



IT WING | RE & RF
Brahma Kumaris

Inner Technology
National Conference

INNER RESILIENCE



Friday - Tuesday

01 - 05
SEPTEMBER

2023


Register Now

bit.ly/in-res



Sister BK Shivani

INDELIBLE CONVICTION

 +91 9414154567

 it.sv@bkivv.org



Brahma Kumaris

Conference Hall, Shantivan, Abu Road, Rajasthan - 307510



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Inner Technology National Conference **INNER RESILIENCE**

Being resilient means to come back quickly from anything which has happened. Sometimes, either in our professional or personal life, someone's behavior, attitude, actions or words may create some uncomfortableness in us. And very often, we experience such situations and it will create an impact on our mind.

Resilience teaches us to come back quickly and move on. We all have this quality. Since we are too much occupied, not being able to focus on self and pause in between, we end up in experiencing the burden of every challenge we face. We can't come back quickly from hurt and pain due to lack of self-checking.

When we become resilient, it becomes easier to come out of any situation. And this needs little practice of realizing and experiencing our Inner Powers.

Come let's explore our own Inner Powers, and there by the Resilient Power to experience a successful work-life balance.

About us: IT Wing is committed to empower IT professionals to achieve balance through the application of Rajyoga Meditation principles in their personal and professional lives.





ABOUT BRAHMA KUMARIS

Introduction

Who we are ?

Current Leaders



Dadi Ratan Mohini

Chief of Brahma Kumaris



Mohini Didi

Add. Chief Brahma Kumaris



Jayanti Didi

Add. Chief Brahma Kumaris



Dr. Nirmala Didi

Joint Chief of Brahma Kumaris



Munni Didi

Joint Chief of Brahma Kumaris



Sashi Didi

Joint Chief of Brahma Kumaris



Santosh Didi

Joint Chief of Brahma Kumaris



General information

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 110 countries on all continents and has had an extensive impact in many sectors as an international NGO. However, their real commitment is to help individuals transform their perspective of the world from material to spiritual. It supports the cultivation of a deep collective consciousness of peace and of the individual dignity of each soul.



International coordination

The spiritual headquarters of Brahma Kumaris is in Mount Abu, India. At a national level, activities are generally coordinated by local people in alignment with the spiritual principles of Brahma Kumaris, working in accordance with the laws of the land. Activities of international interest are coordinated regionally from offices in London, Moscow, Nairobi, New York and Sydney.



The role of women as spiritual leaders

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 80 years their leadership has been characterised by steady courage, a capacity for forgiveness and a deep commitment to unity.



CONFERENCE AGENDA

**01
SEP
2023**

Day - 1 : Being Resilient

09:00 am - 05:30 pm Arrival & Check-In
05:45 pm - 08:00 pm Inaugural Ceremony
08:00 pm Dinner

**02
SEP
2023**

Day - 2 : Self Discovery

04:00 am - 04:45 am Amritvela Meditation
04:45 am - 05:00 pm Walking in Silence with day's theme
06.30 am - 07:00 am Physical exercise
07:00 am - 08:00 am Rajyoga Meditation Class
08:00 am - 09:00 am Breakfast
10:00 am - 11:00 am Session - 1
11:00 am - 11:30 am Tea/Coffee break
11:30 am - 12:30 pm Session - 2
01:00 pm Lunch
02:00 pm - 04:00 pm Rest & Self - Study
04:00 pm - 04:30 pm Creative Meditation with Commentary
04:30 pm - 05:30 pm Session - 3
06:00 pm - 07:00 pm Session - 4
07:30 pm - 08:30 pm Dinner
08:30 pm Silent Reflection in Garden

**03
SEP
2023**

Day - 3 : Connecting with the Supreme

04:00 am - 04:45 am Amritvela Meditation
04:45 am - 05:00 pm Walking in Silence with day's theme
06.30 am - 07:00 am Physical exercise
07:00 am - 08:00 am Rajyoga Meditation Class
08:00 am - 09:00 am Breakfast
10:00 am - 11:00 am Session - 5
11:00 am - 11:30 am Tea/Coffee break
11:30 am - 12:30 pm Session - 6
01:00 pm Lunch
04:00 pm - 04:30 pm Creative Meditation with Commentary
04:30 pm - 05:30 pm Session - 7
05:30 pm - 06:30 pm Activity in Garden
06:30 pm - 07:30 pm Panel Discussion
07:30 pm - 08.30 pm Dinner
08:30 pm - 09:30 pm Valedictory - Sharing of Experiences

**04
SEP
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Day - 4 : Realizing the Attainments

04:00 am - 04:45 am Amritvela Meditation
06.30 am - 07:00 am Physical exercise
07:00 am - 08:00 am Rajyoga Meditation Class
08:00 am - 09:00 am Breakfast
09:00 am onwards Mount Abu Sight Seeing

**05
SEP
2023**

Day - 5 : New Beginning

04:00 am - 04:45 am Amritvela Meditation
06.30 am - 07:00 am Physical exercise
07:00 am - 08:00 am Rajyoga Meditation Class
08:00 am - 09:00 am Breakfast
09:00 am onwards Departure