

SOUVENIR



BRAHMA KUMARIS

Souvenir

GLOBAL SUMMIT-CUM-EXPO
ON
SCIENCE, SPIRITUALITY & ENVIRONMENT
ROLE OF HUMAN BEINGS IN CREATING A BETTER WORLD

September 29 to October 02, 2018

At
Brahma Kumaris Shantivan
Abu Road, Rajasthan, India



PRAJAPITA BRAHMA KUMARIS
ISHWARIYA VISHWA VIDYALAYA

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Foreword



The Brahma Kumaris have always believed that any human society that lacks in values in education and spiritual power to rise above material, commercial and vested considerations would finally be doomed in violence, poverty and mutual distrust. In fact these are the ideals that have formed the foundations of the organization because it was realized that the commercialized society of our times has embraced exploitation, confrontation and conflicts as the essential ingredients of their present day social, political, religious, educational and economic life. The human nature has drastically changed for the worse. The well-known old dictum “Rulers should be philosophers or the Philosophers should be rulers” seems to have been completely negated.

It has been with this concern that the Brahma Kumaris have directed all their humanitarian services with a dedicated spirit and effort. The wings of the organization have also undertaken their responsibility of focusing their efforts to specific sections of the society so that the change comes at the ground root level. The discussions, dialogues, seminars, conferences, summits, exhibitions etc. have been organized round the year at different centers, retreat centers and the world head-quarters of the Brahma Kumaris so that the society in general is awakened to the need of spiritual atmosphere and their responsibility in such an effort. Certain cultural programmes, painting competitions, Radio & TV Programmes etc. have also been conducted and the artists felicitated to promote the awakening of the masses.

The Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya has been organizing international conferences on themes that would help humanity to realize the ultimate goals of existence. As such, this year's '**Global Summit-cum-Expo on Science, Spirituality and Environment**' has the theme of '**Role of Human Beings in Creating a Better World**'. Apart from a specific focus on the need for ecological balance and the role of science in such attainments, the conference aims to create a substantial change in human approach and attitude from body-consciousness to soul-consciousness. It is heartening to inform that in this conference more than 20 environmentalists are being honoured for their exceptional attainments in their respective fields. It also is the need of our times that we should ensure integration of science and spirituality to play their respective role in self-transformation and world transformation. This would be possible only if we train and encourage people to practice Rajyoga on a regular basis.

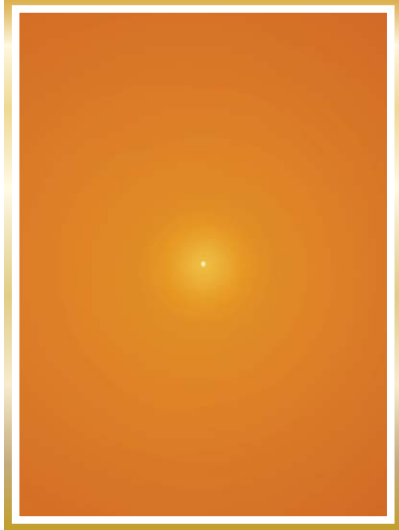
Today if we find environmental problems and the aimlessness of the scientific endeavor it is because there is a lack of understanding of inner human consciousness i.e. the realization of being a soul and being the children of one and the same Supreme Soul, the God Father Shiva. Hence the conference attempts to bring to people's consciousness, the inner unity of human world in spite of the apparent and outer physical diversities and differences.

I extend my thanks and best wishes to our team for their efforts and do hope that the Souvenir of this Global Summit-cum-Expo would be able to attain the professed objectives.

Rajyogi BK Mruthyunjaya
Organising & Executive Secretary

Eternal Source of Bliss to Angelic World

Incorporeal Divine Father - Shiv Baba



BapDada cherishes to see all his children in their original noble form. He knows man is embellished with virtues of love and care, howsoever covered with the mud of materialism. He also knows of man's love and mercy for humanity and his feeling of saving the humanity from environmental crisis. He has often entreated man to realize that:

- Our (we human beings) task is to return every element to Nature, to what it originally was
- To do this we must first change our nature and become simple, stable and silent within
- Now is the time to serve and give back to Nature so as to settle our accounts
- To serve Nature is to become a world server
- Service of the Nature makes man an Angel, a truly spiritual being free from all bondage
- Man, thus can be the real destroyer of obstacles and re-establish the New & Peaceful World

This thought process will keep the mind healthy and strong. This will finally lead one to be the future world ruler. The main reason of the environmental pollution is the mental pollution within the human being.

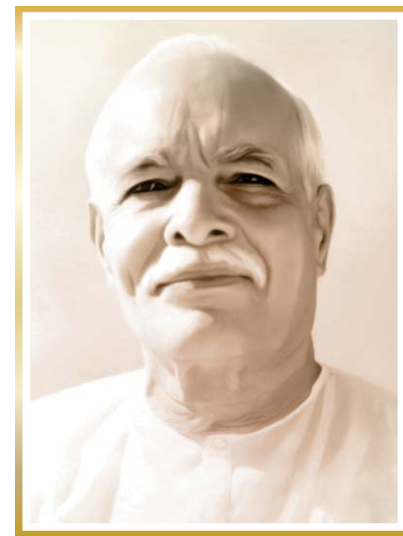
Self Effacing, Heaven Ensuring

Pitashri Brahma Baba

Founding Father of Brahma Kumaris

The so called mysterious world that we live in is also a wonderful world. Some Wonderful things happen in it. And the most mysteriously wonderful thing happened in the year 1936. As the story goes, there was a very successful diamond dealer named Dada Lekhraj. He was pious, religious, simple and royal. Incorporeal God Shiva chose him to be His corporeal medium to deliver His Versions to the vicious world so as to change it into a pious, pure and virtuous society. Did he stop dealing in diamonds? No. He simply shifted from material to spiritual diamonds. Diamonds of Godly knowledge! Dada Lekhraj was renamed Prajapita Brahma, who surrendered to His will and served the sorrow-ridden humanity in his new role till he left his mortal coil on January 18, 1969.

Even now, having become one with Shiv Baba, he continues to play his part in an angelic form. We salute Brahma Baba for his unique role in the uplift of humanity. How can we ever repay the debt we owe to the man who became next only to God? A visit to the Tower of Peace, erected in Pandav Bhawan in the loving memory of Brahma Baba gives us the feeling of Baba guiding our spiritual path and purusharath with his love and sustenance.



Divine Inspirations & Guidance

Mateshwari Jagadamba Saraswati

First Chief of Brahma Kumaris



Mateshwari Jagdamba Saraswati, in loving adoration called Mamma, was an image of determination, humility, grace and spirituality. She was humble but not timid, strong but not rude, kind but not weak and proud but not arrogant. She combined in her the grace of humanity and divinity of an angel. She was also the first Administrative Chief of the Yagya right from the time when Brahma Baba surrendered everything to the Supreme Soul in 1937. Her motherly love and affection and spiritual fragrance of human service charmed one and all, irrespective of their age, caste, religion and social status.

She played a stellar role in awakening and enlightening the women about their spiritual and divine self. Her virtues of wisdom, oratory, compassion and divinity impressed the people and kept them spell-bound when she spoke on spiritual issues and their attainment. She was a living model of following the Shrimat in word and spirit with her proverbial 'Haan Ji Baba' (Of course, Baba).

Her determination and powerful spiritual 'Drishti' answered most of the questions and doubts. Irrespective of her mortal young age, she served and sustained the Yagya with whole-hearted devotion and dedication and was rightly respected by everyone as the 'World-Mother' – Mateshwari Jagdamba Saraswati. She left her mortal coil and attained ascension on June 24, 1965.

Blazing Brilliance of a Diamond

Rajyogini Dadi Prakashmani Ji

Former Chief of Brahma Kumaris

Dadi Prakashmani Ji remained the Chief Administrative Head of the Brahma Kumaris from 1969 till her attaining the Angelic form in 2007. Her boundless enthusiasm, generosity and a sharp vision into the future have guided the organization in its glorious global growth. She served on a number of international committees, hosted a series of international conferences and has been a recipient of various honours and medals, including an honorary doctorate.

The following few lines befittingly describe her role and personality:

*With care and concern deep at heart,
Oozing confidence from the start.*

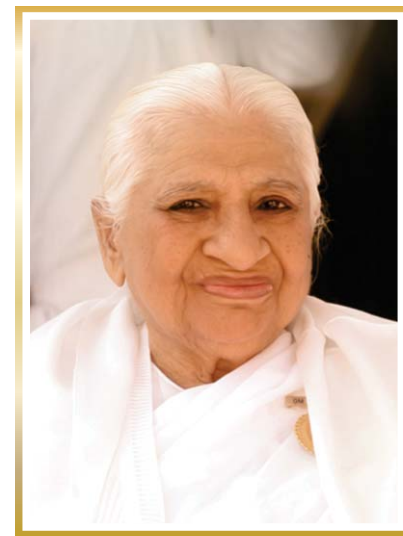
*With love for all, big and small,
Extending provision to one and all.*

*Admin, food, hosting with her memory divine,
Hall, Stumbh, Tower all with her image shine.*

*Accurate and efficient to the tiny dot,
Honest in word, deed and the thought.*

*Rich tributes to the leader transparent,
Who from her elevation did never descend.*

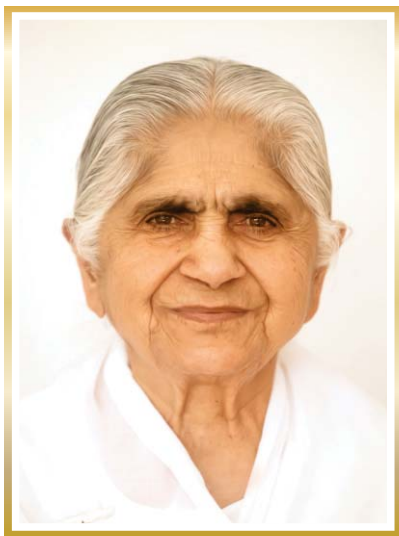
*O Dadi your Love & Law guide our attitude
Being Bap samman, be our befitting tribute.*



Heartening Blaze of Love & Light

Rajyogini Dadi Janki Ji

Chief of Brahma Kumaris



Few people in human history have been as inspiring, encouraging and uplifting the fellow human-beings as Rajyogini Dadi Janki Ji, the present Chief of the Brahma Kumaris Organization. Her life story is the glorious saga of dedication and a loyal adherence to the ideals set by the Supreme Soul. Her inspiring example demonstrates that academic education fades into insignificance when faced with spiritual education and wisdom.

Angelic Dadi Ji is a mine of compassion and wisdom. She seems to live beyond time and space as she tirelessly travels from one country to another, offering insights, inspirations and blessings to millions of souls. Dadi Ji has presided over numerous international seminars and conferences and engaged with great leaders from various walks of life. She is one of the ten wisdom keepers of the world, nominated by the World Parliament of Religions. She is the author of such thought-provoking books as 'Wings of Soul', 'Pearls of Wisdom', 'Companion of God', 'Inside Out', and 'Spiritual Greatness'.

The wonderful thing is her crossing the mythical barrier of 100, Even at the ripe old age of 103, Dadiji is leading the international organisation with a youthful vigour, zeal and enthusiasm. The secret lies in her unshakable faith in God and His ways.

Serene & Smiling fragrance of Divinity

Rajyogini Dadi Hridayamohini Ji

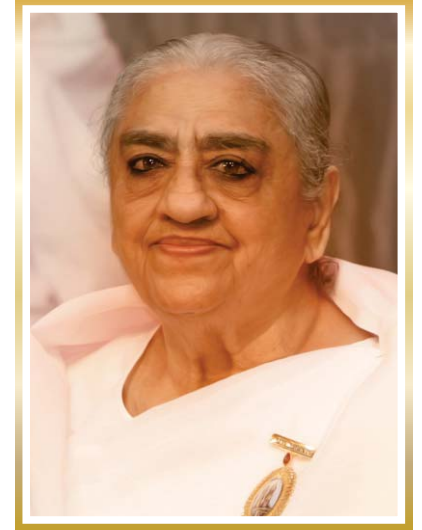
Additional Chief of Brahma Kumaris

With fragrance of virtues and a smile of happiness Dadi Hridaya Mohini Ji has rightly been called 'Dadi Gulzar' – the Garden of Flowers. Dadi Hridaya Mohini has been associated with the Yagya right from its inception in Karachi since her tender age of 8 years. As she grew in years, she attained great spiritual heights making her a respected and honoured role model for the entire divine family.

In the year 2017, North Odisha University Baripada, Mayurbhanj (Odisha) conferred on Dadi Gulzar Ji the Degree of Doctor of Literature (Honoris causa) for her contribution to spreading the message of values, spirituality and social service in her unique role as a messenger of the Incorporeal God.

Dadi ji has devotedly served the Godly mission by visiting as many as 112 countries, where she delivered lectures on various and varied subjects like Spirituality, Philosophy, Rajyoga and Stress-free Living with a commendable simplicity and clarity.

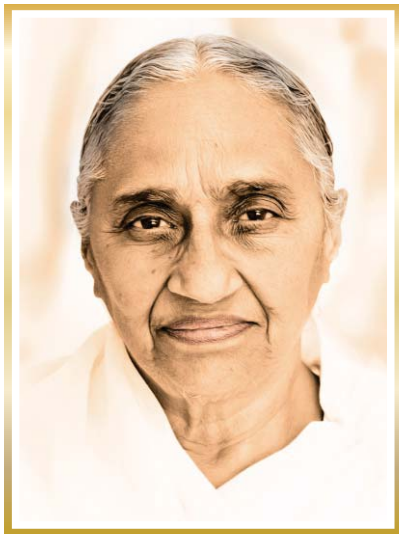
Above all, Dadiji is the trans-messenger of Shiv Baba and Brahma Baba. There cannot be a greater privilege in one's human existence. Her very face reveals God. And like the Creator she has played the Mother & Father to dedicated souls of the Brahma Kumaris.



Nobility Enshrined in Youthful Vigour

Rajyogini Dadi Ratanmohini Ji

Joint Chief of Brahma Kumaris



Dadi Ratan Mohini ji has been brought up in an atmosphere where spiritual leanings had been the watch-word of day-to-day life. The material concerns of life disturbed her while she found solace in spiritual leanings and discourses even at an early age. This noble bent of mind attracted her to the Om Mandali, which was the initial name of the Brahma Kumaris Organisation.

Dadi Ratan Mohini Ji was awarded in 2014 the honorary Degree of Doctor of Philosophy by the Gulbarga University, Gulbarga (Karnataka) in recognition of her spiritual, moral and social empowerment of youth and women in particular and society in general.

Dadi Ji has created many landmarks and established a few milestones as a Rajyogini and a Brahma Kumari. She represented the organisation at the World Peace Conference in Japan in 1954. In 1985, she organised a national rally 'Bharat Unity Padyatra', which was inaugurated by the then President of India, HE Gyani Zail Singh. In 2006 she organised the world's biggest rally under the banner of 'Swarnim Bharat Yuva Padyatra'.

True to her name, Dadi Ratan Mohini is a real gem of the Brahma Kumaris Organisation, which continues to chisel and polish the other precious stones with her multifarious services to humanity.

Patience & Perseverance all the Way

Rajyogini Dadi Tshu Ji

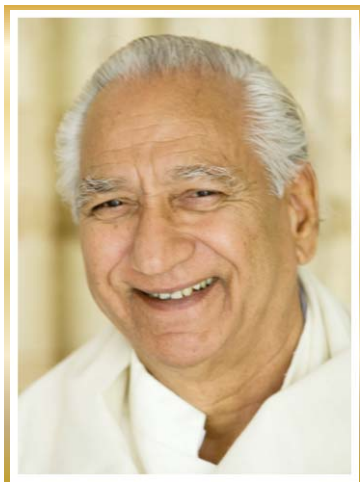
Treasurer of Brahma Kumaris

She is one of the original gems of the Yagya. She has the honour of joining the organization at a very tender age. Her honesty, faithfulness, loyalty and integrity attracted the attention of Brahma Baba, who assigned her the responsibility of handling his correspondence and more importantly the finances of the institution. She was the right hand of Rajyogini Dadi Prakashmani, the then Chief of Brahma Kumaris and travelled along with her throughout India and to many foreign countries, giving Godly Message.

She has been the Treasurer of the Brahma Kumaris in the literal as well as the metaphorical sense of the office. She is a silent and self-effacing serviceable instrument of the Almighty. In brief, She is the role model for the new generation who are groomed in the modern life-style.

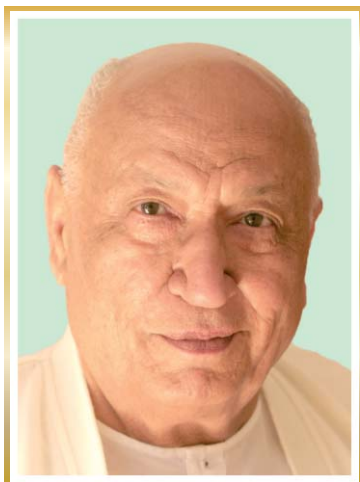


Our Immaculate Role-Model Senior



Rajyogi BK Nirwair Ji, Secretary General, Brahma Kumaris

Now in his 70's, Rajyogi BK Nirwair, joined the organisation at a very young age of 22. Even after more than Half a century the zeal and the enthusiasm of youth still persist in him. These traits have blended with maturity and mellowness to take the shape of angelic divinity. His disarming smile and cheerful disposition proclaim his optimism, assuring that we are on the threshold of the Golden Age. 'One more push and the world will once again transform into Heaven, the Paradise'. This seems to be his unshakable belief, nay, faith in God's Holy Plan. In nutshell, Rajyogi BK Nirwair Ji is the Crown Jewel of BapDada and the beacon light of the divine family. What else can a human being aspire for?



Rajyogi BK Brijmohan Ji, Additional Secretary General, Brahma Kumaris

Rajyogi BK Brij Mohan Anand, inherited the noble tradition of serving the Godly Mission (Yagya) from his dedicated parents. A versatile genius, BK Brij Mohan is basically a Chartered Accountant & Law Graduate. He is not only a good writer but also an effective and convincing speaker. His speeches are punctuated with highly realistic and humorous illustrations, which hold his listeners spellbound. He is ever-ready to visit any place in India and abroad for Godly service. His organisational skills were reflected and highly appreciated in the creditable planning of 8-Mega programmes held in and around Delhi to launch the Platinum Jubilee Celebrations of the organisation.

