

Empowering The Self

October 24 - 27, 2024

Explore - Experience - Empower
Retreat for IT Leaders & Professionals

ManSarovar, Aburoad, Rajasthan
IT Wing, Brahma Kumaris

Date	Timing	Speaker(s)	Details
24 October, THU Day - 0	Upto 05:00 PM		Check-Ins
	05:00 pm to 07:30 pm	Asha Didi, Karuna Bhaiji Yashwant Bhaiji	Weclome Guests (20 mins) - Padma Didi Agenda Briefing , Context Setting 3 Es - Explore, Experience, Empower Session details, Important guidelines (30 mins) - Dilip bhai/Bala bhai Inaguration (Inviting Seniors to Stage, Candle Lighting, Seniors Inspirations, Concluding Meditation, Toli, Gift) - Seniors on Stage
MC for Inaguration: Padma Didi, Kolkota	07:30 to 08:30 pm		Dinner
	08:30 to 09:30 pm	Asha Didi	Introduction about Organization (in Creative manner)
MC for rest of the days: Vidhatri Bhen, Delhi			
25 Oct, FRI Day - 1	04:15 to 04:45 am	Padma Didi	Amritvela meditation
	05:00 to 06:30 am		Break
Explore	06:30 to 07:00 am	Sister Seema	Light Exercises
	07:00 to 08:00 am	Usha didi	Rajyoga Shivir - I
	08:00 to 09:00 am		Breakfast

	09:30 to 10.45 am	Asha Didi	Session - 1 Living a Life of Purpose
	10.45 to 11:15 am		Tea/Coffee break
	11:15 to 12:30 pm	Dr Mohit bhai	Session - 2 Transformation Inside Out
	12.30pm to 12.45pm		Reflection based on two sessions
	01:00 to 04:00 pm		Lunch & Rest
	04:00 to 04.30pm		Tea / Coffee
	04:30 to 05:00 pm	Nizar bhai	Session - 3A Personal Experiences - Applied Spirituality
	5:00 to 6:00 pm	Panel Discussion with Nizar Bhai & Sheilu Didi Moderator - Bhanu Bhai	Session - 3B Panel Discussion - Applied Spirituality
	06:00 to 07:30 pm	Bala Bhai	Session - 2 Digital Wellness
	07:30 to 08:30 pm		Dinner
	08:30 to 09:30 pm	Sudesh Didi Moderator: Padma didi	Yagya Stories in Q & A Format
26 Oct, SAT Day - 2	04:15 to 04:45 am	Rama Didi	Amritvela meditation
	05:00 to 06:30 am		Break
Experience	06:30 to 07:00 am	Sister Seema	Light Exercises
	07:00 to 08:00 am	Usha Didi	Rajyoga Shivir - II
	08:00 to 09:30 am		Breakfast
	09:30 to 09:45 am		video Fillers
	9.45 to 10.45 am	Jayanti Didi	Session - 5 Everyday Enlightenment

	10.45am to 10.55am	Harsha bhai, USA	Reflective Questions based on Didi's session for 10 mins
	10:55am to 11:30 am		Tea/Coffee break
	11:30 to 01:00 pm	Bala Bhai	Session - 6 Power of self Talk
	01:00 to 04:00 pm		Lunch & Rest
	04:00 to 04.30pm		Tea / Coffee
	04:30 to 05:15 pm	Vidhatri bhen	Session - 7 : Interactive/Activity based Session Silence in Thoughts, Words and Actions Experiencing through Silence
	05:15 to 06:45 pm	Shivani Didi	Session - 8 Visualizing my Future Self
	06:50 to 07:30 pm	Rama Didi	Meditation Experience with background music (Indoor / outdoor)
	07:30 to 08:30 pm		Dinner
	08.30 to 08.55 pm	Divya Jaitley	External speaker to share her life's experiences based on Applied spirituality principles
	08.55 to 09.30 pm	All Sevadharis to be called on Stage	Sevadharis Introduction / Appreciation
27 Oct, SUN Day - 3	04:15 to 04:45 am	Varsha Didi	Amritvela meditation
	05:00 to 06:30 am		Break
Empower	06:30 to 07:00 am	Sister Seema	Light Exercises
	07:00 to 08:00 am	Deepa didi	Rajyoga Shivar - III
	08:00 to 09:00 am		Breakfast
	09:30 to 11:00 am	Shivani Didi	Session - 9 Empowering the Self

	11:00 to 11:30 am		Tea/Coffee break
	11:30 to 12:30 pm	TBD - Suraj bhaiji	Power of Self Respect
	12.30 to 1.15 pm	Seniors on stage	Experience Sharing, Gifts, Toli
	01:15 to 03:00 pm		Lunch Break
	03:00 to 06:00 pm		Campus Tour - Shantivan, Solar, etc
	06:30 onwards		Departures Optional Group Meditation & Dinner for those staying back