

BK Sudha Rani Gupta

Rajyoga Teacher

Sudha Rani Gupta was born in Delhi in 1953. As a student of the University of Delhi, she Post-graduated in Natural Science and also Graduated in Pedagogy. Along with her secular education, from the young age of 15 years, Didi Sudha continued her spiritual studies also at Brahma Kumaris World Spiritual University, Delhi, India. **In 1976 she dedicated herself to the noble goal of serving humanity.**

As a senior lecturer at Brahma Kumaris University, Didi Sudha has been imparting spiritual knowledge, teaching moral values and Raja Yoga Meditation for over 50 years. She generously shares the treasures of practical wisdom and her spiritual experience with selfless dedication.

Organizer and coordinator

Didi Sudha promoted the opening of centers in the cities of Russia, Belarus, Ukraine, Moldova, Kazakhstan, Kyrgyzstan, Tajikistan, the Baltic countries and Mongolia. She is the chairman of the Board of Trustees of these centers. She is also an Honorary Joint Regional Coordinator of Brahma Kumaris Centres in Russia and neighboring countries.

Many educational socially significant projects have been successfully implemented aimed at enhancing goodness in society for over 30 years, under the leadership of Didi Sudha. The most large-scale projects include: "Peace is in our hands" – 50 programs held in Russia in support of the International Project by UNESCO "Manifesto 2000.

Participation in national and international events.

Sudha Rani Gupta was invited to participate in the work of the Russian State Parliamentary Committee on Culture on the topic "Culture against Terrorism" in preparation for the Parliamentary hearings. She actively cooperates in the activities of various Commissions of the Public Chamber of the Russian Federation.

She regularly makes presentations at international conferences on the subject of spiritual and moral values and a healthy lifestyle.

International visits

Didi Sudha visited many countries – UK, USA, France, Germany, Italy, Spain, Sri Lanka, Brazil, Argentina, Chile, Colombia, Ecuador, Venezuela, Panama, Mongolia, Nairobi, Australia, Thailand, etc. Representatives of the public, musicians and artists, members of elite sports clubs, businessmen and administrative workers, elderly people and youth – all for whom

various programs and meetings were organized during the visits – listened to her with equal interest.

Publications

The book of Didi Sudha in Russian "Unending Treasures. A Collection of Virtues" has become a bestseller.

She is a co-author of the popular manual for teachers and psychologists "Moral values". Interviews with her are heard on the radio and television, articles are published in newspapers and magazines. Webinars and video meditations on the Internet attract a huge number of participants.

Didi Sudha has many awards and gratitudes for extensive educational activities and a great contribution to the spiritual and moral education of people. **Her name is included in the encyclopedia "The World of Women"**, dedicated to the famous female leaders in Russia, whose activities marked the third millennium.

Honors & Awards :

- 2000 – Gold medal "Palm Branch of the World" from the Commission for UNESCO in the Russian Federation and the UNESCO Office in Russia for active and fruitful work on the approval of the ideas of Culture of Peace and Non-violence.
- 2003 – Anniversary symbol "55 years of UN peacekeeping" for the education of children and adolescents in the spirit of Culture of Peace and Solidarity.
- 2005 – Anniversary medal dedicated to the 15th anniversary of the Institute of Scientific and Practical Traditional Medicine of Kazakhstan, for cooperation.
- 2009 – Commemorative medal "Person of the Millennium" under the Federal Information Project "People of Our Millennium".
- 2010 – The First Degree Order "For the nobility of thoughts and deeds".
- 2012 – Medal "For Courage and Humanism"
- 2014 – Order "Peace and Friendship" from the Moscow Peace Fun.
- 2018 – Medal "For works in education, culture, art and literature" for her great educational contribution in spiritual development and cultural education.
- 2019 – The Badge of Labor Valor from the All-Russian Public Organization of Heroes, Cavaliers of State Awards and Laureates of State Prizes "Labor Valor of Russia".

Letters of support and gratitudes:

- from the Commission of the Russian Federation for UNESCO
- from specialized departments of the Government of Moscow
- from the Board of the Krasnoselsky district of Moscow
- from the Public Board of the Russian Federation
- from cultural institutions in Moscow and the Moscow region
- from institutions of social protection in Moscow