Our Immaculate Role-Model Senior



Rajyogi BK Karuna Ji, Member of Managing Committee of Brahma Kumaris

An intellectual with a keen power of observation and a dedicated single minded execution Rajyogi BK Karuna Ji holds a place of significance in the progress of the organization. His concept of 'media for social change and spiritual awakening' has been the focus of attention. He advocates that the role of media is not just to entertain or inform but also to enrich, empower and enlighten the masses. His untiring dedication has made it possible for the Brahma Kumaris to have their own Radio and TV network to reach the millions across the world. He has also been honoured with many national and international awards for his significant contribution.

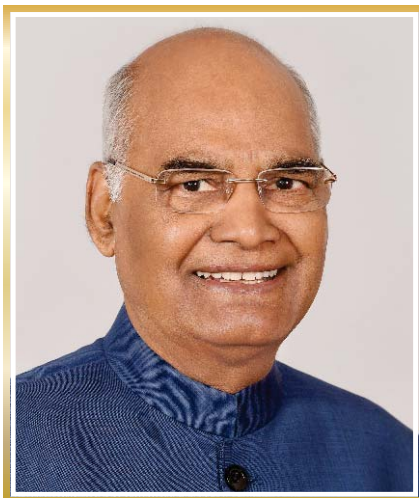


Rajyogini BK Munni Behn Ji, General Manager, Brahma Kumaris

Quantum of wealth makes no sense if one does not know how to use and manage it. People with plenty of riches and resources have been seen to lead a life of a pauper, On the other hand managing the resources well and utilizing every available resource for the spiritual well being and encouragement of the people is a rare talent exhibited by people in their social living. But Rajyogini BK Lakshmi Behn, lovingly called BK Munni Behn, who combines enthusiasm, management and a sharp memory, is one such soul who combines human spiritual uplift with managerial skill and effective utilization of resources. She is not only dedicated and punctual but she takes care of the minute details of every project and duty that one is assigned in the furtherance of the ideals of the Brahma Kumaris.

Message from the President of India

His Excellency Shri Ram Nath Kovind



अशोक मलिक
ASHOK MALIK
राष्ट्रपति के प्रेस सचिव
Press Secretary to the President



राष्ट्रपति सचिवालय,
राष्ट्रपति भवन,
नई दिल्ली - 110004.
**PRESIDENT'S SECRETARIAT,
RASHTRAPATI BHAVAN,
NEW DELHI - 110004.**

MESSAGE

The President of India, Shri Ram Nath Kovind, is happy to know that the Prajapita Brahma Kumaris Iswariya Vishwa Vidyalaya, Shantivan Campus is organising a Global Summit-Cum-Expo on Science, Spirituality & Environment - "Role of Human Beings in Creating a Better World" on 29th September, 2018 at Abu Road, Rajasthan.

The President extends his warm greetings and felicitations to all those associated with the Brahma Kumaris Iswariya Vishwa Vidyalaya and sends his best wishes for the success of the event.

Press Secretary to the President

New Delhi
July 5, 2018

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OM SHANTI

I am a Being of Peace



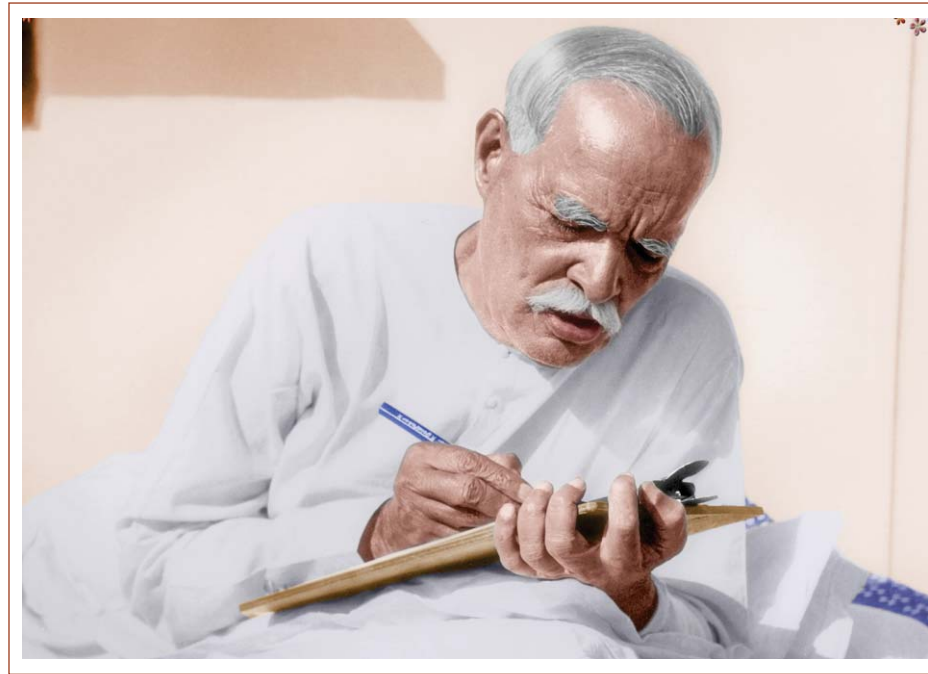
PRAJAPITA BRAHMA KUMARIS ISHWARIYA VISHWA VIDYALAYA

Serving Humanity Since 1936



Om Shanti Bhawan, Mount Abu

About the Organisation



Brahma Kumaris is a worldwide spiritual movement dedicated to personal transformation and world renewal. Founded in 1936 in Hyderabad, Sindh (Present Pakistan) by Prajapita Brahma Baba, Brahma Kumaris has spread to over 137 countries on all continents and has had an extensive impact in many sectors as an international NGO. However, their real commitment is to helping individuals transform their perspective of the world from material to spiritual. It supports the cultivation of a deep collective consciousness of peace and of the individual dignity of each soul.

In 1950, The spiritual headquarters of Brahma Kumaris shifted from Pakistan (Karachi) to India, to the beautiful Aravali Ranges of Mountains (Mount Abu) in Rajasthan. While activities of international interest are coordinated regionally from offices in London, Moscow, Nairobi, New York and Sydney. At a national level, activities are generally coordinated by local people in alignment with the spiritual principles of Brahma Kumaris, working in accordance with the laws of the land.

After the ascension of Prajapita Brahma to the subtle world in 1969, Rajyogini Dadi Prakashmani Ji was appointed the Administrative Head of the Institution. Later Rajyogini Dadi Janki Ji, who had played the pivotal role in spreading the Godly Message in almost all the countries of the world, became the Administrative Head in 2007, when Rajyogini Dadi Prakashmani Ji left her mortal coil. Even at the age of 102, she is tirelessly and successfully leading this global institution.

Brahma Kumaris is the largest spiritual organisation in the world led by women. It was the founder, Prajapita Brahma Baba, who chose to put women in front from the very beginning, and it has set Brahma Kumaris head and shoulders above others on the stage of world's religions and spiritual organisations.



Key Features of Brahma Kumaris

Believes in the basic goodness of every human being

One of the major founding factors of the Brahma Kumaris is that it believes in the basic goodness of every human being. The divine spark that lights up in every member of this godly family is the consciousness of being an incorporeal identity that manifests itself in a body and yet the body is not its integral identity.

Believes in Spiritual Brotherhood

Brahma Kumaris believe in the 'spiritual brotherhood' of mankind & they practice this ideology in their daily life by being in a state of soul-consciousness. Since we believe that the Supreme Soul is the Father of all human souls, as such we are all children of the same God and brothers and sisters that make us a global spiritual family of its own kind.

All Services are Free of Cost

Being 'One World Family', the organization undertakes to open its doors to one and all. So the facilities at the Brahma Kumaris have no 'price-tag' and its courses of spiritual learning are free of cost. It does not seek any public funding or grants but it supports itself entirely by voluntary contributions made by its own regular members.

Woman Leadership

The Brahma Kumaris is the only spiritual organization, that is solely run by women. And that has been done not for a year or a decade but for more than 80 years and it has strengthened its system of governance and administration with women at the helm of all its affairs. No doubt, brothers are always there and are given a place of respect.

Believes in World change through Self-change

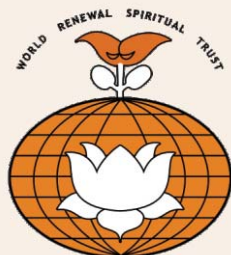
The governing ideal of this organization is 'World change through Self-change'. Naturally when we change the world changes. By working on this basic principle Brahma Kumaris practice a spiritual lifestyle that nurtures the purity of body, mind and soul and relationships based on a detached but loving and caring temperament.

Aims at the development of inherent virtuous goodness

Human and social values and spiritual virtues are the thread that binds the whole universe of human existence across the world and over many lives. Hence the Brahma Kumaris represent a segment of civil society that aims at the development of inherent virtuous goodness to herald the Angelic Living of the Golden Era of human existence in this universe.

The Tree and its Branches

The Brahma Kumaris discharge their various socio-spiritual roles and responsibilities with the help of some sister institutions constituted with a specific objective. While the overall goal of all these remains spiritual enlightenment through the practice of Rajyoga, each of these institutes tends to deliver in its own manner. The major sister institutes are :



The World Renewal Spiritual Trust (WRST)

Registered as a charitable trust, with its Head-Office in Mumbai, the WRST was incorporated in December 1968 with the sole goal of:

- Promotion, propagation and research in ancient Indian Culture, knowledge, yoga and philosophy
- Arranging and managing museums, exhibitions and seminars with special emphasis on imparting knowledge, ennobling character & uplifting human lives.

For this purpose the WRST makes provisions for the study and teaching as also establishing and managing institutes for the said purpose.



The Rajyoga Education & Research Foundation (RE&RF)

RE&RF was registered in August 1982 as an educational & charitable Society. RE&RF discharges its various responsibilities with the help of its constituent 20 wings, each of which is dedicated to the service of specific sections of our society. Its main objective is:

- To establish centres of Rajyoga and propagate Rajyoga education
- To foster soul-consciousness; universal brotherhood
- To remove superstition and blind-faith
 - To promote literacy & encourage scientific research in Rajyoga.



The Brahma Kumaris Education Society (BKES)

BKES, registered at Mumbai in May 1996 as an educational and charitable society, has its Head Office at Mumbai. Its main objectives are

- To establish, conduct, run and manage spiritual education institutions;
- To impart education in moral, cultural and spiritual values.
- To promote scientific temper and spiritual vision.
- To promote emotional balance & self-restraint for holistic personality development and conduct related trainings.



RADIO MADHUBAN COMMUNITY SOCIETY

The Radio Madhuban Community Society (RMCS)

Incorporated as an educational and charitable society the RMCS was registered at Delhi in April 2013. The aims and objectives of RMCS is:

- To provide community service with the new communication techniques
 - To advance the cause of education, particularly value and spiritual education
- To establish, manage and operate Radio Broadcast Station(s)
- To remove superstition, moral and social evils
- To create environmental awareness and responsibility
- To work for de-addiction objectives etc.

Brahma Kumaris at the United Nations

The Brahma Kumaris is an international non-governmental organization of the United Nations. Through its international network of centers in 137 countries, the Brahma Kumaris provides people with opportunities and settings to voice their opinions on critical matters that impact their daily lives and ensures that their messages make their way back to the UN through written and oral statements and other publications presented at UN conferences and meetings. The principles of the Brahma Kumaris are aligned in particular with the tenet contained in the Preamble to the Charter of the United Nations - "... to reaffirm faith in fundamental human rights, in the dignity and worth of the human person...." & "to promote awareness and highlight the purpose and principles of the UN."

Brahma Kumaris Affiliations with UN



DPI/NGO

Since 1980
Associate Status
with the
Department of
Public Information
(DPI)



ECOSOC

Since 1983
General Consultative
Status with the
Economic and
Social Council
(ECOSOC)



unicef

Since 1987
Consultative Status
with the
United Nations
Children's Education Fund
(UNICEF)



Since 2007
Flagship Member of
Education for Rural
People, Food &
Agricultural Organisation
(FAO)



UNFCCC

Since 2009
Observer Organisation
to UN Framework
Convention on
Climate Change
(UNFCCC)



UNEP

Since 2014
Observer Status
to the
United Nations
Environment Assembly
of UNEP

Timeline of our efforts and initiatives at the UN

- 1980's** Initiated various outreach projects including the 'Million Minutes of Peace Appeal' & 'Global Cooperation for a Better World'.
- 1990's** Participated in most UN world conferences and summits on various topics
- 2000's** Focused on the Millennium Development Goals
- 2010** UN Climate Change Conference, COP 16, Cancun, Mexico
- 2011** UN Climate Change Conference, COP 17, Durban, South Africa
- 2012** UN Climate Change Conference, COP18, Doha, Qatar
Rio+20 UN Conference on Sustainable Development, Rio, Brazil
Rio+20 People's Summit
UN Convention on Biological Diversity, COP 11, Hyderabad, India
- 2013** UN Climate Change Conference, COP 19, Warsaw, Poland
Participated in the 9th Global Climate Conference of Youth, COY 9, Warsaw, Poland
- 2014** UN Climate Change Conference, COP20, Lima, Peru
UN Convention on Biological Diversity, COP 12, Republic of Korea
UN Environment Assembly, UNEA 1, Nairobi, Kenya
UN Commission on the Status of Women CSW58, New York
- 2015** UN Climate Change Conference, COP21, Paris, France
UN Commission on the Status of Women CSW59, New York
UN Road Safety Collaboration/World Health Organization: Save Kids Lives Campaign 2015-2017
- 2016** UN Climate Change Conference, COP22, Marrakech, Morocco
UN Convention on Biological Diversity, COP13, Cancun, Mexico
Jointly hosted first faith-based side-event, UNEA 2, Nairobi, Kenya
UN Commission on the Status of Women, CSW60, New York
UN Commission on Social Development, CSOCD54, New York
- 2017** UN Climate Change Conference, COP23, Bonn, Germany
UN Environment Assembly, UNEA 3, Nairobi, Kenya
UN Commission on the Status of Women, CSW61, New York
UN Commission on Social Development, CSOCD55, New York

Some of the awards and honour accorded to the Brahma Kumaris by the UNO



Dadi Prakashmani awarded UN Peace Medals for 1984



The BKs received 7 Peace Messenger Awards for their significant contribution in the observance of the UN's Year of Peace in 1987



UN designates the Brahma Kumaris 'Messenger for Manifesto 2000' to promote the culture of peace (2000)

Journey through the Yester-years of Brahma Kumaris

1936-1950



1936

Organization founded as the 'Om Mandali' by Brahma Baba at Hyderabad (Sindh) erstwhile Pakistan



1936

Spiritual Hostel created for the young Kids



1936-1950

Around 300 people spend 14 yrs in Karachi, in spiritual study, meditation & self development



1950

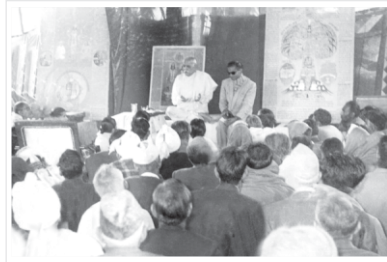
Organization shifts from Pakistan to Mt Abu in India

1950's



Early 1950's

First group of BKs set out to serve Humanity. Centres opened at Bombay, Delhi, Kanpur, Lucknow, Amritsar, Patiala & Bangalore



1954

First BK delegation goes abroad to the International Religious Conference held in Japan

1960's



1965

Mateshwari Jagdamba passes away on June 24, 1965



1968

World Renewal Spiritual Trust" Registered as Charitable Trust



1969

Prajapita Brahma Baba attains ascension on January 18, 1969.



1969

Dadi Prakashmani Ji Became Chief of Brahma Kumaris

Journey through the Yester-years of Brahma Kumaris

1970's



Early 1970's

An Inaugural group of BKs from India goes to serve in the West. Centres open in London & other cities of Europe, Asia, Africa, Australia & Americas.



1974

Dadi Janki travels to London from India & establishes International Service



1977

Dadi Prakashmani Travels to USA & visits the UN. The first centers are established in the America.



1977

First National & International Conferences organized in Delhi & Mt. Abu

1980's



Early 1980's

In around 40 countries Rajyoga Centers Established



1980

Brahma Kumaris are affiliated to the United Nations Department of Public Information



1983

ECOSOC of the UN grants general consultative status



1983

The Universal Peace Hall is inaugurated at Mt. Abu



1984

Services of RE&RF wings Started



1984

Dadi Prakashmani awarded UN Peace Medal



1985

Organised "All India Bharat Unity Youth Padyatras", first of its kind in India



1986

Launched the "Million Minutes of Peace Project", which gathered over one billion minutes of peace

Journey through the Yester-years of Brahma Kumaris



1987

The Brahma Kumaris get Consultative Status with the UNICEF



1987

The Brahma Kumaris receive 7 Peace Messenger Awards by the United Nations



1988

'Global Cooperation for a Better World' project was launched from the House of Parliament in London



1989

The then President, Vice-President of India & UN leaders visit Mt. Abu; "All India Health Awareness Campaign" & "Youth Welfare Campaign" launched.

1990's



1991

Global Hospital & Research Centre at Mount Abu commissioned.



1992

Honorary Doctor of Literature Awarded to Dadi Prakashmani by Mohanlal Sukhadia University, Udaipur



1993

First International Retreat centre, Global Retreat Centre, Oxford opens in England



1993

Dadi Prakashmani invited by the World Parliament of Religions to deliver Presidential Address at Chicago.



1994

Prajapita Brahma's postal stamp released by the then President of India, Hon'ble Shankar Dayal Sharma



1995

'Gyan Sarovar, Academy for a Better World' inaugurated at Mount Abu.



1999

Shantivan, a huge campus accommodating more than 20k persons built at Abu Road



1999

Peace Village, New York, the largest retreat base of the Brahma Kumaris opens

Journey through the Yester-years of Brahma Kumaris

2000's



2000

UN designates the Brahma Kumaris 'Messenger for Manifesto 2000' to promote the culture of peace.



