



Silver Jubilee Celebrations Sports Wing



Cordial Invitation National Sports Conference - 2025 **‘Empowering Sports Persons through Rajyoga Meditation’**

September 04 - 08, 2025

Venue:

**Brahma Kumaris Academy,
Gyan Sarovar, MOUNT ABU-307501
(Rajasthan) India**



Organised by:

Sports Wing, Rajyoga Education & Research Foundation
& Brahma Kumaris Institution, Mount Abu (RJ) India

sportswing@bkivv.org

National Sports Conference - 2025

'Empowering Sports Persons through Rajyoga Meditation'

In the dynamic world of sports, physical strength and skill are essential, but they are only part of what creates a truly successful and impactful athlete. Mental strength, emotional stability, and a strong value system play an equally important role. One powerful way to cultivate these inner qualities is through the practice of Rajyoga meditation.

Rajyoga, as taught by the Brahma Kumaris, is a form of meditation that emphasizes a connection with the Supreme Soul and the realization of one's true self. Unlike physical yoga, Rajyoga is a mental and spiritual discipline that fosters clarity, peace, and inner strength. For sports personalities, this practice can be transformative.

By integrating Rajyoga meditation into their daily routine, athletes can develop qualities like focus, patience, humility, and resilience. These values not only enhance their performance but also help them handle pressure, defeat, and fame with grace. Meditation sharpens concentration and reduces anxiety, helping sports professionals stay calm under stress and make better decisions in high-stakes moments.

empowering sports personalities through values and Rajyoga meditation offers a holistic path to excellence. It nurtures not just champions on the field, but also role models in society who inspire others with both their talent and character.

ORGANISERS:

The host of the conference, Brahma Kumaris Institution, is an international socio-spiritual and educational institution. It has over 5000 Rajyoga Meditation Centres in India and associated organizations in 140 countries. The Brahma Kumaris is an international non-governmental organisation of the United Nations, in general consultative status with the Economic and Social Council. 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.

Sports Wing Chairpersons:

Chairperson:

BK. Dr. Basavaraj Rajrushi,

Joint Chief , Brahma Kumaris

& Sr. Vice-chairperson

BK Shashi Didi

Vice-chairperson

BK Kuldeep Didi



The Sports Wing of Rajyoga Education & Research Foundation aims to help sportspersons to psychologically condition their minds so that they can manage stress and anxiety during competitive pressure.

AIMS OF THE CONFERENCE:

This conference will help participants:

- To enhance will-power
- To manage stress & anxiety
- To build team spirit
- To cope with nervous breakdown

WHO CAN PARTICIPATE:

Officials of Ministry of Youth & Sports Affairs (MYAS), Sports Authority of India (SAI), Indian Olympic Association (IOA), Federations and Sports Coaches, Sports Journalists & Players of National / International Level. Non-sportspersons and family members are not permitted to participate in the conference.

REGISTRATION PROCESS:

There are no registration fees however prior registration is essential. The last date of registration is 10th Aug 2025.

Lodging & boarding will be provided. Travel expenses will be borne by the participants. For registration process, kindly send the following details: Name, Age, Sport, Designation, Date & Mode of Arrival, Departure with a copy of the National Certificate to: regnsportswing@gmail.com

Contact us:

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National Co-ordinator, Sports Wing

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HQs Co-ordinator, Sports Wing

PROGRAM SCHEDULE

Day 1: Thursday, September 04, 2025

09.00 am: 05.00 pm : Registration

05.30 pm: Video- Brahma Kumaris & Sports Wing

06.00 pm: Welcome Session

Day 2: Friday, September 05, 2025

07.00 am: Self Awareness as a core of a Champion

10.00 pm: Inaugural Session

04.30 pm: Understanding Power of Aura in Sports

05.30 pm: Balancing Mental & Physical Fitness

07.00 pm: Creative Meditation Session: Self Reflection

09.00 pm: Panel Discussion- Using Meditation in Sports Person Training

Day 3: Saturday, September 06, 2025

07.00 am: Awareness of Supreme Power

10.00 am: Sankalp se Siddhi (Success Through Thought Power)

11.00 am: Handling Stress, Setbacks and Failure in Competitive Sports

04.30 pm: Power of Values-Discipline ,Patience, Courage and Humility

06.00 pm: Leadership and Teamwork Through Inner Stability

07.00 pm: Collective Meditation & Affirmation Session

09.00 pm: Cultural Performance

Day 4: Sunday, September 07, 2025

07.00 am: Rajyoga Meditation- Inner Path to Power

10.00 am: Valedictory Session-Future of Sports with Rajyoga

01.00 pm: Sight Seeing

04.00 pm: Visit to Peace Park & Outdoor Games

07.00 pm : Visualization & Meditation Session

09.00 pm: Feedback & Experience Sharing

Day 5: Monday, September 08, 2025

07.00 am: Karma & Destiny - New Attitude Towards Life

09.00 am: Departure for a New Beginning

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Registration Form - SWCON2025

Name: Date of Birth / Age..... Gender: M / F.....

Name of Sport: Qualification / Designation:

Highest Achievement: International / National / State (tick)

Awards, if any:

Address (for correspondence):

.....

StateDisttCity / TownPIN

WhatsApp No. Email:

Date of Arrival at Mt. Abu.....Time.....

Mode (train/flight name etc.).....

Date of Dep. from Mt. Abu.....Time.....

Mode(train/flight name etc.).....

I will observe all the rules and regulations of the Brahma Kumaris Organization during the conference.

Sign of B.K. Centre Incharge

Signature of Participant:

Date:

**Note: Kindly send a copy of the form to HQs office latest by 10th August, 2025 at email id:
regnsportswing@gmail.com**