

# PROGRAMME

## Friday, 12th Sept. 2025

09.00 am : Registration and Visit to the Campus  
10.00 am : **Inauguration of EXPO- 3E (Energy-Environment-Empowerment)**  
(Venue: backside of Diamond Hall)

05.00 pm - 05.30 pm : Journey of Brahma Kumaris- Visual show  
05.30 pm : Reception Session

**Topic : From Stress to Serenity - Journey Begins**

## Saturday, 13th Sept. 2025

06.30 am - 08.00 am : Meditation Session - I (**Me and Mine**)  
(BK Shivani behn, International Motivational Speaker)

09.30 am - 11.00 am : Insight Session

**Topic : Karma & Balance**

(BK Shivani behn, International Motivational Speaker)

11.00 am - 01.00 pm : Inaugural Session

**Theme : Work-Life Balance for Peak Performance**

01.00 pm - 04.00 pm : Lunch & Visit to EXPO

04.00 pm - 05.45 pm : Interdisciplinary Panel Discussion

**Topic : Burnout vs. Balance - How to Sustain Peak Performance**

06.00 pm - 07.00 pm : Experience Session

**Topic : Science of Meditation**

07.00 pm - 08.00 pm : Insight Session

**Topic : Brahma Baba - Embodiment of Balance**

09.00 pm onwards : Cultural Programme

## Sunday, 14th Sept. 2025

06.30 am - 08.00 am : Meditation Session - II (**Supreme Consciousness & His Attributes**)

09.30 am - 11.15 am : Lecture Session

**Topic : Digital Detox for addressing Mental Fatigue**

11.30 am - 01.00 pm : Reflection Session

**Topic : Inner Mastery- Outer Success**

01.00 pm - 04.00 pm : Lunch & Visit to EXPO

04.00 pm - 05.15 pm : Concurrent Sessions in parallel streams

**Canopy Theme: Designing Personal Work-Life Balance Plan**

Stream-I : **Health through Heal-Thy Life Style**

Stream-II : Incorporating AI @ **Work and Personal Life**

Stream-III : **Harmonious Relationships with Positive Attitude**

Stream-IV : **Holistic Environment with Inner Landscaping**

Stream-V : **Peace and Prosperity through Right Karma**

05.30 pm - 06.30 pm : Meditation session - III (**Techniques of Rajyoga Meditation**)

06.30 pm - 07.30 pm : Valedictory Session

**Topic: Takeaways & Commitments**

09.00 pm onwards : Cultural Programme

## Monday, 15th Sept. 2025 (Engineer's Day)

06.30 am - 08.30 am : Engineer's Day Celebration

09.00 am onwards : *Sight-Seeing to Mount Abu (Dilwara Temple, Peacepark etc.)*

08.00 pm - 10.00 pm : Film: **Bhagyavidhata**

## Tuesday, 16th Sept. 2025


06.30 am - 08.00 am : Meditation Session - IV (**Exploring Inner Powers**)

**Departure for a new beginning**

Conference cum

**Meditation Retreat on**

# Work Life Balance



## for Peak Performance



12 - 16 September, 2025

**Venue :**

**Brahma Kumaris  
Diamond Hall, Shantivan  
Abu Road, Rajasthan**



**Organisers:**

**Scientists, Engineers and Architects Wing  
Rajyoga Education & Research Foundation and  
Brahma Kumaris - H.Q Mount Abu  
[www.brahmakumaris.com](http://www.brahmakumaris.com)**



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**Rajyogini BK Shivani behn ji**  
International  
Motivational Speaker

## Conference-cum-Meditation Retreat on **WORK-LIFE BALANCE for PEAK PERFORMANCE**

### Background :

In today's fast-paced world, professionals, especially scientists and engineers, face intense pressure to meet deadlines, innovate and maintain high productivity. This often leads to stress, burnout, and an imbalance between work and personal life. This session explores how **work-life balance** can enhance peak performance through practical strategies, spiritual wisdom and scientific insights. Organized at serene campus of Shantivan, the programme provides participants to **Reflect, Recharge & Rejuvenate** for discovering insights for enhancing capability & competence.

### Expected Outcomes:

- Improved focus, decision-making and stress management for peak performance
- Increased mental resilience and emotional intelligence
- A structured approach to balancing personal and professional priorities
- Strategies to build a positive and harmonious work environment

### Key Takeaways from the Conference:

- Scientific and spiritual strategies for managing work-life balance
- Techniques for reducing stress and increasing productivity
- A personal action plan for sustainable performance
- Practical tools to implement in daily life

### Registration:

Online registration of this Scientists, Engineers & Architects Wing Conference is through Brahma Kumaris accommodation website: <https://accomabu.bkinfo.in> (Registration through Brahma Kumaris Centres only).

### About the Organisers

The Scientists and Engineers Wing, established in 1988, under the canopy of Rajyoga, Education & Research Foundation aims to aid the integration of science and spirituality. For this, the Wing organizes events covering a wide range of issues, including environmental awareness, industrial peace, industrial safety and productivity, life management skills, stress management, science and consciousness etc. Brahma Kumaris, the parental organization is a worldwide spiritual movement dedicated to personal transformation and world renewal.



**Rajyogini BK Mohini Didi ji**  
Chief of Brahma Kumaris

Founded in India in 1937, Brahma Kumaris has spread to over 140 countries in all continents with 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 & support the cultivation of a deep collective consciousness of peace and individual dignity of each soul.

### Venue of the Conference

The venue of this programme is a unique complex at Shantivan, Abu Road. The Campus features well equipped seminar halls, accommodation facility along with focus on Renewable energy. The serenity of Shantivan provides an apt environment for learning, self-study, internalization, exchanging thoughts and enriching spiritual experience in an atmosphere, that is both stimulating and relaxing.



**Rajyogini BK Jayanti Didi ji**  
Addl. Chief of Brahma Kumaris

### Special Features

**Expo Theme : 3E- Energy, Environment, Empowerment**

1. *Mind Spa - Relax, Recharge & Rejuvenate*
2. *Moving Models - Dynamic Learning Experience*
3. *Holographic Show - The Future of Sustainability & Vision of Golden World*
4. *Interactive Displays - Engage & Learn*
5. *Educative Pictures - Knowledge Sharing*