2000

12 Raths travelled from various places to Mt. Abu under "Ishwar Anubhuti Jyotirlinga Rathayatra"



2001

Om Shanti Retreat Centre opens near Delhi



2003-05

Mega events addressing 50K to 200K people held in 15 cities of India



2004

Shanti Sarovar Retreat Centre opens in Hyderabad



2006

World Peace Festival, marking the 70th Anniversary of the Brahma Kumaris, organized in New Delhi



2006

'Swarnim Bharat Yuva Padyatra' organised to ignite the Youths of India



2006

Peace initiative 'Just a Minute' launched in UK



2007

'Radha Mohan Mehrotra Global Hospital Trauma Centre' launched at Abu Road



2007

Dadi Prakashmani left her mortal Coil on 25th August 2007



2007

Dadi Janki Ji Becomes Chief of Brahma Kumaris



2007

Manmohinivan Campus at Abu Road accommodating 5K inaugurated

Journey through the Yester-years of Brahma Kumaris



2008

'Gokul Gaun' nationwide Campaign launched to promote rural cleanliness, health & Yogic Farming



2009

Launched a nationwide campaign "My India, healthy India" to promote a healthy life-style



2009

'Value Education in Spirituality' project with Graduate & PG Courses launched



2009

Accredited observer organization to UNFCCC

2010's



2010

'Clean the Mind, Green the Earth' campaign launched for elevated thinking and healthy Environment



2011

The Platinum Jubilee (75 yrs) of the organization celebrated at HQs & many cities worldwide



2011

24hr Community FM Radio channel 'Radio Madhuban' launched



2011

Peace of Mind TV Channel goes on Air



2012

Godlywood Studio built to enhance Spiritual Services through Media



2012

Anand Sarovar Campus at Abu Road opened for Godly Service



2013

A nationwide campaign "My India, Addiction Free India" launched



2013

A nationwide campaign "Shantidoot Youth Cycle Yatra" launched

Journey through the Yester-years of Brahma Kumaris



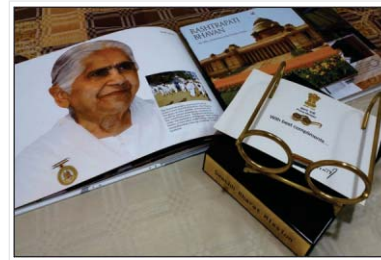
2014

A National Women Empowerment campaign "Nari Suraksha Hamari Suraksha" launched



2014

Granted Observer Status to the United Nations Environment Assembly of UNEP



2015

Dadi Janki Ji nominated by the Govt. of India as one of the Ambassadors of "Swachh Bharat Mission"



2015

A National campaign 'Kisan Sashaktikaran Abhiyaan' launched in New Delhi



2016

Dadi Janki Ji becomes a Centenarian



2017

3 years long 'Mera Bharat Swarnim Bharat', All India Exhibition Bus campaign Launched from Ahmedabad



2017

'India One Solar Thermal Power Plant' commissioned at Abu Road



2017

Brahma Kumaris Celebrate their 80th Anniversary



2009-18

MOUs signed with 16 universities & Seven Colleges on Value Education Courses



2018

Jagadamba Bhawan Retreat Centre Inaugurated in Pune



2018

Nationwide Campaign 'Swachhata hi Seva' organised in Collaboration with Govt. of India



2018

Retreat Centre 'Viswa Shanti Sarovar' inaugurated in Nagpur

Brahma Kumaris Activities at a Glance

Meditation Training

Free 7-day course for knowledge of Self, God & Universe at every Brahma Kumaris Centre

Spiritual Counseling

Counseling at different platforms like, personal on issues like relationships, stress, Social living etc.

Universal Brotherhood

With the moto of 'One God, One World Family', Brahma Kumaris is inspiring people for a global brotherhood.

Meditation Retreats

Small duration meditation camps and spiritual learning at BK Retreat Centers across India

Conferences

National and international on contemporary and spiritual themes all through the year

Seminars and Dialogues

For corporate sector, schools, colleges, other institutions at their campus or the BK Centers on spiritual management issues

Spiritual Media

Spiritual knowledge is conveyed through TV Channels, Radio's, Social Media & other Means for the benefit of common people

Spiritual Literature

Apart from BK spiritual books in many languages, many magazines also published periodically

Spiritual Fairs

Exhibitions, fairs, expositions etc are organized to disseminate spiritual knowledge and conventions

Healthcare

Brahma Kumaris run multi-specialty hospitals and regularly organize blood-donation camps, health check-up camps, eye-camps etc

Value Education

BKs runs many Graduate and Post-graduate academic, healthcare and counseling courses on Value Education & Spirituality in collaboration with more than 15 universities.

Researches

Researches are conducted in many fields like Medical, Agriculture, Psychology etc. to safeguard from ill-effects of modern technology & lifestyle.

Participation in UN Projects

For the last more than 30 years BK have participated in many UN projects relating to Environment, Peace etc. and has also been awarded by the world-body for many times.

Social Activities

Regularly undertake socio-spiritual uplift of people in slum-areas, jails, orphanages apart from helping people during calamities & disasters

Awareness Campaigns

To inform and educate masses on contemporary issues, Bk conducts campaigns on Health, Education, De-addiction, Environment etc.

Values & Spirituality at the Helm - Courses Offered



Foundation Course in Rajyoga Meditation



Self- Empowerment Workshops



Positive Thinking



Values in Family Life



Self Managing Leadership (for executives)



Education in Human Values (for educationists)

As a leading institution imparting education in spiritual knowledge and human values the Brahma Kumaris offers people of all backgrounds an opportunity to explore the deep mysteries of the soul, God, karma, the cycle of time and the technique of Rajyoga meditation. Various workshops and training modules help people practise positive thoughts, emotions, attitudes and behaviours that develop their innate values and powers. The spirit of inclusiveness, co-operation and warmth in the Brahma Kumaris family helps individuals experience and express the best in them. Millions of individuals and families all over the world have brought about a qualitative change in their lives through these courses.

Apart from the basic course in meditation, the institution offers the following courses in places like hospitals, schools, prisons and business and industrial establishments:

Stress Management & Right Thinking



Positive Approach to Total Health



Life Management Skills



The Art of Happy Living



Positive Change in Life (for youth)



Yogic Organic Farming (for Farmers)





Brahma Kumaris has been serving Humanity since 1936, through its more than 4500 centres on all the 5 Continents.

The spiritual headquarters is at Mount Abu, India and its activities of international interest are coordinated regionally from offices in London, Moscow, Nairobi, New York and Sydney.

WORLDWIDE PRESENCE OF BRAHMA KUMARIS

International Headquarter: Pandaw Bhawan, Mount Abu, Rajasthan



Oasis of Peace - Shantivan, Abu Road, Rajasthan



Lake of Knowledge - Gyan Sarovar, Mount Abu, Rajasthan



Manmohinivan, Abu Road, Rajasthan



Anand Sarovar, Abu Road, Rajasthan



Major Retreat Centres - India



Om Shanti Retreat Centre, Gurugram



Shanti Sarovar, Hyderabad



Shanti Sarovar, Raipur



Gyan Mansarovar, Panipat



Prabhu Uphar Retreat Centre, Brahmapur



Rajyoga Retreat Centre, Bengaluru



Shivchintan Bhawan, Thiruvananthapuram



Gyan Sarovar, Mysuru

Major Retreat Centres - India



Jagdamba Bhawan, Pune



Happy Village Retreat Centre, Chennai



Anand Sarovar, Somayajulapally, AP



Shakti Sarovar Tapovan, Madurai



Rajayoga Bhawan, Kochi



Vishwa Shanti Sarovar, Cuttack



Global Rajyoga Retreat Centre, Puri



Rajyoga Bhawan, Bengaluru

Major Centres - Worldwide



Peace Village, New York, USA



Global Retreat Centre, Oxford, UK



Global Co-operation House, London, UK



Harmony House, New York, USA



Seminarhaus Moringen, Germany



Nairobi, Kenya



Serra Negra, Brazil



San Francisco, USA



Casa Sangam, Italy

Major Centres - Worldwide



Baxter, Melbourne, Australia



St.Petersburg, Russia



Moscow, Russia



Blue Mountains Retreat Centre, Australia



Asia Retreat Centre, Malaysia



Trinidad



Sydney, Australia



Global Peace House, Mauritius



Durban, South Africa

Major Centres - India



Sirifort, Delhi



Mumbai



Jaipur



Ahmedabad



Nadiad



Mumbai



Belagavi



Ambala



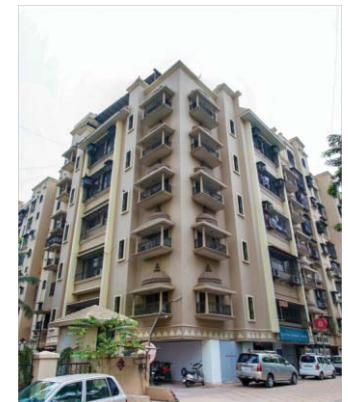
Ahmedabad



Rajkot



Mehsana



Mumbai

Major Centres - India



Chennai



Chandigarh



Indore



Bengaluru



Hisar



Bhilai



Sarnath



Rajkot



Somnath



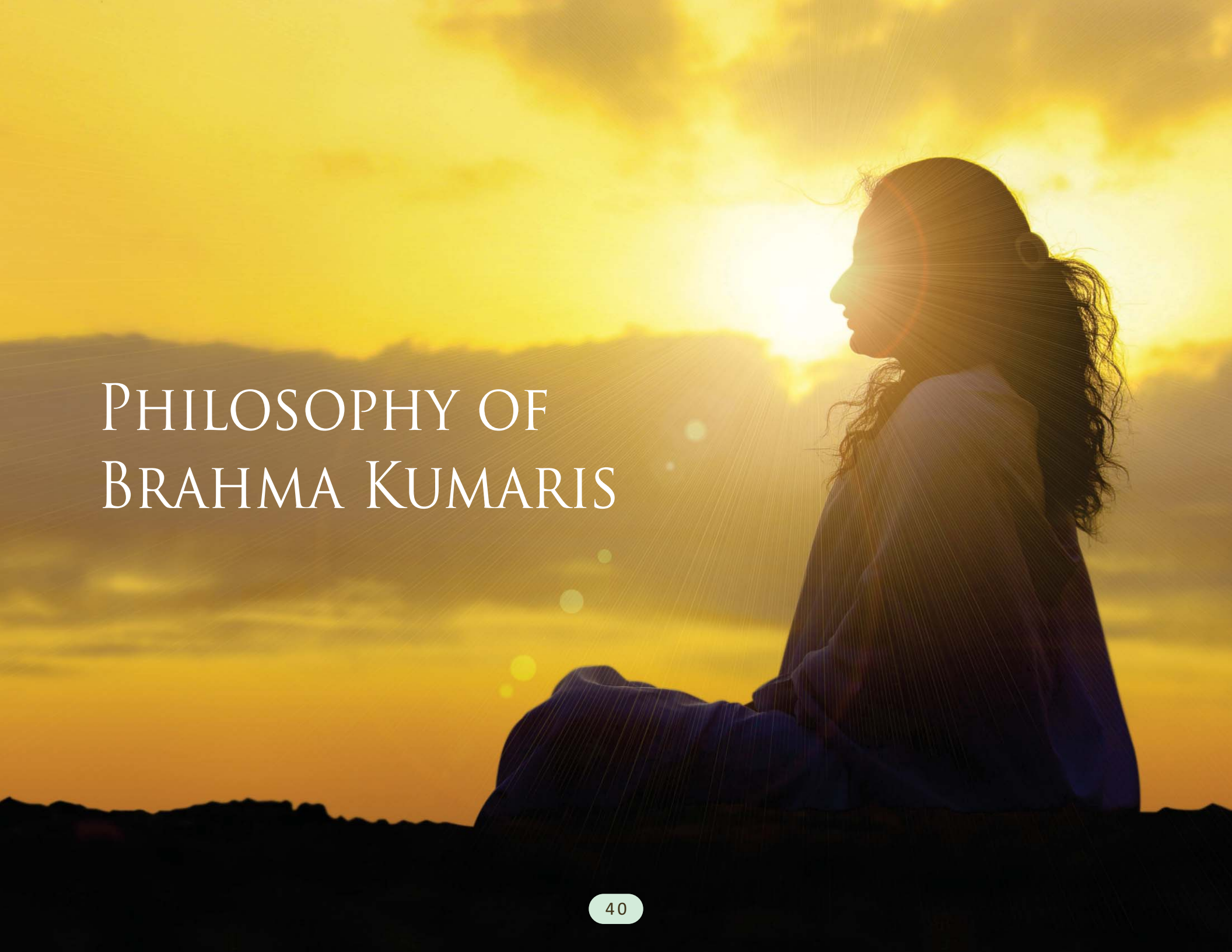
Puttaparthi



Neemuch



Bengaluru

A person with long dark hair, wearing a purple robe, is shown in profile, sitting in a meditative pose on a dark, silhouetted ground. They are facing a bright, golden sunset or sunrise, with the sun low on the horizon, creating a strong backlight effect and lens flare. The sky is filled with soft, golden clouds. The overall mood is peaceful and contemplative.

PHILOSOPHY OF BRAHMA KUMARIS

Awakening the Inner-Self



As the evening fell, someone lighted a lantern for the people to be able to see their path. A little later a blind-man came that way. He stumbled against the lantern and the lantern was knocked off. But it made no difference to the blind man. Unmindful of the surroundings he went his own way.

Of course the light comes from many sources like the lantern, lamps, electric bulbs and tubes, the sun and the moon. But are we sure that one would be able to see with these sources of light? If one does not have the light in his/her eyes all these sources would be futile. Inner light is essential to be able to see and understand the external things and the world.

Without the awakening of our inner conscience, all doctrines of spiritual knowledge and awakening would be futile. Perhaps this is one of the major reasons of human degradation despite the wise guidance and suggestions in the scriptures of most religions and the wise sayings of great men, saints and philosophers. Mere arguments to prove others wrong or to score points of wisdom lead us nowhere.

What we urgently need is the 'seeing eye' i.e. the awakened conscience and the right perceptions of things around. Let the soul be awakened to realize its true nature and worth. Unless man realizes his true self and the position that he is placed in, he cannot gain any light on the happenings and situations that keep changing every moment in this life. Only with an awakened self one can understand soul's relationship with the Supreme Soul and also its role in this drama of life.



Rajyoga Meditation

A serious and sincere effort is needed on the part of the individual to make such a contact and relationship with the Supreme. It should be taken as naturally as one forms friendships and relations with fellow beings in the society. Sometimes the problem comes not from the conscious effort on the part of the individual but from his/ her age old inclinations of the 'worship cult'. The moment one thinks of the Divine, one brings to the mind the images of worship places like temples, mosques, churches etc. and the idols and pictures of the deities placed therein. And the resultant awe makes it difficult to attain any cordiality with Him.

Let us for a moment seriously consider that the God is my friend. And why not? Have we not in our scriptures called Him "Tavmev Matashch Pita, tavmev Bandhu..."? Treat Him as such and confide all that you would do fearlessly with a friend. Develop a sort of informal intimacy and then see the result for yourself. Now if you make such attempts regularly, systematically and with a sense of detachment from other daily routine this surely is being in meditation. Brahma Kumaris call this Sehaj Rajyog since it is natural and without forcing the body and the mind for any particular posture and position.

The chief function of meditation is to help a man go beyond likes and dislikes, beyond craving and aversion. It is to awaken in him a state of dispassion. Impartial and alert passivity in an individual is a great asset. Hence meditation which fails to develop equanimity is no meditation at all. It is not mere relaxation or gratification that you sit idly, keep your eyes closed or open and entertain no worry whatsoever. One may continue with such a practice and yet may not be practicing meditation.

The 'Hathyoga' that people have been performing all these ages forces the body to maintain a specific position, howsoever tiresome and painful and also to go hungry for days together and sitting with closed eyes, even if that makes the mind to go astray. Rajyoga allows one to sit anywhere, on the ground or in a chair, on a sofa etc. and to sit comfortably cross-legged or in any other reclining position. It even allows one to be in contact with Him while moving around or taking one's food, as that is how we converse with our close relatives like a friend or father in our daily life. The only condition is that we should be regular, punctual and serious in our meditation. Let us not keep secrets from or tell the half-truths to this Eternal Friend or the Supreme Father or the Supreme Teacher. If we make such an attempt at connecting with Him we may find the results miraculously pleasing and satisfying.

One God, One World Family

The Brahma Kumaris have a strong faith in the 'universal brotherhood' of all human beings. No doubt they are not the first to say that there is only one Incorporeal God and that God Almighty is the creator of this universe. Though most religions have professed this truth but when it comes to practice there is wide variation in the concept of almost all religions.

