

Programme Schedule

Saturday, 13 July 2024

04:00 -05:15 pm	Registration and Refreshments
05:30 -07:00 pm	Inauguration
07:00 -07:30 pm	Experiential Session Experiencing the Self Through Meditation
07:30- 08:30 pm	Dinner
08:30 - 09:30 pm	Cultural Programme

Sunday, 14 July, 2024

04:00-04:45 am	Morning Meditation - Guided commentary
07:00 - 08:15 am	Interactive Session - Understanding Rajyoga Meditation
08:30 - 09:15 am	Breakfast
09:15 - 09:30 am	Practicing Silence
09:30 - 11:00 am	Interactive Session - Co-creating an Environment for Harmonious Co-existence
11:00 - 11:30 am	Tea & Sharbat Break
11:30-12:30 pm	Workshop - Engage with Open Mind, Open Heart & Open Will
12:30-01:30 pm	Concluding Remarks & Group Photo
01:30-02:00 pm	Closure & Blessing card
02:00-03:00 pm	Lunch & Guided tour of ORC



BK Brijmohan Bhai
Additional Secretary-General
Brahma Kumaris



BK Asha Didi
Director
Om Shanti Retreat Centre



BK Ambika Didi
Chairperson
SpARC Wing



BK Saroj Didi
SpARC Wing Coordinator
Delhi Zone NCR



BK Shivani Didi
International
Motivational Speaker

We Invite you all to be a part of this Retreat

- Directors of Research Organizations, Vice Chancellors, Ph.D. Scholars, Medical Doctors (M.D.)
- Researchers, Scientists, Professors and Associate Professors
- Industry Research and Development (R&D) Professionals
- HR and Management Researchers, Junior and Senior Research Fellows (JRF/SRF)
- All Research Professionals from any other field.



BRAHMA KUMARIS



Cultivating a New Organisational and Social Ecosystem of Co-operation with Rajyoga !

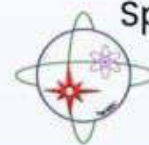
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13 to 14 July, 2024

Venue:- Om Shanti Retreat Centre

NH-48, Bilaspur Chowk, Pataudi Road, Bhora Kalan, Distt. Gurugram

Organised by:-



Spiritual Applications Research Centre (SpARC Wing)
, Delhi-NCR of Rajyoga Education & Research
Foundation (RERF) & Prajapita Brahma Kumaris
Ishwariya Vishwa Vidhyalya

Scan here for
registration



Retreat Co-ordination Office:

Sukh-Shanti Bhawan, Pocket-HAF, RB-II, Adjacent to
Gurudwara Sector-11, Dwarka-110075, Delhi

Retreat Coordinators :

BK Ekta - 9818875599, SpARC Faculty & Core Team Member
BK Yeshu - 9650692110, SpARC Faculty & ORC Coordinator

About the Conference

"Working with purpose , despite of circumstances make any team proud of what it is doing and having own values aligned with the organization's , make one achieve his/her life balance!"

In the dynamic realm of educational institutions, R&D organisations, and the corporate world, creating a cohesive team is now a necessity rather than an ideal. The core issue is dealing with human capital: the emotional, mental & physical health , stress and anxiety of daily life—at work and in personal space. Corporate appetite for profits, meeting targets, competing work environments, and fear of losing their jobs due to new technology (AI) add to the uncertainties. We must realise that all issues begin in our inner world rather than the outer. In our fast-paced lives, we all live with chaos inside and the outer world reflects the same. Building a sustainable culture in an organisation is not only for its welfare, but is also a building block for the economy of Viksit Bharat and the world at large.

The conference "Cultivating a New Organisational and Social Ecosystem of Cooperation with Raja Yoga" aims to help you create the desired work environment in your organisation, not through any management maxim but through spirituality. When team members work on their emotional well-being, they foster a culture of cooperation and co-create an ecosystem of harmony.

About Rajayoga

Rajyoga means '**Supreme Yoga—the Yoga for the Mind**'. It's a journey within and a journey of self-discovery. It establishes one's true potential and spiritual reality, connecting with the Supreme Source of energy, innate virtues, and powers. Rajyoga works at the Cause and not at the Effect. It helps individuals transform their 'Being', become 'Role Conscious & Soul Conscious', and finally experience a 'Blissful State'.

The Lively discussions, insightful panels, and Raja Yoga meditation sessions will enlighten and rejuvenate you to get what you deserve and desire.

Venue



The Institution has set up an educational and training campus for Northern India- **Om Shanti Retreat Centre (ORC)**, inaugurated in the year 2003 by the then President of India, Honorable Dr. APJ Abdul Kalam. ORC is a recognized Regional Resource Centre of the Ministry of Human Resource Development, now known as the Ministry of Education, Govt. of India for Education in Human Values.

At the Om Shanti Retreat Centre, throughout the year programmes of retreats, seminars, conferences, and dialogues are held for the corporate, families and different age and professional groups.

Registration Process

- To ensure seamless organization, **prior registration** is essential.
- To register online, visit the provided website link
- While there is no **registration fee**, participants are requested to complete the online registration form and submit it by the specified date to secure their attendance.
- Upon receipt of a properly filled-in online form, a **confirmation letter** will be issued, which must be presented during the registration process **at ORC on arrival**
- **Accommodation** (on a shared basis) and meals will be provided at no cost.
- **Transportation** to the venue is to be arranged by participants.
- For **inquiries or assistance**, contact the registration team.