

BK Asha

Rajyoga Teacher

Qualifications :

- A topper and gold medalist in MA, Sociology from Bangalore University
- Served as a Lecturer in Mt. Carmel Degree College, Bangalore

Gifted with the socio-spiritual bent of mind and well known for her keen dedication, determination, humility, cheerfulness and optimism, Sister Asha is a senior spiritual leader, orator and efficient administrator, serving as the Director of Brahma Kumaris Om Shanti Retreat Centre. She **has been following a spiritual lifestyle with the Brahma Kumaris organisation since she was just 9 years old.**

She dedicated her life in 1972 to the organisation for the noble cause of building a value-based society, after taking voluntary resignation from her services as a Lecturer of Mt. Carmel Degree College, Bangalore.

A proficient orator, she is one of the most sought-after speakers of the organisation who has travelled worldwide to spread the message of peace and spirituality through many National and International Conferences, Interfaith conventions and dialogues, radio and TV shows. Her lectures and talks are regularly telecast on television channels like Sanskar, Peace of Mind.

She represents the Brahma Kumaris on the Yoga Experts Committee of Ministry of AYUSH, Govt. of India.

One of the torch bearers of Brahma Kumaris, she has organised and coordinated several national and international programmes and projects like:

- International Year for the Culture of Peace- UN Project in 2000
- Global Cooperation for a Better World- UN Project in 1988
- Million Minutes of Peace Appeal- UN Project in 1986

As a spiritual mentor, she has **conducted and coordinated Rajyoga Meditation courses for Ministers, Governors, Supreme Court Judges, Ambassadors and MLAs** in different parts of the country. She has also been instrumental to design and conduct management, leadership and behavioural courses for political leaders and **IAS officers at many state secretariats**. She is the author of many training courses like: Stress Management, Mind Management, Thought Leadership, Winning Over Ego & Anger, Meditation etc.

Present Positions :

- Member of the Management Committee of Brahma Kumaris, Mt. Abu
- Director of Om Shanti Retreat Centre, Northern India Campus of Brahma Kumaris, a 30- acre campus located at the outskirts of Delhi- NCR.
- With her extensive experience, she serves as the Chairperson of the Administrators Wing and the Information & Technology Wing, which are professional divisions of the Rajyoga Education Research Foundation.
- Handling the services of the Brahma Kumaris, Delhi Zone.
- Represents the Brahma Kumaris centres of India as a Regional Coordinator of Brahma Kumaris.
- One of the senior faculty for holding the Brahma Kumaris Teachers Training at the headquarters for those sisters from all parts of the country, who wish to dedicate their lives to the organisation.