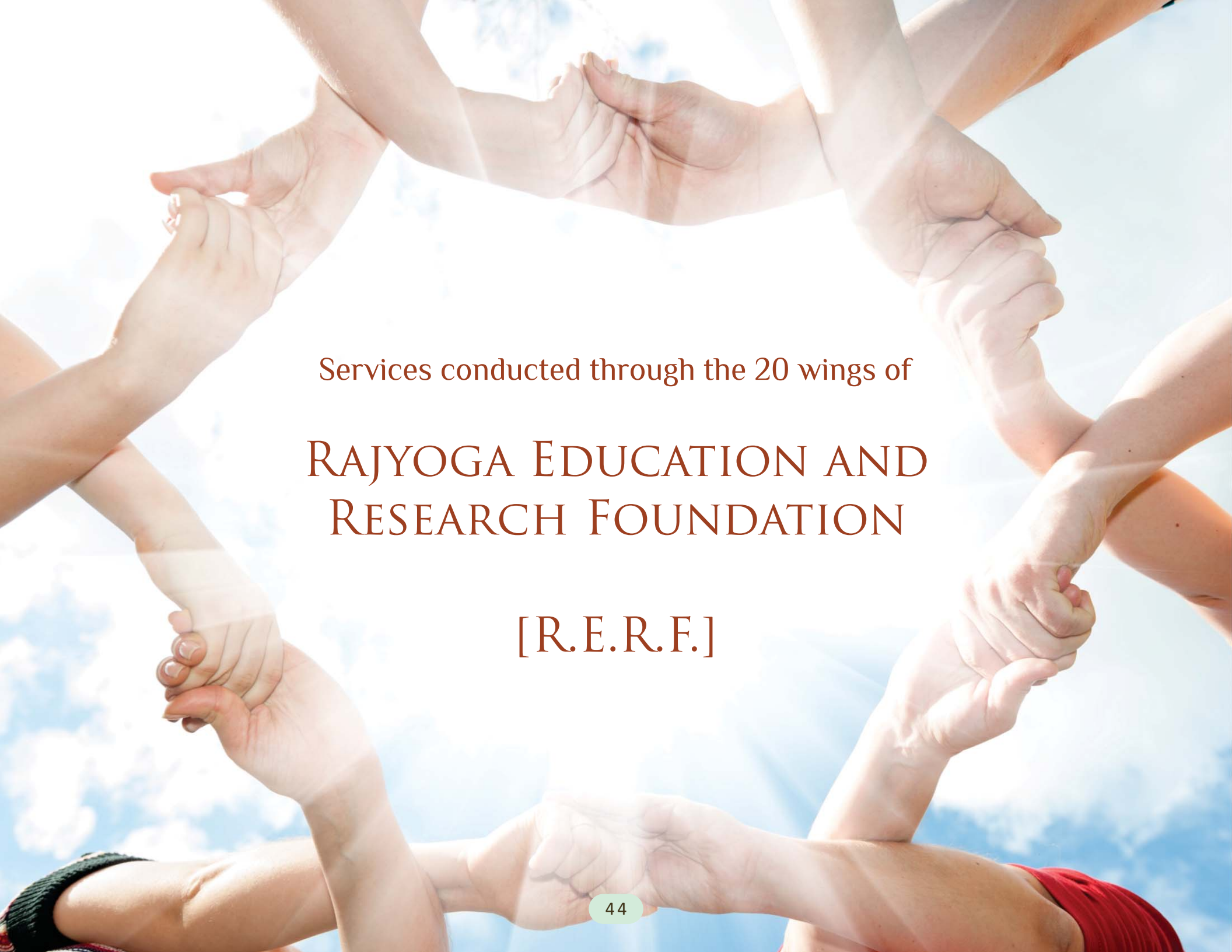
Going by the belief if we say that God is the creator of this universe we seem also to imply that we all are the children of one God and as such we human beings are all brothers and sisters. And since we too are souls and our body is the temporary attire to be left at the end of this drama called life, we must all be the 'soul brothers'. While most people would accept this argument they seem to differ in what they actually practice with regard to their faith.

This idea of One God and ours being the many members of the same world family is the foundation of all initiatives at peace and harmony in human world. We may practice different modes of faith but when it comes to reaching the Divine and being in His merciful protective fold we must accept Him the Supreme Head of our human family. We have to shed our individual and personal views, theories and philosophy.

Let me clarify it a little more elaborately. In the game of pole-vault the sportsperson uses a long pole to cross the high bar set for him. He comes running from a distance, pegs an end of the pole on earth and heaves himself up with the help of his pole. When he reaches the height above that of the bar he throws himself on the other side without disturbing the bar. Now let us understand that the pole-vaulter cannot cross the bar without the support of his pole but at the same time he cannot carry the pole with him to the other side.

Exactly this is the state of a spiritual pursuit. We cannot go above the worldly and material concerns without the support of the spiritual knowledge and practice but at the same time once we are above that height we must drop this support of spirituality to reach the other side i.e. Self-realization or being with the Supreme Soul. There one does not need spiritual practice since one already stands purified and victorious. In other words all worldly pursuits may be treated as means to reach the highest state of detachment and one should drop them finally to cross over to the transcendental Reality i.e. the Supreme Soul.





Services conducted through the 20 wings of

RAJYOGA EDUCATION AND RESEARCH FOUNDATION

[R.E.R.F.]

Rajyoga Education & Research Foundation, which is one of the sister organizations of the Brahma Kumaris, has 20 wings which cover a wide spectrum of the various facets of our life. These wings have played quite significant role in promoting values and attaining the spiritual goals. It is quite useful to be conversant with the sphere and objectives of their socio-spiritual service to the society.



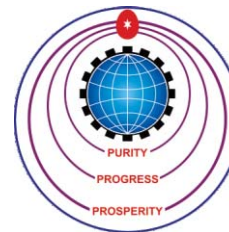
Administrators' Wing



Agriculture & Rural Development Wing



Art & Culture Wing



Business & Industry Wing



Education Wing



IT Wing



Jurists' Wing



Media Wing



Medical Wing



Politicians' Service Wing



Religious Wing



Scientists & Engineers Wing



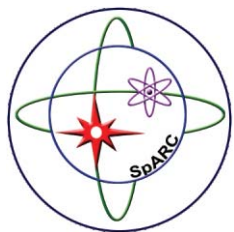
Security Services Wing



Shipping Aviation Tourism Wing



Social Service Wing



SpARC Wing



Sports Wing



Transport Wing



Women's Wing



Youth Wing



- To revive moral and ethical values among administrators
- To provide training in self-development, stress management
- To apply spiritual means and techniques to meet challenges
- Through self awareness enhancing empowerment in work culture & ruling power
- To inculcate a sense of accountability & transparency in the system.

Administrators' Wing



Inauguration Ceremony of Administrators' Conference by the then Governor of Punjab Shri Shivraj Patil, BK Nirwair, BK Brij Mohan, BK Asha & other dignitaries at Shantivan, Aburoad.



BK Asha, Chairperson, Administrators' Wing delivering her thoughts at Dialogue on "Leading from the Heart" in Chennai



Senior Administrators participating in Dialogue Programme organised by Administrators' Wing at ORC, Delhi.



Workshops being conducted for professionals organised by Administrators' Wing at Gyan Sarovar, Mount Abu



Group photo of Senior Administrators with Dadi Janki, BK Asha, Chairperson, Administrators' Wing and others at Orc, Gurugram



Inauguration of Dialogue Programme by BK Brij Mohan, Sister Carolyne and VIPs at ORC, Delhi.



A Gift presented to former Lt. Governor Shri Tejendra Khanna by Mr. Rakesh Mehta, IAS, BK Asha and others at Administrators' Conference, ORC, Gurugram



Inaugural Ceremony of Administrators' Conference on "Meditation for Excellence" at Rajyoga Bhawan, Bhopal



Audience of senior administrators at Administration Conference at Shantisarovar, Hyderabad.

Agriculture & Rural Development Wing



All India Farmers' Empowerment Campaign inaugurated by Union Agriculture Minister Shri. Radha Mohan Singh



Conference on Traditional Farming at Vigyan Bhawan, Delhi



Tribal Awareness Campaign, Dahod, Gujarat



Sustainable Yogic Agriculture for climate change adaptation.



Holistic Rural Development Motor Cycle Campaign



Village Adoption services



De-addiction Camps



Free Medical Camps



Cleanliness Campaigns

- This wing has been working towards the state of ideal socio-spiritual living by working on some of the following projects & campaigns:
- Rural Youth Empowerment
- Sustainable Yogic Agriculture
- All India Holistic Rural Development
- All India Holistic Rural Awakening
- Clean Golden Rural India Plan
- Drug De-addiction Rally
- The Village Adoption
- Ideal Gokul Gaon Fair etc.



- To instill spirituality in the artists
- To make art and culture a source of developing divine qualities in man
- Encouraging artists to lead a stress-free and drug-free life
- Empowering artists spiritually to check growing commercialism of art
- To make art a strong manifestation of spiritual and human values
- To inculcate spiritual and human values to stop moral degradation
- To appreciate beauty spiritually
-

Art & Culture Wing



Silver Jubilee Celebration of Art & Cultural Wing at Shantivan, Abu Road



Renowned Film Director Umesh Shukla Ji addressing the Art & Culture Wing Conference at Gyan Sarovar, Mt. Abu



Inauguration event of 'Swarnim Sanskriti Jagruti Abhiyaan' In Delhi



Dadi Hridaymohini ji sharing godly knowledge with Film Actor Mr. Amitabh Bachchan.



Film Actor Mr. Amrish Puri at an event organised at Gyan Sarovar



Priyanka Chopra with Dadi Janki Ji at Platinum Jubilee Celebration in Mumbai



Cultural performance by a dance group at national conference held at Gyan Sarovar, Mt. Abu



Cultural Performance by the Girls of Braham Kumaris' Shakti Niketan Girls Hostel at Indore



Playback Singer Ms. Alka Yagnik performing at Centenary celebration event of Dadi Janki Ji. at Shantivan, Abu Road

Business & Industry Wing



Lightning lamps in the inaugural ceremony of the workshop-cum-meditation retreat held in Gyan Sarovar, Mt. Abu.



Bk Asha, Director ORC presenting Godly Gift to Mr. Sushil Gupta, Member of Rajya Sabha at conference held at ORC, Gurugram



Bk Yogini at 23rd NESCON Awards as chief guest



Program at Bombay Chamber of Commerce & Industry by Bk Deepa



Group picture after a session on positive thinking for Continental Contitech India Organisation



Program at Bajwa, Vadodra, conducted by Bk Geeta on theme 'Vyast Trast Jeevan se Mast Jeevan' for businesspersons



'Self Management Leadership' seminar at Nirma Limited.



Seminar at Vadodra Chamber of Commerce & Industry



Program at Vizag Steel Plant by Bk Radhika



- To promote ethical values in business and industry
- To promote spiritual learning for attaining excellence and satisfaction in work
- To create consciousness of service and responsibility to humanity
- To conduct self-development programmes
- To seek business world cooperation and support to attain global peace and harmony
- To promote human good over commercial attainments & profit



- To develop human character with purity & peace in their mind & work
- To bring divinity with a holistic personality
- To empower spiritually with educational training
- To make educators the role models
- To impart moral and spiritual education
- To remove superstition and social evils through spirituality
- To inculcate dynamic spiritual outlook among students
- To create awareness of global warming and to work for healthy environment

Education Wing



Inauguration of Education Wing Conference at Gyan Sarovar, Mt. Abu



Personality Development Programme for small children



Clean the Mind Green the Earth Campaign



Central Jail inmates giving Value Education exams in Maharashtra



Convocation ceremony of students of Value Education in Spirituality



Rajyoga Thought Lab at Jaipur



Meditation trainings in Schools



Launch of Recipe Programme in Shantivan



Faculty training Programme

IT Wing



Mr. Ravi Shankar Prasad, Hon'ble Union Minister of IT and Law & Justice at a Retreat for IT Professionals at ORC, Gurugram



Interaction during a Retreat organised at Manmohinivan, Abu Road



Retreat for IT Professionals organised at Shanti Sarovar, Hyderabad in association with many IT organizations like HYSEA, NASSCOM, STPI etc.



An Unconference for IT Professionals at Navi Mumbai on theme - Inner Technology.



Activities during a Retreat organised at Om Shanti Retreat Centre, Gurugram



SPIR-IT Summit at Bengaluru with Sister Aruna



'Leadership 2.0' Silence Retreat for IT Professionals at Happy Village Retreat Centre, Chennai.



Special seminar for Executives of BSNL office, Bhilwara



- To provide community service with the new communication techniques
- To advance the cause of education, particularly values and spiritual education
- To promote the concept of Community Radio Stations
- To establish, manage and operate Radio Broadcast Station(s)
- To provide voice to community through Radio
- To remove superstition, moral and social evils
- To create environmental awareness and responsibility



- To reduce crime and transform society by promoting spiritual values
- To facilitate the application of moral & ethical values in legal and judicial systems
- Through spiritual education making people law-abiding
- To develop a humane approach to criminals
- To revive social and spiritual values
- To promote Art and Science of Om Shanti Jurisprudence
- To promote justice, fair play and equality in social working etc.

Jurists' Wing



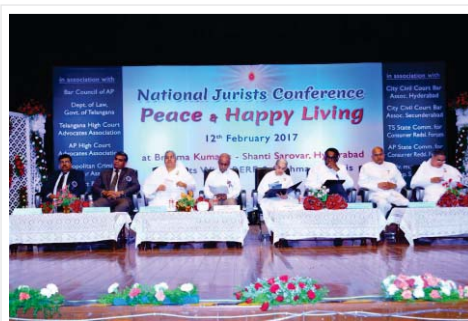
Hon'ble Mr. Jus. A.S. Pattnaik, Judge, Supreme court of India (Retd.), Maharaja of Sirohi, Jus. A.S. Pachchapure, inaugurated the Jurist conference at Gyan Sarovar, Mt. Abu



Justice VR Krishna Iyer addressing at Gyan Sarovar Conference



A get-together programme for Jurists on 'Peak Performance for Law Practitioners' arranged at Mauritius



Jurists Conference on 'Peace & Happy Living' held at Shanti Sarovar, Hyderabad



Hon Mr. Jus B. Sik Yuen, Chief Justice, Supreme Court of Mauritius B.K. B.L. Maheshwari BK. Pushpa, B.K. Ragini, B.K. S.P. Khetarpal at Mauritius



Jurists Conference held at ORC, Gurugram attended by Hon. Mr. Justice A.K Sikri, Judge, Supreme Court



Jurists' Conference at Sunguvarchatram, Kancheepuram attended by Hon'ble Smt. Justice Pushpa Sathyanarayana, Judge, Madras High Court, Hon'ble Dr. Justice P. Jyothimani, Judicial Member of National Green Tribunal (Southern Bench, Chennai)



Jurists' Conference at Kancheepuram attended by Hon'ble Smt. Justice Pushpa Sathyanarayana, Judge, Madras High Court, Hon'ble Dr. Justice P. Jyothimani, Judicial Member of National Green Tribunal



Inauguration of Jurists Campaign by Hon'ble Mr. Justice Kurian Joseph, Judge S.C of India, Shri P.P. Choudhari, Central Minister for Law & Justice at New Delhi.

Media Wing



- To practice and promote positive & value-based journalism
- To promote equality, impartiality, honesty and integrity
- To promote media responsibility in religious harmony, protecting the weak, victimized and voiceless millions
- To support efforts on human rights and social transformation
- To discourage misinformation and biased news-casting
- To conduct training courses, workshops etc. for the empowerment of media persons



Justice CK Prasad, Chairman, Press Council of India Inaugurating Media Conference at Mt Abu



Brahma Kumaris Media Wing Felicitating Eminent Journalists of Mysore



Mr. Deepak Chaurasia, News Anchor, India News addressing delegates at Shantivan Complex, Brahma Kumaris, Abu Road



Editors meet on theme 'Media & Positivity' organised at Bhopal for media Persons



Dr. A. Surya Prakash, Chairman, Prasar Bharathi and Senior Media Persons inaugurating National Media Conference in Chennai



Mr. Sudhir Chaudhary, Editor-in Chief, Zee News being presented with Godly gift by Rajyogi BK Nirwair and BK Mruthyunjaya



Bk Shivani conducting Life Management Programme organised by Media House Lokmat Samachar at Nagpur



BK Karuna Bhai, Chairperson Media Wing is Addressing the Media Conference in Pune



Bk Shivani for Life Management Programme at Media House Dainik Bhaskar at Bhopal



- To understand the psycho-physiological mechanisms of Rajyoga and its contribution in holistic health
- To study scientifically the impact of Rajyoga on human mind and body
- To project practical applications of meditation for medical profession
- To spread awareness about drug addiction
- To educate the rural masses on healthy living
- To reaffirm the ethical standards of medical profession
- To enlighten common man about the objectives of who etc.

Medical Wing



Inauguration of 36th Mind Body Medicine Conference at Gyan Sarovar



Mega Project 'My India Healthy India' covering Cities, Towns and Villages all over India in 2009.



Dr. Rana J. Singh, Dp. Regional Director, The Union, South-East Asia, Mr. Naveen Jain, Sec., Medical & Health Dept., MD, NHM, Rajasthan & others at Inauguration of 'State Level Tobacco Cessation Training Programme'.



Dr. Mohit Gupta, Mr. Nitish Kumar, CM of Bihar, BK Shivani, Mr. Lalu Prasad Yadav; BK Rukmani & Dr Banarsilal Sah Inaugurating a Conference at Patna



Launching of Global Initiative of Tobacco Awareness in Mumbai.



Blood Donation Camp held at Shantivan, Abu Road.



Medical Wing RERF, Invited by Rajasthan State Government for Celebration of No Tobacco Day & Presented with Souvenir & Commendation Letter



Dr. Banarsilal Sah briefing 'My India Healthy India' project to Dr. Murli Manohar Joshi, Senior BJP Leader.



Medical Wing, RERF represented India at Global Anti-tobacco 7th Session Conference of Parties (COP7), Noida

Politicians' Service Wing



- To develop honesty, integrity and incorruptible character among politicians
- To promote feelings of trusteeship
- To inculcate a culture of transparency and accountability
- To promote respect for human worth and dignity and ensuring basic human rights
- To honour the rule of law for the self
- To adopt honest means of governance with a sound footing of spiritual identity of the self
- To rise above the self & work in social & national interest



Bk Sisters Tying Rakhi to H.E. Ramnath Kovind, President of India & Mrs. Savita Kovind, First Lady of India.



Bk Sisters tying Rakhi to Mr. Narendra Modi, Prime Minister of India



Rajayogini Dadi Janki Ji with the then President Mr. Pranab Mukherji at Rashtrapati Bhawan



Shri Atal Bihari Vajpayee, the then Prime Minister of India with Dadi Prakashmani



The then president of India, Mr. APJ Abdul Kalam meeting Dadi Prakashmani ji at Gyan Sarovar, Mt. Abu.



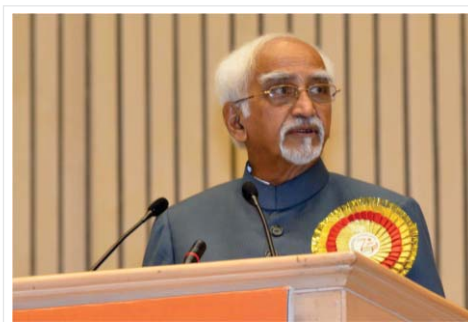
The then president of India, Smt. Pratibha Patil at Platinum Jubilee Celebration at ORC, New Delhi.



Inuaguration of a special retreat for the Ministers of Chhattisgarh including Chief Minister, Speaker & other Eminent Ministers



Silver Jubilee celebration of Politicians' Service Wing at Gyan Sarovar.



