

PROGRAMME

Friday, 5th September 2025 : Arrivals

09:00 am to 06:00 pm	Registration
06:00 pm to 06.30 pm	Welcome, Introduction & Ice-breaking
06.30 pm to 08:00 pm	Inaugural Session: Theme: Meditation for Effective Administration

Saturday, 6th September 2025

06:30 am to 08:00 am	Meditation Session I : 'Soul' Sustenance (Knowing the Self)
09:30 am to 11:00 am	Session-I: Meditation for Skilful Actions
11:00 am to 11:15 am	Break
11:15 am to 01.00 pm	Session-II: Inspirational Leadership
04:00 pm to 05:30 pm	Session III: Emerging Stronger than Challenges
05:30 pm to 05:45 pm	Break
05:45 pm to 07:00 pm	Session IV: Enhancing Decision-Making Skills
07:00 pm to 08:00 pm	Creative Meditation Experience
09:00 pm to 10:00 pm	About the Organization

Sunday, 7th September 2025

06:30 am to 08:00 am	Meditation Session II : Knowing the Eternal Source of Sustenance
10:00 am to 11:15 am	Session-V: Enhancing Self Esteem
11:15 am to 11:30 am	Break
11:30 am to 01:00 pm	Panel Discussion: Rule- Based to Virtuous Role-Based Administration
04:00 pm to 05:45 pm	Session VI: A New Dimension in Administration- Human Being
06:00 pm to 08:00 pm	Valedictory Session: Yogah Karmasu Kaushalam
09:00 pm to 10:00 pm	Cultural Programme

Monday, 8th September 2025

06:30 am to 08:00 am	Meditation Session III: Connecting to the Eternal Source
09:30 am to 06:30 pm	Mount Abu Darshan (Sightseeing)

Tuesday, 9th September 2025

06:30 am to 08:00 am	Meditation Session IV : Enhancing Inner Powers through Rajyoga
10:00 am	Departure for a New Beginning

Cordial Invitation

Conference for Administrators, Executives & Managers
on

Meditation for Effective Administration

From : 5th to 9th September 2025
at Brahma Kumaris Shantivan Campus,
Abu Road (Rajasthan)



Organised & Hosted by:

Administrators' Wing
of

Rajyoga Education & Research Foundation

and

Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya

World HQs. Mount Abu Road (Rajasthan)

Website: www.brahmakumaris.org

Meditation for Effective Administration

Effective Administration can be applicable from a small setup to nation building. However, most important is the individual who is leading it. Therefore, administration of the self becomes indispensable. Here we need to reflect on our internal virtues that result in external manifestation of qualities. Also, in an age where we are chasing targets and running against time, accurate decisions in administration are very important. When our mind is clear of unnecessary thoughts, we are more likely to make wise judgments. This is where Meditation can help the administrators.

Meditation practitioner must know about the self and understand its efficacy which can further effectively channelize the system. Meditation helps in spiritual fueling of the self. Spiritually charged administrator uses true power to make the system light and effective, rather than using force to make it heavy. Thus, all the people in the system experience love, learning, fulfillment, bliss and joy. Such a person can also control and manage himself successfully. Hence, he will be successful as an effective administrator in the midst of all situations and circumstances.

About the Organizers

This conference is being organized by the Administrators' Wing of Rajyoga Education and Research Foundation, a sister concern of the Brahma Kumaris. The organization offers services in various fields empowering administrators to cope with changing times. It encourages people to harness higher values and to work their maximum potential to create better solutions for the society.

Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya is a social-spiritual organization working for ethical & moral rejuvenation of the society, through its centres in 110 countries. A recipient of 7 United Nations Peace Messenger Awards, it is an international non-governmental organisation of the United Nations, in general consultative status with the Economic and Social Council & UNICEF. It is also affiliated to the UN Department of Global Communications and is an accredited observer organisation to the UN Framework Convention on Climate Change and the UN Environment Programme.

INVITATION

We cordially invite Administrators, Senior Executives and Managers from government departments, corporate, public and private sectors and banks to participate in the Conference on "Meditation for Effective Administration" From: 5th to 9th September, 2025 at Brahma Kumaris Shantivan Campus, Abu Road (Rajasthan)

To register your guests on Brahmakumaris accommodation website: <https://accomabu.bkinfo.in>

For further information, please contact us :

HQ. Co-ordinator: **B.K. Harish**, Brahma Kumaris, Administration Wing Office, Vishwa Parivartan Bhawan, Shantivan, Abu Road (Rajasthan)
M: 7627090799/ 9414154847,
E-mail: administratorswing@bkivv.org

National Co-ordinator: **B.K. Avdhesh**, 'Rajyoga Bhawan', E/5, Arera colony, Bhopal- 462016; Email: bhopal@bkivv.org, M: 9425110771

Chairperson: **B.K. Asha**, Pandav Bhawan, 25, New Rohtak Road, New Delhi
E-mail: bkashaorc@gmail.com, M: 9810674004



Gangtok (Sikkim): Inaugural ceremony of Special program for Administrators' on the topic: Meditation for Stress-free and Successful Administration on 25th April, 2025 by Chief Minister of Sikkim Mr. Prem Singh Tamang, BK Harish, HQs. Coordinator, Administration Wing, Mount Abu, BK Sonam, Gangtok, BK Vidhatri, ORC, Delhi, BK Veena, Sirsi, BK Laxmi, Delhi and others...