



SILVER REFLECTIONS

A Retreat for Joyous Renewal

19-23 September 2025 | Shantivan, Abu Road



Organised by:

Transport & Travel Wing, R.E.R.F. & Brahma Kumaris

Transport & Travel Wing Conference 2025

Venue: Diamond Hall, Shantivan, Abu Road

SCHEDULE

19-Sep 2025 (Friday)

11:00 AM to 12:01 PM - Celebrating Differences - **BK Rakesha**

04:30 to 05:30 PM - Overview - **BK Suvas**

05:30 PM: Inaugural Ceremony: **Coordinator: BK Sangeeta**

20-Sep 2025 (Saturday)

04:00 AM to 04:30 AM - Amritvela (Guided Meditation) **BK Kamal Bhai**

06:30 AM to 07:00 AM - Zumba Exercises - **Varsha Rathod**

07:00 AM to 08:00 AM - Meditation Session: **Aatma ka Parichay - BK Kavita**

08:00 to 08:30 AM - Distribution of Godly Gifts to all Delegates

08:30 AM to 09:30 AM - Breakfast

09:30 to 09:45 AM - Edutainment - Hum - Skit

09:45 AM to 11:15 AM - Motivational Sesn: **From Panic to Peace: BK EV Girish**

11:15 AM to 12:01 PM - **Games: BK Suvas and BK Praful**

12:01 PM to 01:30 PM - **Felicitation Ceremony - Coordinator: BK Kavita**

Lunch & Rest

03:00 PM to 03:30 PM - Tea/Coffee

20-Sep 2025 (Saturday) - contd.

03.30 PM Assemble at Global Auditorium, ManmohiniVan for

Suraksha Sankalp Yatra - Flag-Off Ceremony Coordinator: BK Dr Suresh

06:00 PM to 07:30 PM - Motivational Session:

Letting go of Emotional Baggage: BK Shreya

07:30 PM to 08:30 PM - Dinner

08:30 PM to 10:00 PM - **Cultural Evening - Coordinator: BK Sarika**

21-Sep 2025 (Sunday)

04:00 AM to 04:30 AM - Amritvela (Guided Meditation) **BK Parul**

06:30 AM to 07:00 AM - Zumba Exercises - **Varsha Rathod**

07:00 AM to 08:00 AM - Shivar Session: **Parmatma ka Parichay: BK Neeraja**

08:00 AM to 09:00 AM - Breakfast

09:30 to 09:45 AM - Edutainment - Unplug to Reconnect - Skit

09:45 AM to 11:30 AM - M. Ses.: **Concentration for Safety & Success: BK Dr Swami**

11:30 AM to 11:45 AM - Move to Group Venues

11:45 AM to 01:30 PM - Group wise Sessions:

	Group 1 -Joy	Group 2-Peace	Group 3-Power	Group 4-Love
Topic	Overcoming Overthinking	Creating an Aura of Positivity	Stillness & Stability for Safety	Magic of Gratitude
Venue	SB Hall-1	SB Hall-3	Conference Hall	Dadiji Meeting Hall

Lunch & Rest

04:00 PM to 04:30 PM - Tea/Coffee

04:30 PM to 06:00 PM - Motivational Session: **Hamsafar Express - BK Mukul**

06:00 PM to 07:30 PM - Shivar Session: **Karma Philosophy - BK Shreya**

07:30 PM to 08:30 PM - Dinner

22-Sep 2025 (Monday)

04:00 AM to 04:30 AM - Amritvela (Guided Meditation) **BK Mukul**

06:30 AM to 07:00 AM - Zumba Exercises - **Varsha Rathod**

07:00 AM to 08:00 AM - Shivar Session: **Yog ki Vidhi: BK Bindu**

08:00 AM to 09:00 AM - Breakfast

09:30 to 09:45 AM - Edutainment - Suraksha Sankalp Skit

09:45 AM to 11:30 AM - Motivational Session: **Suhana Safar** - BK Kavita

11:30 AM to 12:45 PM - Heart to Heart Conversations - **Facilitator: BK Shreya**

12:45 PM to 1:30 PM - Felicitation Ceremony: Coordinator - **BK Kinjal**

Lunch & Rest

04:00 AM to 04:30 PM - Tea/Coffee

04:30 PM to 06:00 PM - Motivational Session:

Mood on Decline? Tune to the Divine - Dr Lavanya

06:00 PM to 07:00 PM : Shivar Session - **8 Powers through Rajyoga: BK Sangeeta**

07:00 PM to 08:00 PM - Q n A and Experience Sharing

08:00 PM to 09:00 PM - Dinner

23-Sep 2025 (Tuesday)

04:00 AM to 04:30 AM - Amritvela (Guided Meditation) **BK Chandrika**

06:30 AM to 07:00 AM - Zumba Exercise - **Varsha Rathod**

07:00 AM to 08:30 AM - Shivar Session 6 - **Samay Chakra: BK Usha**