Former Vice President of India Mr. Hamid Ansari at an event organised at Vigyan Bhawan, New Delhi



- To make one treat all human beings as brothers and sisters, irrespective of their religion
- To inspire all religions to practice non-violence, tolerance and forgiveness
- To promote the avoidance of criticism and condemnation for any religious faith
- To study, evaluate and compare any two religions with humility and sympathy without calling any religion inferior or superior
- To promote the feelings of brotherhood, cooperation and humble conduct among the members of all religious faiths etc.

Religious Wing



Religious Conference at Mt. Abu with Dadi Ratanmohini Ji, Dr. Sadhvi Sushila Devi Ji, Mahamandleshwar Janamjaisharan Ji, BK Godavari Behn, BK Nalini Behn & others



Conference organised by Religious Wing for religious Harmony in Society.



Sant Samagam organised on the Eve of Platinum Jubilee of Brahma Kumaris at Shantivan.



Spiritual fair organised at Kumbh Mela at Nasik.



Religious wing conference 'Paramatma Shakti Dwara Sanatana Sanskriti ki Punarsthapana' at Shantivan. All Sant, Mahatmas & Religious leaders on the stage



Religious Conference called Panch Kalyan at Jugulu in Karnataka State, where in nearly 50,000 delegates gathered.



Religious leaders at a conference at Gyan Sarovar, Mt. Abu



Religious wing rally rajyog dwara samaj vikas aur sarva dharma rally inauguration at Mulund, Mumbai.



BK Ramanth with religious leaders at an event at a local branch

Scientists & Engineers Wing



Inaugural of conference named 'Khushnuma Zindagi' at Shantivan, Abu Road.



National Conference on Scientific Awareness on Holistic Development at Vigyan Bhawan at December 2004



A Seminar organised by Scientists and Engineers Wing in Odisha

- To bridge the gap between science & spirituality
- To work for the removal of superstition, blind-faith and ignorance and inculcate values and spiritual learning



Programme at Essar Steel Ltd.



Nature, Environment & Disaster Management Programme



Group photo of participants after Seminar on Yoga, Food and Health at Mysore

- To encourage scientists and technologists more reflective of the needs of humanity
- To enable scientists & technologists lead a happy life of harmony with the Self, fellow beings and their environment



National conference-cum-Meditation retreat on the Art of Self Engineering held at Chennai



Disaster Management Campaign in Gujarat



Bk Mohan Singhal receiving the Green Idol Award

- To work for the preservation of environment
- To use technology and scientific achievements to create a sustainable



- To strengthen the service personnel internally and enhance their capacity to cope with excessive stress
- To promote and conduct stress management courses and workshops
- To encourage positive and spiritual thinking among officers and soldiers and sailors for enhancing efficiency
- To conduct meditation training for concentration and focused approach
- To devise and implement courses for the trainers and teacher of the security services
- To conduct inspirational leadership and self-empowerment

Security Services Wing



Lt Gen (Retd) Ravi Shankar, Ex DGBR, BK Rani Didi and Maj. Gen. (Retd) Vinod Saighal, Ex DGMT with others inaugurating SSW program at Gyan Sarovar.



Cdr Shiv Singh Addressing BSF officers and Jawans during Stress Management Programme at 137 Bn, Firozpur Sector



CISF officers, Sub Officers and Jawans during Stress Management Programme at CISF Unit, Sriharikota



Rear Admiral Pradip Joshi & other WNC officers seen with Security Wing Faculties during Inaugural Session on Enhancing Inner Strength at HQ WNC, Mumbai



Stress Management Program Being done at Army, Karu near Leh



Coast Guard Personnel with Security Wing Faculties after 2 days Workshop on Eradication of Stress at Coast Guard Station, Rameshwaram



Programme on Eradication of Stress at HQ, Eastern Naval Command in December 2016



Life Management Programme for Police Officers



BK Balram Talreja conducting morning Yoga exercise for ITBP Personnel at ITBP SHQ Gangtok

Shipping Aviation Tourism Wing



- To promote peace through shipping, aviation and tourism which bring people closer
- To devise spiritual modes of helping people working in these sectors overcome stress and worry
- To encourage people in these sectors to understand and practice spiritual methods and Rajyoga Meditation to make them find true journey and destination of their life
- To promote a spiritual mingling of culture and trade
- To help people and society overcome tensions arising out of commercial clash of interests.



Inaguration of Relax Rejoice Recharge Retreat at Gyan Sarovar, Mt. Abu



Celebrating 'Unity In Diversity- World Civil Society- India Chapter in collaboration with the United Nations Alliance of Civilizations



Conference organised by SAT Wing at Om Shanti Retreat Centre, Gurugram



Programme at Airport Authority of India



Programme at Pawan Hans Ltd



SAT Wing celebrating UN International Tolerance Day



Shri Mr. Radhakrishnan ,Chairman, Jawaharlal Nehru Port with Trust and Mrs. Vidya Radhakrishnan with Ratan Mohini Dadiji



BK Meera, National Coordinator, SAT and BK Vinita with participants of UNIVAN Ship Management India Pvt. Lt.d



Mr. VP Aggarwal, Chairman. Airport Authority of India (AAI) with BK Girija, BK Pius, BK Vashisht at Lodhi Road, New Delhi



- To educate and encourage people to imbibe moral and spiritual values in thinking and working
- To awaken a sense of social and spiritual service to people with interest and enthusiasm
- To raise public awareness to remove blind-faith, superstition and social evils like female foeticide, child marriage, dowry, bride burning etc.
- To promote spiritual education and practice of meditation
- To overcome the evil of drug abuse and use of intoxicants etc.

Social Service Wing



Conference of Social Service Wing held at Gyan Sarovar.



Swatch Samaj - Swastha Samaj Abhiyaan.



Cleaning Campaigns at various places



Blankets being distributed to villagers



Programme being conducted for Prisoners



Relief being given to Patients



Food being distributed to those affected by earthquake in Nepal



Relief being provided to flood victims



Cleanliness drive by members of Social Wing

SpARC Wing



Inauguration of SpARC Wing Conference by Rajyogi BK Mruthyunjaya and Rajyogini BK Asha at Gyan Sarovar



CSR Seminar on Socio-spiritual Responsibility at Om Shanti Retreat Centre, Gurugram



SpARC Team at NIMHANS Sleep Lab



Psychologists and Motivational Speakers Seminar by SpARC



SpARC Training in Malaysia



Inauguration of SpARC Psycho-Physio Research Lab by Ramesh Bhai Ji



Padmashri Dr RV Hosur addressing the Conference Hosted by SpARC Wing at Gyan Sarovar



National Seminar on Disaster Management- A Holistic Approach being held at Shanti Sarovar



Inauguration of SIR at NIT, Rourkela



- To promote scientific knowledge with a spiritual understanding for a value-based society
- To encourage analytical but systematic understanding of the spiritual knowledge and values
- To promote research and blend various branches of learning to enhance and clarify our understanding of reality
- To encourage the application of spiritual practice to overcome the problems facing humanity the world over.



- To develop concentration and judgmental power to maintain a balance of mind
- To enhance will-power and self-confidence to achieve the optimum
- To integrate spiritual and ethical values and attain an ideal balance with physical skills
- To propagate relaxation through meditation at the time of pressure and crisis
- To help sports persons to realize their true potential through spiritual control
- To promote healthy inter-personal relations at home and workplace.



National Conference for sports person organised at Gyan Sarovar, Mt. Abu



BK Jagbir delivering Session on "How to improve Concentration" to National Shooting Team at SAI Centre, Bangalore



Marathon being organised by Sports Wing at Mount Abu



Bk Sister after a talk with Indian Kabbadi Team



Motivational Training programmes for Sports persons



BK Shashi and BK Jagbir after giving Godly Knowledge to Wrestlers



BK Jagbir giving Godly knowledge to IOC President Jacques Rogge at Geneva in Switzerland



BK Kuldeep giving Godly gift to Indian Badminton Player, Saina Nehwal



Famous Pole Vaulter Sergey Bubka with BK Shashi & BK Jagbir

Transport Wing



Group picture of Delegates of National Conference held at Gyan Sarovar, Mt. Abu



BK Kavita at UN Global High Level Conference on Road Safety at Brazil organised by WHO.



Sadak Suraksha Jagruti Daud (Mini Marathon) organised under Safal Surakshit Jivan Yatra Abhiyaan



BK Suresh explaining Road safety tips to GTB College Students



A Human Chain for Road Safety Awareness organized having more than 5000 participants



Road Safety Messengers-Run For Road Safety



The Guinness World Record for the Largest Road Safety Class was set on 31 January 2016 at Goregaon (E) Mumbai



Students taking oath towards road safety



Safety Speed Symposium

- To enlighten people about the value of spirituality for success in different spheres of life
- To attain balance between one's intellectual and spiritual powers through a training in Rajyoga Meditation
- To promote spiritual awakening for a value-based society
- To help minimize road accidents through spiritual application programmes on road safety
- To solve professional problems of people associated with transport and attain a balance with their social and domestic relations



- To promote moral and spiritual empowerment of women in different social spheres of their life
- To work for ensuring their just and equitable role in the social set up at the rural as well as urban level
- To enlighten people spiritually about harmonious relation for peace, happiness and love in their family life
- To encourage women to treat themselves as empowered and not a burden on their male counterparts
- To conduct conferences and seminars on the problems of women in their different roles

Women's Wing



National Conference organised by Women's Wing at Gyan Sarovar, Mt. Abu.



Beti Bachao Sashakt Banao Campaign



'Nari Suraksha Hamari Suraksha' Campaign



Women Mini Marathon organised at Sambalpur



International Women's Day celebrated at ORC, Gurugram in presence of Eminent Ladies.



Event organised at Krishi Vigyan Kendra on International Women's Day



Women Retreat by BK Savita at Dallas, US



A Seminar for women on Women's Day at Shanti Sarovar, Raipur



BK Chakradhari was awarded '7th International Women of Courage Award 2017' by Human Rights Council & K.R. Mangalam University Gurgaon

Youth Wing



CM of Tamil Nadu, Edappadi K. Palaniswami welcoming the All India Exhibition Campaign 'Mera Bharat Swarnim Bharat' in Chennai



All India 'Shantidoot Youth Cycle Rally' - 2013



Bk Faulties teaching values to students under Touch the Light project



'Swarnim Bharat Yuva Padyatra' organised in 2006 for awareness in youth covered thousands of Kilometers of Distance in India



'Harmony Youth Marathon' was organised nationwide at many Cities in 2009



Youth Development Camps are organised periodically in whole India



'Letter to God' a Unique event organised in 2010



Peace Painting Festivals organised nationwide at various cities in 2009



Youth Festivals were organised in year 1997-98



- To inculcate the power of judgment, concentration and self-confidence
- To encourage purity of thoughts, words and deeds with a simplicity and spirituality in lifestyle
- To facilitate among youth a sense of brotherhood, spiritual love and tolerance for character building
- To encourage a systematic moral and spiritual value-based education
- To work for protecting the youth from drugs, alcohol, tobacco and other addictions
- To promote a spirit of service and sacrifice in community welfare activities.

ENVIRONMENT INITIATIVES OF BRAHMA KUMARIS



Brahma Kumaris' Campaigns & Projects for Environment

The concept of Universal Brotherhood; the idea of the New World of Peace, Prosperity & Happiness; the purity of heart and mind in pure and serene natural surroundings would all be futile if we fail to ensure a sustainable ecological balance and a healthy environment. This notion is the crux of the Brahma Kumaris ideology. They believe that outer cleanliness is based on the inner purity and vice-versa. No wonder therefore that over the years they have successfully undertaken many a campaign for a pure and healthy environment so that we can ensure the purity of mind and soul.



Clean The Mind, Green The Earth

Through this project we have not just propagated the need for spiritual values but have also planted hundreds of thousands of plants to create a healthy environment.



Clean Nature, Clean Nation

With emphasis on cleanliness the campaign organized many dialogues at many places in the country. It aims at ensuring harmony with Nature.



Save The Earth Planet

The project has created awareness in public mind on the need for saving energy and water.



Swatch Samaj, Swastha Samaj

This project has motivated people for a pure healthy life. Under this campaign many cleanliness events are organised in India.



Campaign on Nature, Environment and Disaster Management

This campaign is to bring awareness amongst public regarding the factors responsible for various natural crisis, preparing one to face the challenges of crisis with spiritual insights.



World Environment Day 5th June

Brahma Kumaris celebrates UN World Environment day every year. On this day hundreds of events are organised to spread environment awareness and trees are planted at a large scale.



World Water Day 22nd March

We have taken the initiative to save the most precious natural resource, water. On this day events are organised nationwide in schools and other institutes to spread awareness.



World Soil Day 5th December

Because of mass deforestation and chemical farming we are losing a large amount of good soil each year. On this day we spread awareness and motivate farmers for organic farming practices.



Eco Shanti

It's a Lifestyle concept of Spiritual Ecology, an ecology of the soul that sustains & elevates our sustainable living standards. It helps us to connect back to Mother Nature.



Paryavaran Jagriti Abhiyaan (1995)

Brahma Kumaris initiated this campaign to sensitize the people of sustainable living. This campaign was carried out in education institutions all across the Nation.

Harnessing Solar Energy

For over 20 years, Brahma Kumaris have become one of the key developers and promoters of renewable energy in India. In 2011 Brahma Kumaris and WRST were recognized as a Scientific and Industrial Research Organization by the Ministry of Science and Technology. Brahma Kumaris & WRST are currently conducting research and training in the following technologies:



Solar thermal power generation & thermal storage

At present “India One”, a 1 MW solar thermal power plant has become operational since 2017 near the Brahma Kumaris’ Shantivan Campus in Abu Road.



Solar steam cooking systems

Brahma Kumaris have developed and installed 6 large concentrating solar systems which produce steam for various process applications.



Photovoltaic stand alone systems

In addition it has set up and operates around 350 photovoltaic battery systems all over India with a total capacity of more than 1.4 MW peak.



Solar hot water plants

For decades Solar water heating plant has been used to meet our hot Water need at campuses in Mt. Abu.

India One Solar Thermal Power Plant

Capacity: 1 MW peak output | 60 m2 Parabolic Dishes: 770 | Thermal storage for night operation & direct steam generation





Research & Development

Since the mid 90's, Brahma Kumaris and WRST have been able to build and install a variety of solar energy systems all over India.

1995: 2 innovative eco-buildings were constructed at Brahma Kumaris' Gyan Sarovar Campus, Mt. Abu using soil blocks, being powered by a PV/Wind hybrid system sponsored by German Federal Enterprise for International Cooperation.

1996: A modular solar steam cooking system of 24 Scheffler dishes (7.5m² each, 2,000 meals/day) was installed at Gyan Sarovar.

1997: A 50,000 ltrs/day solar hot water system was installed at Gyan Sarovar.

1999: A solar-steam cooking system of 84 Scheffler dishes (9.5 m² each 35,000 meals/day) was installed at Brahma Kumaris' Shantivan Campus, Abu Road.

1999: 60 Brahma Kumaris centers in India were equipped with a 5 KW solar PV system, funded by World Bank.

2000: 3 x 50 KW solar PV power plants with battery backup were installed in Mt. Abu.

2002: A 50 KW solar steam cooking system was installed at Brahma Kumaris, Yellapur.

2002: A solar steam cooking system (800 kg steam daily) was installed at Brahma Kumaris' Om Shanti Retreat Centre, Gurugram.

2003: A solar steam generation system (1000 kg steam per day) for cooking, laundry and sterilization was installed at Global Hospital & Research Centre at Mt. Abu, funded by MNRE.

2006: A 200 KW PV solar power plant with battery backup was installed at Om Shanti Retreat Centre, Gurugram.

2007: A 16 m² Scheffler prototype dish was successfully designed and tested at Shantivan, funded by MNRE.

2011: A 200 KW SPV power plant with battery backup was installed at Om Shanti Retreat Centre, Gurugram.

2011: The construction of India One solar thermal power plant (1 MW) with storage, started near Shantivan.

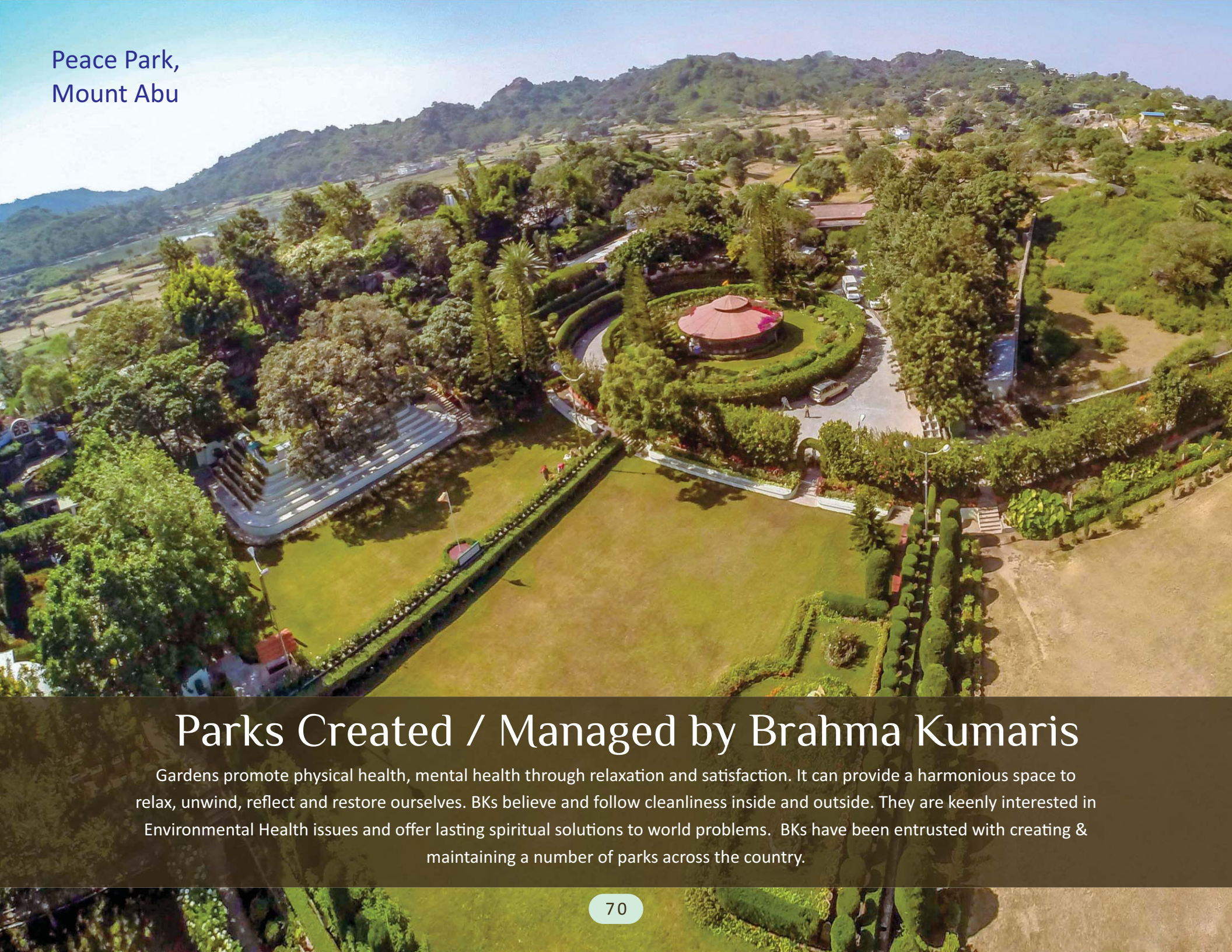
2012: A 200 KW SPV power plant with battery backup was installed at Om Shanti Retreat Centre.

