

Topics

Art and Science of Rajyoga
 Balance Sheet of Life
 Balance, Blessings & Bliss
 Caring is Healing
 Call of Time
 Creating Your Miracle
 Creating Compassion
 Divine Healing
 Genes, Emotions and Mind Power
 Miracles of Meditation
 Meditation as a Lifestyle
 Meditation: Transforming Lives
 Power of Belief
 Pranic Synchrony
 Recognising the Higher Power
 3D Healthcare for Healthy Heart
 Self Realisation
 Striking Balance: Enjoying Life
 Self-Care & Compassion
 Thought Management for Positive Health

BK Usha
 BK Shivani
 Dr Sachin Parab
 BK Shivani
 BK Usha
 BK Shivani
 Dr Reena Tomar
 BK Shivani
 Dr Mohit Gupta
 Prof Dr Swaminathan
 BK Surya
 Panel Discussion
 BK Surya
 BK Dr Sachin
 BK Usha
 Dr Satish Gupta
 BK Usha
 Panel Discussion
 BK Shivani
 Dr Swapan Gupta

Guidelines for registration:

Senior doctors of modern medicine inclined to spirituality are eligible with their spouse.

Children, family members other than spouse, and delegates who have already attended the conference kindly excuse.

Delegates must refrain from smoking and consuming alcohol during their stay in Mt. Abu.

Nearest Airports: Udaipur 176 km; Ahmedabad 223 km
 Nearest Railway Station: Abu Road 21.5 km

CORRESPONDENCE



Dr Banarsilal Sah
 Secretary - Medical Wing (RERF),
 Director, Ever Healthy Hospital,
 Brahma Kumaris, Shantivan,
 Abu Road, Rajasthan - 307510
 Mobile: 95217 27702, 70149 86342
 Email: mbmconference@bkivv.org

Awakening TV

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GPTL	578	In Digital	996
NXT Digital	986	Hathway	839

Peace of Mind TV

Tata Play	1065	Jio TV	1065
Airtel	678	Dish TV	1087
Videocon	1221	Sun	496

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Cordial Invitation

Attaining
 Positive Energy
 by Rajyoga
 Meditation

53rd NATIONAL CONFERENCE ON MIND-BODY MEDICINE

Theme: The Power of Inner Healing

18th to 20th September, 2026

Venue: Brahma Kumaris, Academy For A Better World,
 Gyan Sarovar, Aburaj (Mount Abu), Rajasthan

Organised by :



Medical Wing
 Rajyoga Education
 & Research Foundation (RERF)



Global Hospital &
 Research Centre Trust
 Abu Road, Rajasthan (India)



Under the Patronage of
 Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalya

Prior Registration is Mandatory through Local BK Centre
 Scan For Registration





Cordial Invitation

Dear Spiritual Sister / Brother,

It gives us immense pleasure in inviting you to participate in our Medical Conference on Mind-Body Medicine. This conference is specially meant for doctors from all over India.

Each time we meet for a conference, it is with the intention to learn and share techniques of healing self and others. Unconditional care and commitment towards our patients is natural for us. We are often so busy taking care of others that we do not have time to take care of our own selves. As a result, we invite stress, fatigue, burnout or depression into our lives. This conference is all about taking care and healing the one whom we have ignored the most - OUR OWN SELF.

Self-care is a spectrum of knowledge, skills and attitudes which will empower us towards total wellness - spiritual, emotional, mental, physical, social and occupational. Research supports that meditation and self reflection enhance a sense of well-being, increase empathetic engagement in doctors and cultivate a kind and non-judgmental attitude towards self and others.

In this Mind-Body Medicine conference, senior medical professionals and Rajyoga practitioners will share simple spiritual tools which will shift our instincts from busy to easy; anger to patience; irritation to compassion; stress to happiness, and as we make this paradigm shift in our consciousness, life will become a celebration. We are certain that you will feel relaxed, recharged and rejuvenated.

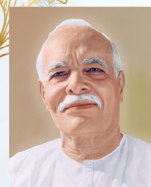
With greetings of love and peace,

Dr Ashok Mehta
MS, FRCS, FICS
President
Medical Wing

Dr Banarsilal Sah
Secretary
Medical Wing

The Organisers

BRAHMA KUMARIS



Prajapita
Brahma Baba
Founding Father



BK Mohini Didiji
Chief of
Brahma Kumaris

The Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya is an international NGO of the UN accredited with General consultative status with the ECOSOC; Associate Status with the DPI; Consultative Status with UNICEF; Observer Status to the UNEP; an Observer Organisation to UNFCCC; a Flagship Member of ERP, FAO. The organisation has completed 90 glorious years of service to humanity. It recognises intrinsic goodness of every human being and helps to rediscover it within each one of us. It has been honoured with 7 Peace Messenger Awards by the United Nations.

The organisation through its 4,000 associate centres in over 135 countries, offers education in human, moral and spiritual values and has made peace, love and happiness a sustainable experience in the lives of millions of people using spiritual principles, Rajyoga Meditation and Yogic lifestyle.

MEDICAL WING (RERF)

The Rajyoga Education and Research Foundation through its 20 wings, which includes the Medical Wing, imparts Spiritual Life Skills for personal and professional empowerment to every segment of society. The Medical Wing (estd. 1985) promotes holistic lifestyle, positive thinking, stress management, and health education programmes. It has organised over 250 holistic health fairs. Its project 'My India, Healthy India' was recognised by the India Book of Records as the longest distance health awareness campaign. With its more than 2000 members, Medical Wing is taking wellness to millions with its projects - Reversal of Coronary Artery Disease, De-addiction, Holistic approach to Diabetes, Divine Mother-Baby, Holistic Health Education Camps and many others.

GLOBAL HOSPITAL & RESEARCH CENTRE TRUST

The GHRC Trust runs the following hospitals - J. Watumull Global Hospital & Research Centre at Mount Abu and G.V. Modi Rural Hospital, P.C. Parmar Eye Hospital and Radha Mohan Mehrotra Trauma Centre in Talhati, Abu Road. The trust was entrusted with the management of BSES Municipal General Hospital, Andheri (W), Mumbai in 2002 - a multispeciality hospital under public-private partnership.

JANKI FOUNDATION FOR GLOBAL HEALTHCARE

Janki Foundation for Global Healthcare is a UK-based healthcare charity, which encourages both research and awareness in the field of spirituality and health. The Foundation has developed an experiential programme of "Values in Healthcare - A Spiritual Approach" (VIHASA) which meets the spiritual needs of patients and self-care of healthcare professionals.