our Guests

- The Divine Family of Brahma Kumaris and Media Wing extend a hearty and warm welcome to all the Honoured Guests of the National Media Conference - 2024 and wishes a comfortable stay in Anand Sarovar Campus, Abu Road (Raj.), that will enrich your life with inner powers and spiritual wisdom.
- The media delegates are requested to take benefit of Rajyoga Meditation Sessions to be held at 06:45 am at Divya Anubhuti Hall. This is a scientific method of self-realization, personal development, inner transformation and empowerment.
- Please wear the badge given at the time of registration at all times during your stay.
- Please maintain punctuality for all sessions and food.
- Medical assistance is available at Ever Healthy Hospital near Prakash Stambh between 09.00 am and 12.00 noon, 04.30 pm and 06.00 pm and 08.00 pm and 09.00 pm.
- Smoking, drinking and consuming any other intoxicants are strictly prohibited. Participants are requested to cooperate in maintaining the sanctity of the campus.
- Please take care of your valuable belongings - cash & cell phone, etc. In case anything is lost, please contact the Care Taker of your Building or the "Lost and Found Office".
- You are requested to inform the Transport Office, Anand Sarovar Campus about the date and timing of your departure at least 24 hours in advance to plan accordingly.
- Please inform the Journey Food Department at Shantivan Campus at least 24 hours in advance to make arrangements for your Journey Food.
- The E-Copy of Participation Certificate will be sent to Media Delegates' Email ID.
- Each session of the conference can be seen live on the YouTube Channel of the Media Wing (bkmediawing).
- For Abu Darshan, contact the Sight-Seeing Office, Shantivan Campus.

STRETCHING EXERCISE



YouTube Live

- 27th Sept. 2024, 06:15 am to 06:45 am : **B. K. Dr. Babu Lal**
Yoga Teacher, Shantivan
- 28th Sept. 2024, 06:15 am to 06:45 am : **B. K. Dr. Jagbir Singh**
Olympic Mind Power Coach, Mt. Abu
- 29th Sept. 2024, 06:15 am to 06:45 am : **B. K. Dr. Babu Lal**
Yoga Teacher, Shantivan
- 30th Sept. 2024, 06:15 am to 06:45 am : **B. K. Dr. Babu Lal**
Yoga Teacher, Shantivan

HELPLESK NUMBERS

9414156615, 9079208016, 7014985984, 9511549194, 9413323922