2014: 300 x SPV systems (1-6 KW) with battery backup were installed at various Brahma Kumaris centers in India.

2017: India One Solar thermal Power Plant finally gets operational.

In addition more than 20,000 solar lanterns, 500 home light systems and 400 solar cooking boxes have so far been distributed.

www.india-one.net

An aerial photograph of Peace Park in Mount Abu, India. The park features a large, circular, red-roofed building in the center, surrounded by lush greenery and manicured lawns. A winding road or path leads towards the building. In the foreground, there is a large, open grassy area. The background shows a hilly landscape with more trees and some buildings. The sky is clear and blue.

Peace Park, Mount Abu

Parks Created / Managed by Brahma Kumaris

Gardens promote physical health, mental health through relaxation and satisfaction. It can provide a harmonious space to relax, unwind, reflect and restore ourselves. BKs believe and follow cleanliness inside and outside. They are keenly interested in Environmental Health issues and offer lasting spiritual solutions to world problems. BKs have been entrusted with creating & maintaining a number of parks across the country.

Galaxy of Gardens



Dadi Prakashmani Park, Abu Road



Dadi Janki Park, Mount Abu



Sanjay Park, Abu Road



Band Stand , Bandra, Mumbai



Sadhna Bhawan, Ahmedabad



Ghatkopar, Mumbai



Sector 15, Gurugram



Bhandup, Mumbai



Mulund, Mumbai



Bhiwandi, Maharashtra



Boriwali, Mumbai



Bandra, Mumbai



Panvel, Maharashtra



Santacruz, Mumbai



Ulhasnagar, Maharashtra



www.yogickheti.org

Ecological Farming

Agriculture is the Cinderella of Indian economy. The world is talking about development and technological transformation for making human life economically and ergonomically more comfortable and safe. Good agricultural practices are the fountainhead of all development & if ignored are the root cause of all devastation. Today agriculture stands at the cross-roads.

Agro-chemicals including synthetic fertilizers have been used indiscriminately to enhance production per se without caring as to how they have been damaging the natural base comprising soil, water and biodiversity besides concerns of food quality, chemical residues and the fragile ecosystem. Toxic residues on food products, vegetables and fruits have now become integral part of our diet afflicting many food borne ailments.

Farmers' welfare is now rooted in a healthy eco-web entailing Sustainable Yogic Agriculture, necessitating partnering with Mother Nature for assuring safe, nutritious and affordable food security. The solution lies in revisiting and complementing ancient Rajayoga Meditation and wisdom in farming to resuscitate natural resource base in sustainable manner.

Sustainable Yogic Agriculture (Shashwat Yogic Kheti)

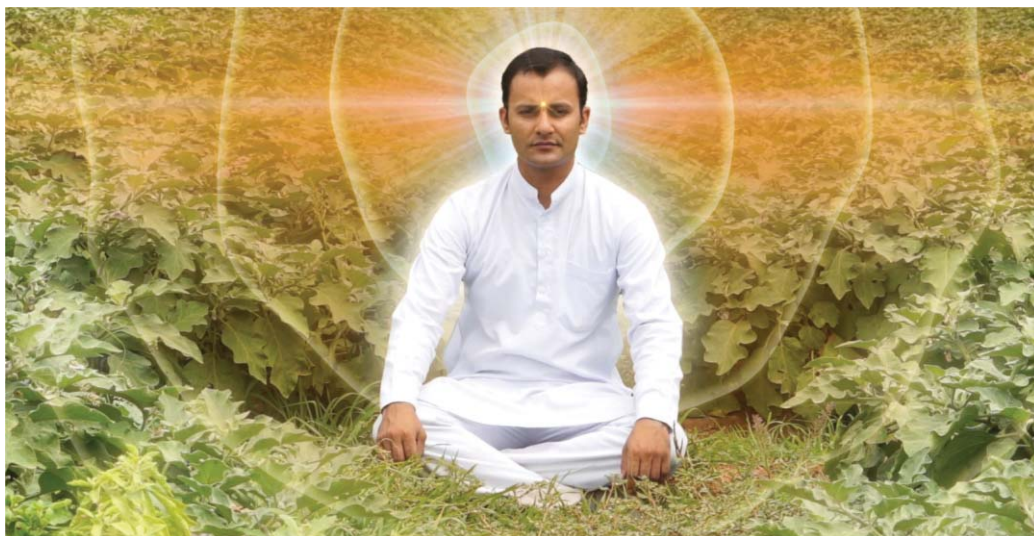
An Initiative of Agriculture & Rural Development wing of RERF

Yogic Farming involves tillage practices, agronomical practices, plant nutrition management (e.g. biofertilisers, rearing of earth worms, bio composting etc) plant protection (biological control practices, organic pest repellents, integrated pest management etc). It integrates thought-based meditative practices with organic farming. As Yoga Power has been a treasure trove of India, it can play a pivotal role in resuscitating both organic farming and farmers from the shocks of agro-chemical based agriculture.

Experiments on Power of Positive Mind i.e. Rajayoga Meditation by the **Agriculture and Rural Development Wing** of RERF have evinced the power of meditation and pure feelings. These positive vibes are recognised by the plants, nature, microbes, fauna and flora culminating in ameliorating effects in production, quality and above all reduced cost of production.

Thousands of farmers have adopted Yogic Farming and are expected to usher in a new horizon in consonance with the rich traditions of India for ensuring welfare of farmers, farming and environment.

Methodology



Land Treatment: To increase fertility of soil, use Panchgavya, Jeevamrit, dung manure, green manure, Vermi compost etc.. Also in meditation concentrate supreme's energy on the land and visualize that microbial activity is increasing in the land too.

Seed Treatment: Before sowing the seeds empower them with energy of the Supreme; visualize that the germination of the seeds is increasing and these would give out healthy, disease free, vigorous growth of plants. Then treat these seeds in Beejamrit Solution, later sow them in the soil.

Water Treatment: When you irrigate the field, meditate on each droplet of water getting empowered & helping the crops growth to its fullest.

Crop Protection: To secure crop use natural medicines like Dashparni Ark or Neem Ark, also while meditating create thoughts that energy of the Supreme is creating a powerful shield to protect the crop, as a result crop harming organisms cannot come closer and the crop is getting powerful.

Karmayoga: Throughout the day while working in the field let good thoughts flow around and talk to the plants with love. Also keep donating vibrations of cosmic energy to the crops twice in the morning and evening meditation.

Gratitude: Must express gratitude to the Supreme Soul, nature and soil before reaping the harvest. Reap the harvest only after taking permission from the plant.

Farmers Experience

Balaso Shripal Ruge
Vill: Ichalkaranji
Dist: Kolhapur
Crop: Soyabean & Corn
Area: 1 Acre



Inorganic Farming		Yogic Farming	
Chemical Fertilizers	₹1000	Organic Inputs	₹1500
Pesticides	₹1000	Org. Pest Repellents	₹100
Soyabean Production	10-12 Qt.	Soyabean Production	12-14 Qt.
Corn Production	2 Qt.	Corn Production	2.5 Qt.

Bholanath Chougule
Vill: Takavade
Dist: Kolhapur
Crop: Groundnut & Corn
Area: 1 Acre



Inorganic Farming		Yogic Farming	
Chemical Fertilizers	₹1000	Organic Inputs	₹1400
Pesticides	₹1000	Org. Pest Repellents	₹150
Groundnut Production	8-10 Qt.	Groundnut Production	10-11Qt.
Corn Production	2 Qt.	Corn Production	2.5Qt.

Sachin Dadaso Godade
Vill: Takavade
Dist: Kolhapur
Crop: Sugarcane
Area: 1 Acre



Inorganic Farming		Yogic Farming	
Chemical Fertilizers	₹15000	Organic Inputs	₹8000
Pesticides	₹1000	Org. Pest Repellents	₹200
Soyabean Production	50-55 Qt.	Sugarcane Production	60-65 Qt.

Scientific Research

Sardar Krishinagar Dantiwada Agriculture University, Gujarat

Scientists here found that the germination of seeds enhanced upto 7% in Sustainable Yogic Farming. Iron and Zinc content in groundnuts and content of Zinc and Copper in wheat also had increased. Yield of wheat increased by 25% at the end of four years under the organic farming. The plot of Sustainable Yogic Farming also had more microbial activity in soil to its benefit.



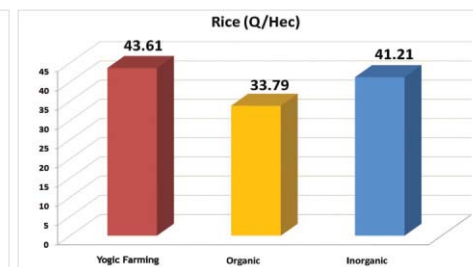
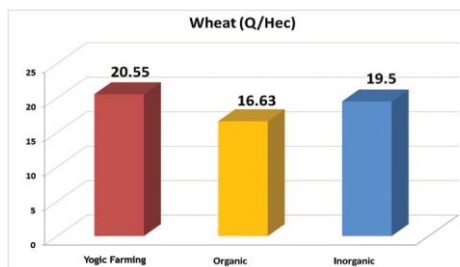
Govind Vallabh Pant Agriculture University & Technology, Uttarakhand

Dr. Sunita Pandey with her students did a research on germination of seeds of Wheat & Chickpea. They found out the length of roots, height of stem, growth vigour Index, Alpha Amylase Enzyme Activity, Dehydrogenous enzyme Activity in the case of seeds treated with Rajayoga Meditation was more compared to those treated with other techniques.



Dr. Subhash Gill, Principal Scientist, DWR, Karnal

He has been conducting experiments on yogic farming in the farm of local farmer BK Gyan Singh since 2011-12. His finding stated that not only the yield was higher but it also contributed to a sustainable, pure and healthier environment.



Lab Test Results & Cost Comparison

Mr. Kumar Pawar a Yogic farmer from Chipri, Maharashtra did a lab test of his tomato crop at National Agriculture and Food Analysis and Research Institute, Pune. The nutrient values of Tomatoes cultivated with Yogic Practices were better than those of the ones treated with Chemicals.

Nutrient	Yogic	Chemical	Cost/Profit	Yogic	Chemical
Fat	0.11%	0.20%	Net Cost/Acre	₹ 6020.00	₹ 26740.00
Protein	1.13%	0.74%	Gross Cost/Acre	₹ 13378.00	₹ 28147.00
Carb.	5.63%	4.15%	Total Crop /Acre	13667 Kg	15158 Kg
Energy	27.47 Kcal/100g	19.5 Kcal/100g	Market Value/Acre	₹ 77446.00	₹ 85895.00
Vit C	14.9mg/100g	6.05mg/100g	Profit / Acre	₹ 64068.00	₹ 57778.00

Yogic Farms across India & Nepal



Tapovan, Abu Road, Rajasthan



Vishakhapatnam, Andhra Pradesh



Kolhapur, Maharashtra



Amreli, Gujarat



Indore, Madhya Pradesh



Goa



Ahmednagar, Maharashtra



Ambap, Maharashtra



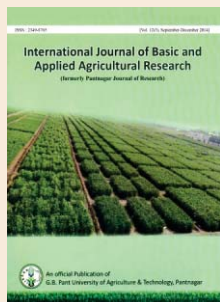
Dantiwada, Gujarat



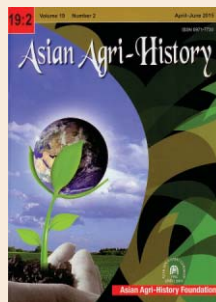
Karnal, Haryana



Bhutwal, Nepal



These Researches have been published in International Journals



Recognition from Government of India

Government of India has mooted a well thought strategy under PKVY encouraging farmers associated with yogic farming to tap the treasure troves of our traditional knowledge and wisdom in farming and harness the potential of our natural resources in a sustainable way.



“Yogic Kheti can improve farming & farmers' life”

Mr Radhamohan Singh,
Union Minister of
Agriculture & Farmers
Welfare, Govt. of India



Satvik Food- A way to Save Environment

One of the major ideals of the Brahma Kumaris is taking Satvik food, cooked and served in remembrance of the Supreme Father. Such a food is taken to come straight from the 'grain-house' of the Divine. Hence while all care has to be taken in its cooking, one has also to ensure that not a speck of this food is wasted. No tamsic item, alcoholic drinks or non-vegetarian items and not even the onion and garlic, can be included in such a food. Complete purity of food leads to positive and elevated thoughts that result in man's spiritual nature and attitude towards his fellow beings and love and respect towards the Supreme Father.

On the other hand a non-vegetarian diet reflects an attitude of unconcern, indifference and frigidity culminating in a sort of hostility. Eating meat and other non-vegetarian products seems to carry anger, arrogance, suppression, exploitation, violence, cruelty etc. It leaves behind an environment that the coming generations will be forced to deal with all through their life.

Impact of Non-Vegetarian diet on Ecology

Raising animals for food is grossly inefficient because while animals eat large quantities of grain, they produce only small amounts of meat, dairy foods or eggs in return. Scientists estimate that animals must be fed up to 10 kilograms of grain to produce just 1 kilogram of meat. While millions of people around the world are experiencing droughts and water shortages, much of the world's water supply is being diverted to animal agriculture. It takes 20,940 litres of water to produce 1 kilogram of meat, but only 503 litres of water to produce 1 kilogram of wheat. As more and more land is irreparably damaged at the hands of the meat industry, what little arable land does remain may not be able to produce enough crops to feed the human population.

Benefits of Satvik Food

According to The Gita, the significance of a satvik diet is that it's light in nature, easy to digest, mildly cooling, refreshing and not disturbing to the mind. It is rich in prana (cosmic energy), so promotes positive thoughts, happiness and satisfaction. Emotionally and spiritually also the vegetarian diet is soothing from all angles. Moreover, vegetarian diet encourages foods that are grown and ripened naturally. It avoids any kind of food that involves killing or harming animals. Fruits, vegetables, whole grains and nuts are satvik and are believed to clean the mind and body leading to optimal physical and mental health. Vegetarian food reflects human values and virtues of love, care, affection, peace, purity, happiness, benevolence, charity, spiritual brotherhood and love of Nature and environment.

Role at UN Climate Change Conferences

Any lasting change in a social or environmental system starts with a profound shift in the minds and hearts of people. The present global environmental crisis is a clear call to transform our awareness and lifestyle. The Brahma Kumaris ideology is based on inner-change i.e. purity of mind and positive thoughts. We have been associated with the UN climate change initiatives since 2009 and since then have attended all their Climate Change Conferences, Convention on Biological Diversity & Environment Assembly. We have the Observer Status to the United Nations Environment Assembly of UNEP & also Observer Organization to UN Framework Convention on Climate Change (UNFCCC).



Sister Jayanti, Sister Sonjha & Brother Golo at COP21 held at Paris, France



Sister Jayanti Sharing her views at RIO+20, Brazil



Sister Pratibha, Brother Golo & Sister Sonjha at COP 17 Durban, 2011



Interfaith event at COP 23 Bonn, Germany, 2017



COP 21 France - Sister Jayanti with Christiana Figueres, former Exc. Secretary of UN Climate Change Conferences, UNFCCC



Brother Golo at COP 22 Marrakech, Morocco, 2016

Brahma Kumris efforts for Water Conservation & Recycling

Dams & Rainwater Harvesting

For conserving rainwater Brahma Kumaris has built Dams at its HQ campuses and in the nearby Places of Abu Road. Beside this all the major centre buildings of India have a proper Underground water Harvesting Units.



Gyan Sarovar, Mt Abu



Dam Behind Manmohinivan, Abu Road



Anand Sarovar, Mt Abu

Sewage Treatment plants at Shantivan & Gyan Sarovar

Sewage treatment is based on sequential batch reactor technology popularly known as sbr technology. Unlike various processes of treatments the raw sewage as obtained for the treatment undergoes physio-chemical & biological treatments. The plant is designed in accordance with the characteristics of influent and effluent according to the guidelines set up by the 'cpheeo manual', published by the govt. of india. The treated water has been useful on the BK's campus for trees, plants and other agriculture purposes.



Awards for Water Management Practices & Water Infrastructure



'Best Water Management Practice Award' at World Water Leadership Congress organised by World CSR Congress in 2016



'Award for Best Water Infrastructure' at India Sustainability Leadership Summit & Awards in 2015



To spread awareness in people for saving water, Brahma Kumaris organises various nationwide campaigns at various places and also specially on World Water Day on March 22 each Year



Hot water supply project



It may seem to be a landmark and even unbelievable yet it is true that at the brahma kumaris we are producing almost 11 lakh litres of hot water per day by using unconventional energy. Based on reverse refrigeration technology works on latent heat present in the atmosphere acts as a fuel, this is the only one pollution free mega project in india doing global cooling. For this purpose of heating water the project uses 69 air conditioning machines. The system can deliver hot water even from very cold air.

The daily saving in terms of energy is 32.24 mega watts while a lot of foreign exchange (in the form of importing mineral oil) is saved when this project saves more than 5700 liters of diesel. It also discharges more than 7 lakh cubic meters of dehumidified cold air per day thus helping to reduce global warming.

Biogas Plants



So save non-renewable resources like LPG, Biogas Plants are installed at many of the campuses of Brahma Kumaris in India and at Hospital Units of GHRC.

Battery powered Vehicles



To lower the transmission of green house gases in environment, Brahma Kumaris is using battery powered vehicles for internal transport at their big Campuses.

EDUCATION INITIATIVES OF BRAHMA KUMARIS



Value Education & Spirituality

An Initiative of Education Wing of RERF

Values are powerful determinants of human accomplishment, progress, fulfillment and evolution. People may dedicate their entire lives or even give up their lives to pursue their values. We all have values that determine our decisions and guide our lives. The Brahma Kumaris have always aspired to inculcate the elevated values and qualities in man's daily life so that he is not only free from suffering and anxiety but he should be able to lend virtues and spiritual yearning in the people and atmosphere all around him.



It was with this higher goal of human existence that the Brahma Kumaris targeted formal education in schools and colleges, which till now has prepared man to acquire skills and be able to earn livelihood but it did not attempt to sharpen one's inner qualities and virtues that make him a good human being with embellishments of cordiality, sociability, generosity, peace, happiness, purity, divinity etc. In the year 2009 the Brahma Kumaris and the Annamalai University, Annamalai Nagar (TN) signed an MoU to start academic courses of Value Education & Spirituality. This one year course called Post-Graduate Diploma in Value Education & Spirituality is in the distance education stream and can be pursued by students of India and Nepal. Gradually other courses and universities followed. Now the Brahma Kumaris have MoUs of Value Education courses with 16 universities and 6 autonomous colleges of the country.





Convocation Ceremony of Value Education & Spirituality Courses being held at Shantivan



Prisoners of Sabarmati Jail after receiving graduation certificates with University and Jail authorities

Collaborations with Universities & Institutions

The Universities having collaboration with the Brahma Kumaris



Annamalai University
Chidambaram, TN



ज्ञानगंगा घोषगरी
Yaswantrao Chawan Maharashtra Open University
Nashik, Maharashtra



Vardaman Mahaveer Open University
Kota, Rajasthan



Karnataka State Open University
Mysuru, Karnataka



RKDF University
Bhopal, MP



Tamil University
Thanjavur, TN



Dibrugarh University
Dibrugarh, Assam



Rai University
Ahmedabad



Assam Down Town University
Guwahati, Assam



University of West Indies
Kingston, Jamaica



Dr. Babasaheb Ambedkar Open University
Ahmedabad, Gujarat



Ganpat University
Mehsana, Gujarat



Indira Gandhi National Tribal University
Amarkantak, MP



Tamil Nadu Physical Education & Sports University
Chennai, Tamil Nadu



All India Council for Technical Education
New Delhi



BML Munjal University
Gurgaon

The following autonomous institutions of higher learning also have collaboration with the Brahma Kumaris for some of their academic courses



Geetajali Institute of Technical Studies
Udaipur, Raj



Biyani Shikshan Samiti
Jaipur, Raj



SRNM College
Sattur, TN



Sindhi Sewa Samity
Bengaluru



Universal Group of colleges
Mahwa, Raj



Southwest Yorkshire Partnership (NHSFT)
Wakefield, UK

Courses Offered

The Brahma Kumaris are running various courses at the Graduate and Post-Graduate level in these institutions. Some of these courses are

Diploma in Value Education & Spirituality

B.Sc in Value Education & Spirituality

PG Diploma in Value Education & Spirituality

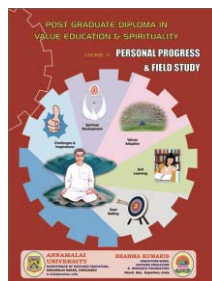
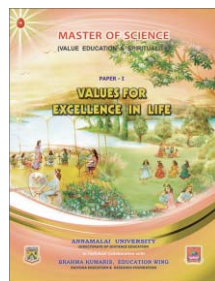
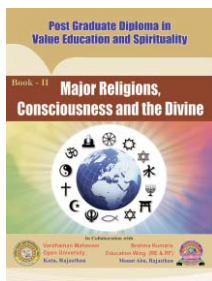
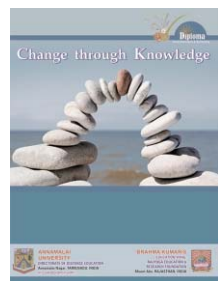
M.Sc in Value Education & Spirituality

PG. Diploma in Counselling & Spiritual Health

M.Sc in Counselling & Spiritual Health

PG. Diploma in Values in Healthcare

M.B.A in Self Management and Crisis Management



RECIPE

Rajyoga Education and Consciousness Improvement Programme for Educators, (RECIPE) is the concept giving a new turn to educational learning and application. Initiated in 2016 the course aims at training the teachers of Value Education and helping the new learners not only to acquire the values but also the skill how to impart them to others. RECIPE has six different subjects: **Basic Rajyoga Course; Exploring Values; Environmental Awareness; Holistic Health; Excellence in Life; and Experiencing Meditation.**



It is a workshop based experiential training that can be personalized up to 42 hours in different sessions in three days. Such training programmes have been conducted with a very enthusiastic response from the BK and educator participants at various places like Sonipat, Bharuch, Vishakhapatnam, Gulbarga, Pokhra (Nepal) etc.

SWAYAM Courses



SWAYAM is a free online education programme initiated by Government of India and designed to achieve the three cardinal principles of Education Policy viz., Access, Equity and Quality. SWAYAM platform is indigenously developed by Ministry of Human Resource Development (MHRD) and All India Council for Technical Education (AICTE).

A MoU was signed between AICTE and Education Wing (RERF) in December, 2017 to develop 7 online meditation courses with an aim to provide the best online experiential learning of the spiritual aspects of the Universe. The main objectives of this collaboration are to propagate and encourage the study of principles of truth, non-violence, spiritual love and divine virtues and eradication of ignorance, superstition and other social evils.

As per the collaboration, the following courses will be available on SWAYAM portal.

1. Basic Meditation Course;
2. Memory Management;
3. Overcoming Anger and Stress;
4. Harmony in Relationships
5. Spiritual Lifestyle for Holistic Health;
6. Core Values for Professional Excellence;
7. Spiritual Solutions for Environmental Crisis



Rajyoga Thought Labs

An Initiative of Education Wing of RERF

Thought is the foundation of our present and future life. Pure and positive thought can influence, inspire and empower us in leading a peaceful, prosperous and happy life. But at present the thoughts of individuals have gone awry, amiss and misdirected. One aspect that needs to be realized by them is that the physical and mental wellbeing is shaped not by the situations or circumstances they face but by the meaning they make of the situations or what happens to them. Two individuals can have very similar experiences, for example, failing a test; but each one of them may tell a very different story about what happened and why. Our capacity to create positive thoughts, integrate experience into our belief system and interpret situations in a meaningful and positive way - i.e., our capacity to think, reflect, reform and reshape internally - greatly and powerfully influences and redefines our sense of wellbeing.

Concept of Thought Labs

Thought Lab is a novel concept for creating pure, positive, powerful and creative thoughts in individuals. It is a unique project aimed at harnessing the hidden and still untapped inner power of extra-ordinary resource of thoughts and to provide a solid foundation for improving the emotional, mental, and spiritual wellbeing of their families, community and society in which they live and interact.

How Does it Works

Thought Lab has been designed to include the techniques of Rajyoga meditation, positive thinking, reflection, self-realization and God-realization so that individuals are enabled to go deep within their inner world of thoughts, emotions and feelings; fight the dragons of their negativities and vicious tendencies, and finally come out victorious. It aims to help the individuals to decide on their own what is really right and what is wrong, and thereby enable them to take up personal responsibility for their self-change and transformation.

The Thought lab technique Is also being applied in research related to:

1. The impact of meditation on body composition parameters
2. The mindfulness parameters for meditators and non-meditators"

The research paper has been published in the Springer. Paper titled "A Comparative study of mindfulness between meditators and non-meditators" published in Third International Congress on Information and Communication Technology, Advances in Intelligent Systems and Computing 797, (https://doi.org/10.1007/978-981-13-1165-9_12)

Components of Thought Labs



Silence Zone



Activity Zone



Library Zone



Research Zone



Exhibition Zone

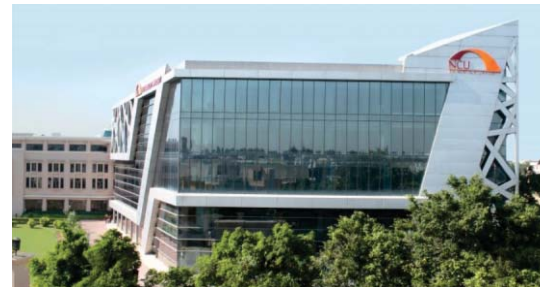
Existing Thought Labs

The first Thought Lab was inaugurated at **JECRC, Jaipur** on **6th October, 2016**. It has helped both the members of the staff and students coming from a varied section of society. Thought Lab has helped in changing their thought pattern with a positive result on their mental and physical health. The technique uses meditation and devotional songs, guided meditation, cognitive games and psychological tools to create positive thought patterns. On April **20, 2018** one more Thought Lab came up in the **North Cap University, Gurgaon**. The success of these initiatives has motivated many more educational institutions to establish Thought Lab at their respective campus.

JECRC, Jaipur



North Cap University, Gurgaon



Where can Rajyoga Thought Lab be established

Educational Institutions
Hospitals / Healthcare Institutions
Corporates / Multinationals

Upcoming Thought Labs at these campuses

Lucknow University, Lucknow
Dr. A.P.J. Abdul Kalam Technical University, Lucknow
Guru Gobind Singh Indraprastha University, Delhi

Grooming the Potential in Girls

We all are conscious of the fact that our women-folk have often been ignored in essential matters of family life, education and even their own future course of life. It was in 1983 when the Brahma Kumaris realized the need and undertook the responsibility of showing the path to positively and constructively utilize the girls' potential of head and heart for the social uplift. In 1983, the Brahma Kumaris started at Indore (Madhya Pradesh) 'Shakti Niketan' a residential school for girls. Its very successful and encouraging results in grooming the girls into responsible and principled personality persuaded the organization to start another similar hostel for girls at Nadiad in Gujarat in 1989. It is a matter of pride that both these landmarks are functioning like ideal institutes not just in education but in holistic personality development for the girl-child.

Shakti Niketan, Indore (MP)



Girls Hostel, Nadiad (Gujarat)

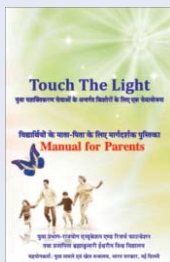


Touch the Light Project - An Initiative of Youth Wing of RERF

Human character undergoes a change almost every day, but the most crucial period of his life is the adolescent age, when he is no longer a child but is also not accepted as grown-up. He shuttles almost like the pendulum of a wall-clock between the two extremes and both ways he gets censured.

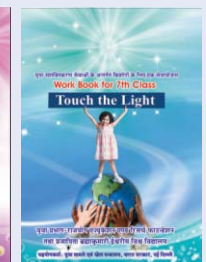
The Youth Wing of the Brahma Kumaris realized this dilemma of human life and prepared a potential building and exploiting programme of education which targets the boys and girls of 7th, 8th and 9th class. The programme called 'Touch the Light' is in fact directed to helping the child of that age to adopt to the real life situations. The Youth Wing impressed upon the society that parents, teachers and NGOs need to provide a supportive environment for adolescents. We need to be there to guide and advise them during these years. For this purpose the BKs send their trained teachers to schools to help such children with sympathetic listening and guidance. The youth is advised and guided to lead a value-based lifestyle.

Upto 2018 – Over 3000 Schools | Over 5 Lakhs Students | Over 15000 Faculties



Literature created under Touch the Light Project

Syllabus books for Class 7th, 8th & 9th
Workbooks for Class 8th & 9th
Training Manual for Faculties
Manual for Schools, Parents & BK Centres.





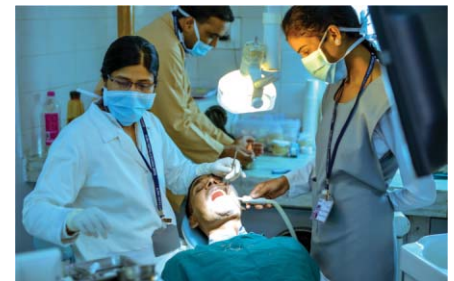
HEALTH INITIATIVES OF BRAHMA KUMARIS

Global Hospital & Research Centre Trust



J. Watumull Global Hospital & Research Centre (GHRC), Mt. Abu, Rajasthan

J. Watumull Global Hospital & Research Centre (GHRC) was established in 1991 to provide healthcare to people in rural Rajasthan. The Centre stands out for offering modern medicine and traditional medicine systems under one roof, with an added touch of special focus on patient's spiritual wellbeing. At present, 82 beds (out of 110) are functional which are spaciouly laid out as the General Ward, Twin-sharing rooms, Single-occupancy rooms, Air-conditioned deluxe rooms and Deluxe suites.



Global Hospital & Research Centre trust operates and manages 7 health units and 2 educational institutes outside of Mt Abu.

RM Mehrotra Global Hospital
Trauma Centre, Abu Road
(a multi-specialty hospital)

BSES Municipal General Hospital, Mumbai
(a 100 bed multi-disciplinary hospital)

Shivmani Geriatric Home, Abu Road
(a facility for the elderly)

P C Parmar Foundation Global Hospital
Eye Care Centre, Abu Road
(a dedicated eye hospital)

G V Modi Rural Health Care Centre, Abu Road
(a family health clinic)

SL Mehrotra Global Nursing College, Abu Road
(a Nursing College)

Brigadier Vora Clinic & Jyoti Bindu
Diagnostic Centre, Vadodara
(a general health centre)

Shri Adinath Fateh Global Eye Hospital, Jalore, Rajasthan
(a dedicated eye hospital)

Global Hospital School of Nursing, Abu Road
(a Nursing School)

Some of our service highlights include:

- Examines & Diagnoses more than 100,000 outpatients per year
- Treats over 7500 inpatients per year, 55% of which are treated free of cost
- Conducts over 80 cataract screening camps in 3 districts of Rajasthan, resulting in over 3800 cataract surgeries every year
- Carries out over 80,000 health consultations through the outreach (VOP) & mobile clinic (CSP) programs at the doorsteps in over 60 villages.
- Performs over 300 surgeries to correct cleft lip and palate per year
- We have adopted 20 schools which benefits some 2500 students getting daily nutritional supplements



Our Health Units & Educational Institutes



RM Mehrotra Global Hospital Trauma Centre, Abu Road



BSES Municipal General Hospital, Mumbai



RM Mehrotra Global Hospital Trauma Centre, Abu Road



Shivmani Geriatric Home, Abu Road



Shri Adinath Fateh Global Eye Hospital, Jalore



SL Mehrotra Global Nursing College



G V Modi Rural Health Care Centre, Abu Road

Major Projects of the Global Hospital & Research Centre Trust



Rotary International Global Hospital Blood Bank

This Blood Bank situated in Talhati, Abu Road is the only Regional Blood Transfusion Centre in Rajasthan in the non-governmental sector.



Community Service Project

A mobile health consultation service caters to the medical needs of 56 villages in Abu Road, Pindwara & Reodar with a total population of about 150,000. Every year 30000 patients are benefited from this program.



Tuberculosis Project

It is an initiative for the early detection of tuberculosis and improvement of patients' nutritional status. We cover a population of 200,000 in 62 villages identify TB suspects and refer them to hospital for further investigation.



Village Outreach Programme

It is a doorstep health service operating in 21 villages around Mt Abu. Aim of this project is to plug gaps in the available health services



Juvenile Patients Project

Aim of this project is to ensure health care for acute and chronic ailments. Free health consultation and treatment are provided for children up to 16 years of age, hailing from poor families.



Nutritional Project

Students of public schools in 17 of the 21 adopted villages are served a milk-based snack and fruit during school hours. Aim of this program is to boost the nutritional status of children.



The Smile Train

Aim of this corrective surgery project is to enhance the quality of life of children born with a cleft lip and/or cleft palate, who hail from families that cannot afford corrective surgery.



Blindness Prevention

Eye screening camps are arranged to identify cataract patients. Around 100 camps are organised every year & more than free 3000 cataract operations are performed.



Holistic Diabetes Care Program

The Holistic Diabetes Care Program understands & treats the underlying causes of illness rather than just treat symptoms.



Joint Replacement Facility

Due to its world class medical care at affordable price, GHRC has attracted joint replacement patients not only from India but also from abroad.



Paediatric Ophthalmology

Sight-restorative surgery for children from poor families, eye checks are done for school students for the early redressing of ophthalmic ailments.



The Janki Foundation for Spirituality in Healthcare

The Janki Foundation is a UK charity promoting the integration of spirituality into healthcare. It supports healthcare professionals through value-based dialogue and training, and contributes to general well-being through inspirational books, CDs and lectures. It also gives regular financial support to a hospital in Rajasthan, India, that has pioneered a healthcare model combining modern medical technology with spirituality and complementary medicine.

Aims and Objectives

To provide a forum for healthcare professionals exploring integration of spirituality into current working practices.

To promote a value-based approach in healthcare through educational programme, VIHASA.

To enhance understanding among patients and the public of the value of spirituality in healing and well-being.

To support the clinical activities of the Global Hospital and Research Centre in Mt Abu, Rajasthan, India.

Educational Activities

The Foundation's activities are directed towards supporting compassion in healthcare, particularly through raising awareness. A team of volunteers, aided by scientific and medical advisors, run a range of events including seminars, lectures, workshops, trainings, conferences and retreats. These are primarily for healthcare professionals, care givers and patients but open to others who may be interested. All activities are funded through voluntary contributions. The Foundation also works with NHS Trusts, hospices and other healthcare organisations to introduce ideas and understandings that help to sustain whole-person healthcare.



Values in Healthcare: a spiritual approach (VIHaSA)

The Foundation's flagship project is VIHASA, a modular personal and team development programme. First published in 2004, the programme has been translated into more than a dozen languages and is in use in more than 30 countries. The results have been universally positive, with caregivers reporting a renewed sense of purpose, reduced risk of exhaustion and burnout, and improved patient care. For more info: www.jankifoundation.org





Impact of Meditation on Health

Meditation has immense benefits for all as it requires no special equipments. It is very easy to learn and practice and is not at all time consuming. One of the most widely known benefits of meditation is reduced stress. It may not reduce the number of urgencies or pressure of reaching targets, but the reaction of one's brain and body is less intense and it takes less time to recover and doesn't linger on the sidelines. When you're less stressed, your nervous system is less likely to over-react, less likely to be hyper vigilant to potential "threats." You're less defensive, and better able to hear and respond. Under threat, we're geared to quickly -- and without much thinking -- fight, flee, or freeze. With challenge, we see an increase in the brain's ability to pull ideas together and come up with informed, balanced solutions.

Meditation helps to bridge the gap between thinking and feeling and helps protect you from the dangers of having either your emotions or your intellect become a runaway horse. With meditation you get more attuned to what's going on inside you, instead of being on "autopilot" or in a distracted-reactive mode. It allows you to be more attuned to yourself and your experiences allow you to have greater understanding and empathy for yourself.

Some of the physiological, psychological and spiritual benefits of meditation are:-

- It increases blood flow and slows the heart rate
- Leads to a deeper level of physical relaxation
- Reduces anxiety attacks by lowering the levels of blood lactate
- Enhances the immune system
- Harmonizes our endocrine system
- Reduces activity of viruses and emotional distress
- Builds self-confidence. Develops will power
- Increases serotonin level, influences mood & behaviour
- Helps to control own thoughts
- Helps with focus & concentration
- Improved learning ability and memory
- Mind ages at slower rate
- Provides peace of mind and happiness
- Helps learn and practice forgiveness



Services undertaken by Medical Wing of RERF

Established in the year 1985, the Medical Wing is one of the 20 service wings of Rajyoga Education and Research Foundation. More than 3000 members of the Wing include those practicing modern medicine as well as other alternative branches of medicine, nurses, pharmacists and paramedical personnel. Most of them offer voluntary services to the society when needed.

The Wing's primary focus is on promoting health awareness and popularising the use of meditation along with medication. Meditation helps in quietening the mind and creating positive thoughts. The challenge in the current scenario of healthcare is to promote a holistic approach.

Activities of Medical Wing for the past 33 Years

Programmes	Holistic Health Fairs	Health Awareness Campaigns	Medical Conferences for Doctors	Nursing Conferences	Seminars/ Workshops/ Training Programmes
Total Programmes	200	20	75	10	countless
Direct Beneficiaries/ Delegates	80,00,000	8,00,000	70,000	40000	
Indirect Beneficiaries	Countless				
Health Education to Villagers	15,00,000s	90,000	20,000	5000	
Give up bad habits	19,00,000	1,80,000			
No. of schools and colleges covered	7000	1050			
Jails & Slums covered	250	300			
Women organisations worked with	500	200			
Factories & Industries	350	1725			
Other Institutions	1000				

Ongoing & Upcoming Projects



My India
Healthy India



My India
Addiction Free India



Holistic Approach
to Diabetes



3D Heart Care
(CAD)



Accredited
DPAP Centres



A Comprehensive Approach to
School Health (ACASH)



3D Health Care
For AIDs Patients



Health Promoting
Gardens



Divine
Mother Baby



Any Time
Meditation

3 Dimensional Healthcare for Healthy, Heart, Mind & Body (CAD Research Project)

Preventive cardiology and cardiac rehabilitation is perhaps the only hope to combat the fast spreading incidence of Coronary Artery Disease (CAD). At present we in the medical field lack some dependable comprehensive plan for its control.

However the Global Hospital & Research Centre has launched a preventive programme which attempts to address the root cause of heart disease and promotes a normal healthy lifestyle without resorting to the complications of surgery. It was initiated in 1997, in which the Ministry of Defence, Govt. of India also collaborated. The programme asked the patients to adopt a vegetarian diet, regular moderate aerobic exercise and an application of Rajyoga Meditation to control stress. The project focused on a study where developing blocks, called plaques, in coronary arteries have been found to reverse when the patient regularly adopted the specific lifestyle changes.

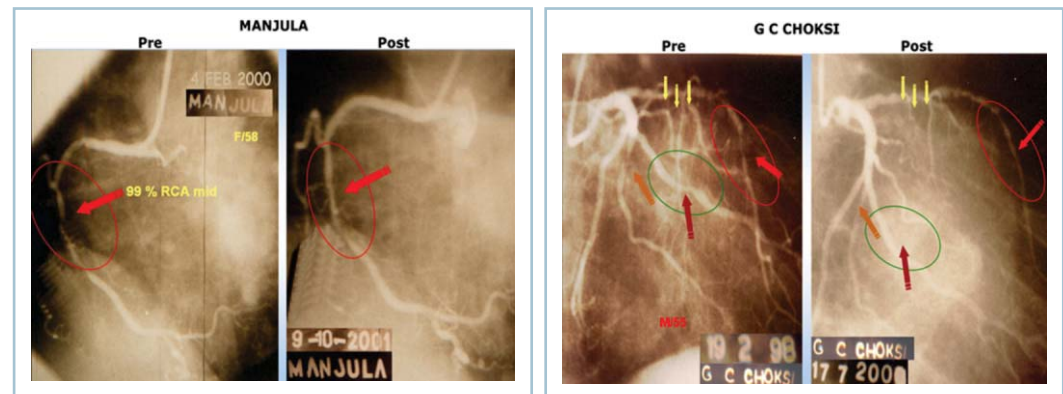
The research findings have not only been encouraging, giving hope to heart-patients of recovering without any surgical procedures, but they have also been published in the Indian Heart Journal.

The main focus of the research has been:

- Prevention of sudden death, decrease in cardiac morbidity, relief of symptoms like angina, breathlessness, and increase in his/ her work capacity.
- Restoration of self-confidence, relief of anxiety and depression, adoption to stress restoration, relief of anxiety in attendants and partners.
- Return to work, independence in the activities of daily routine of the elderly,
- Reduction in direct medical costs, early discharge and early rehabilitation, fewer drugs and fewer re-admissions.



Glimpse of a CAD Camp held at Brahma Kumaris, Shantivan, Abu Road



Some of the Results



Dr. Satish Kumar Gupta receiving Life-time Achievement Award in the field of Preventive Cardiology from former President of India, Dr. APJ Abdul Kalam.

Diamond Project for Diabetes Management

We are well aware that diabetes epidemic is rapidly increasing in many countries including India. In India 69.2 million (8.7%) people live with diabetes as per 2015 data and it is alarming that more than 36 million people remain undiagnosed. So we require effective empirical studies to develop proper strategies to combat the menace of diabetes.

Methodology:

We have already conducted 4 camps at Manmohinivan complex of Shantivan. Every month we invited 50 – 60 diabetes patients with their spouse and gave them proper training with morning and evening meditation and exercise, health education how to live with diabetes, healthy and balanced diet etc. We had thorough laboratory investigation of all patients – ie HbA1c, Kidney function, Liver function, etc. We checked their blood sugar both premeals and post meals all the 7 days of stay at our campus. We gave them right medication according to their condition and at the end of the program we found almost 100 % control of their blood sugar and blood pressure. We also assessed their mental status with various questionnaires by clinical psychologists and found tremendous improvement in their quality of life. We are regularly following up these patients and find them to have good glycemic control and reduction of their body weight in those who were overweight.

Statistics:

- The blood sugar level of patients came down to 90-100 for fasting and 140-150 after meals
- The obese patients lost nearly 5Kg weight in three days.
- The medication of insulin dependent patient were reduced to 50%
- The medication of other patients was also considerably reduced.
- The patients came out of their depressive stupor and were cheerful and confident that they can beat the diabetes with holistic lifestyle taught by Diamond Project team.
- The patients with frozen shoulder for years become normal & knee problem of patients was also resolved with holistic exercise.



Mrs. Anita Bhadela State Minister (Raj), Dept of Women & Child Development, Dr. Banarsilal Sah, Dr. Shrimant Sahu, Dr. Gomti Agarwal, BK Bharat, Dr. Savita & Bk Manisha inaugurating the Diamond Project for Diabetes Management at Manmohinivan.



Glimpse of a Diamond Project Camp held at Brahma Kumaris, Shantivan, Abu Road



‘My India Healthy India’ Mega Project

The main aim and objective of this project is to create awareness for total health and to eradicate all negative habits that are creating diseases in the society. So, with this burning desire, Medical Wing of Brahma Kumaris, has started a mega project, "**My India, Healthy India**", covering cities, towns and villages, in order to create awareness about Healthy Lifestyle through Rajyoga Meditation, Nutritional Education, Drug De-addiction Programmes and so on.

So, with this earnest desire, the Medical Wing of Brahma Kumaris, has started a mega project, "My India, Healthy India", covering cities, towns & villages, in order to create awareness about Healthy-Lifestyle through Rajyoga Meditation. The first phase plan of the project is: Health Education, Life Style Modification (Diet, Exercise, Rajayoga Meditation), Nutritional Education Programmes, De-addiction Programmes, Check up of School Children. This project is continued till date.

	No. of Programmes	Beneficiaries
Schools/Colleges	557	1,49,566
Medical Colleges	140	15,585
De-Addiction Camps & Programmes in Villages & Jails	697	1,58,357



‘My India Addiction Free India’ Project

Under ‘My India Healthy India’ project, ‘**My India, Addiction Free India**’ campaign was launched which specifically focuses on children & youth. The campaign is based on an experiential methodology taught by Brahma Kumaris. This methodology allows the opportunity to the general public to learn and develop a better lifestyle. It aims to create awareness and educate people about the ill-effects of alcoholism and substance abuse on the individual, the family, the workplace and society at large.

In an independent study undertaken by the specialist team of doctors of GHRC, who covered addicts from 25 states and 2 UTs of the country made remarkable conclusions. They were studied for '**Effect of Raja Yogi Lifestyle as taught by the BKs**'. It was found that 65% of the study subjects gave up substance of abuse successfully within 1 month of starting the comprehensive practice of Rajayogi lifestyle & a total of 85% did so within 1 year. An extremely low number (3%) relapsed subsequently with almost nil withdrawals (less than 1%).



BKs being honoured by Govt. of Maharashtra for their de-addiction services





International Yoga Day

The International Yoga Day is celebrated every year on June 21 to highlight the fact that yoga can contribute in a holistic way to achieving an equilibrium between mind and body. Yoga is an ancient Indian practice which is very useful for curing many diseases and health disorders.

Brahma Kumaris also celebrated International Yoga Day all over the country and across the world too by organizing hundreds of mass yoga camps. Beside this Central Council for Research in Yoga & Naturopathy (CCRYN), AYUSH Department, Govt. of India has sanctioned Rajyoga Education & Research Foundation Rs.1 lakh each on reimbursement basis for 12 districts of India for organizing 1 month yoga camp for Celebration of International Day of Yoga.



Health Promoting Gardens

Health Promoting Gardens is a novel concept by Medical Wing. Gardens promote physical health, mental health through relaxation and satisfaction. It can provide a harmonious space to relax, unwind, reflect and restore ourselves. BKs believe and follow cleanliness inside and outside. They are keenly interested in Environmental Health issues and offers lasting spiritual solutions to world problems. BKs have been entrusted with maintaining a number of gardens across the country.

Beside Beautiful Lawns, Green Trees, variety of Plants, Kids Playing areas some of these Gardens have Special Walking Tracks (combination of variety of paths), Reflexology paths, Colored Pyramids, Yoga Floors & Meditation Rooms.



SOCIAL INITIATIVES OF
BRAHMA KUMARIS

Helping One & All

Over the past more than 80 years of its presence the Brahma Kumaris have played significant role in almost all spheres of human social life. It has not only worked for the children, youth, women and senior citizens but has made positive contributions on the issues of environment, energy, women empowerment, health, value education etc. It has also highlighted the issues like Peace, Values in individual and social living at the international forums also.



Holistic Education



Value Education
Children Personality Development
Life Skill Education
Professional Courses
Youth Empowerment
Corporate Workshops
National Integration
Road Safety
Interfaith Harmony



Rural Development



Sustainable Agriculture
Village Adoption Project
Plantation Project
Tribal Development
Farmer Empowerment
Slum Development



Good Health For All



Global Hospital
Values in Healthcare
Holistic Health Fairs
Blood Donation
Senior Citizens' Care
De-Addiction Projects
CAD Program
Healthcare Education
Free Health Check-up Camps



Women Empowerment



Women Leadership
Spiritual Empowerment
Social Support Programs
Health and Safety
Economic Empowerment
Conferences & Trainings



Disaster Management



Disaster Relief
Emotional Support
Emergency Training
Earthquake, Famine, Flood & Tsunami Relief
HAM Radio
Mental Stress Relief Camp



Services For Special Needs



Services in Jails
Services in Orphanages
Services in Juvenile Detention Centre
Cleanliness Initiatives
Development of Railway Station
Drinking Water for All
Water Conservation Campaigns



www.divyanagari.org

Loving the Discarded & Neglected

Divyanagari Project

No doubt the concept of social service brings relief to the people suffering from one or the other social evil & ailment. The Brahma Kumaris consider all human beings as children of the same God and as such entitled to equal rights of respectable living. For this purpose they have initiated the 'Divya-Nagri Project', which is aimed at not just material and external change in living standards but where the qualitative change in their approach and attitude and adoption of values and spiritual learning becomes an integral part of their working life.

The 'Divya-Nagri' undertakes to target the slums and shanties and attempts to bring qualitative reforms by practically educating them in cleanliness, education, adult literacy, skills training, educational excursions, celebration of festivals etc.

The project is running successfully in 21 cities of India

- Ahmedabad (Navrangpura), Gujarat
- Kadi, Gujarat
- Keshod, Gujarat
- Patan, Gujarat
- Rajula, Gujarat
- Ajmer (Nawab Ka Bara), Raj
- Ajmer (Vaishali Nagar), Raj
- Jaysingpur, Maharashtra
- Jabalpur (Rajeev Gandhi Nagar), MP
- Jabalpur (Chui Khadan), MP
- Jamshedpur, Jharkhand
- Barsoi, Bihar
- Rewa, MP
- Chhindwara, MP
- Morena, MP
- Pithampur, MP
- Bilaspur, CG
- Agra (Idgah), UP
- Chennai (Adyar), TN
- Bhubaneshwar, Odisha
- Sambalpur, Odisha

This project is gaining global attention and has attracted and inspired government organization (State Bank of India and Bank of Baroda), companies (CERA) and thousands of people in joining hands with this project and help us transform “a slum” into “a divine locality” (Divya Nagari). We invite you also to join us in this endeavour of helping mankind.



The Divya Nagari gives all to make their life healthy, informed and normally enjoyable

- Free Basic Education •Physical Health •Personal Hygiene & Cleanliness •Legal Counseling •De-addiction Service
- Skill training in computer & spoken English •Personality Development Camps
- Art & Culture: Singing, Dance with song, Mehendi, Stitching & Embroidery, Rangoli, Craft-work, Painting, Art of oratory, etc.



Swachhta Hi Sewa

Mahatma Gandhi had dreamt of his motherland not as just free from a foreign dominion but which must also be clean and developed. He wished every Indian to have a firm resolve "I will initiate the quest for cleanliness with myself, my family, my locality, my village and my work place." The whole hearted dedication that is reflected in this resolve also finds its expression in what the Brahma Kumaris have been doing all these years.

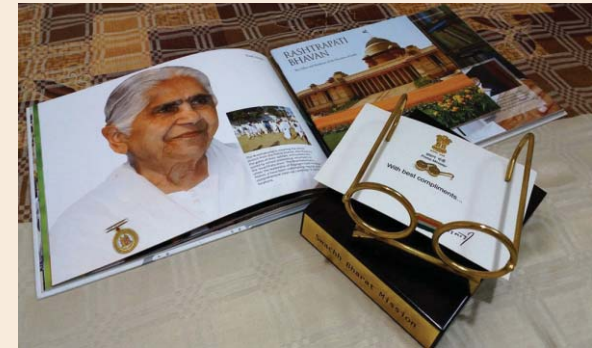
The Brahma Kumaris believe that the cleanliness begins not with one's external surroundings but one needs to clean his/ her inner self. Purity is perhaps the most significant virtue and factor in the BK philosophy. In fact Brahma Kumaris concept has been quite comprehensive and it includes not just the purity of thought and cleanliness of one's surroundings but it also promotes ecological biodiversity and uses holistic ways of controlling degradation of our soil. No wonder that their project of 'Clean the Mind & Green the Earth' has been so popular and effective both in cleanliness and maintaining ecological balance around.

The Swachhta Mission, now re-launched as '**Swachhta Hi Sewa**' on September 15, 2018 is not just a campaign but it is a Jan-Andolan – a Mission of each and every Indian and which is taken as a call for freedom from the daily apathy and disease burden from the burden littered all around us. This will also be the nation's sincere homage to the Father of the Nation, Mahatma Gandhi on his 150th birth anniversary on October 02, 2019.

Rajyogini Dr. Dadi Janki Ji

Brand Ambassador of Swachh Bharat Mission

It is a matter of great pride for all BKs that Rajyogini Dadi Janki Ji, the Chief Administrator of the Brahma Kumaris has been nominated as one of the Brand Ambassadors of Swachh Bharat Mission (Clean India Mission) in the Year 2015.



The Brahma Kumaris across the country have been cooperating with the local administration to keep their respective towns and cities clean and garbage free. Till now institution has organised hundreds of Cleanliness initiatives around India. Key initiatives among these is cleanliness at Mount Abu, Abu Road & Nearby Places. The BKs have undertaken the responsibility of keeping the Abu Road Railway Station clean with facilities of proper sitting, RO drinking water, Dustbins, etc. Now the place looks spic and span any time of the day.



Cleaning & Beautification of Nakki Lake, Mt. Abu



Cleaning of roads from the Abu Road City to Shantivan.



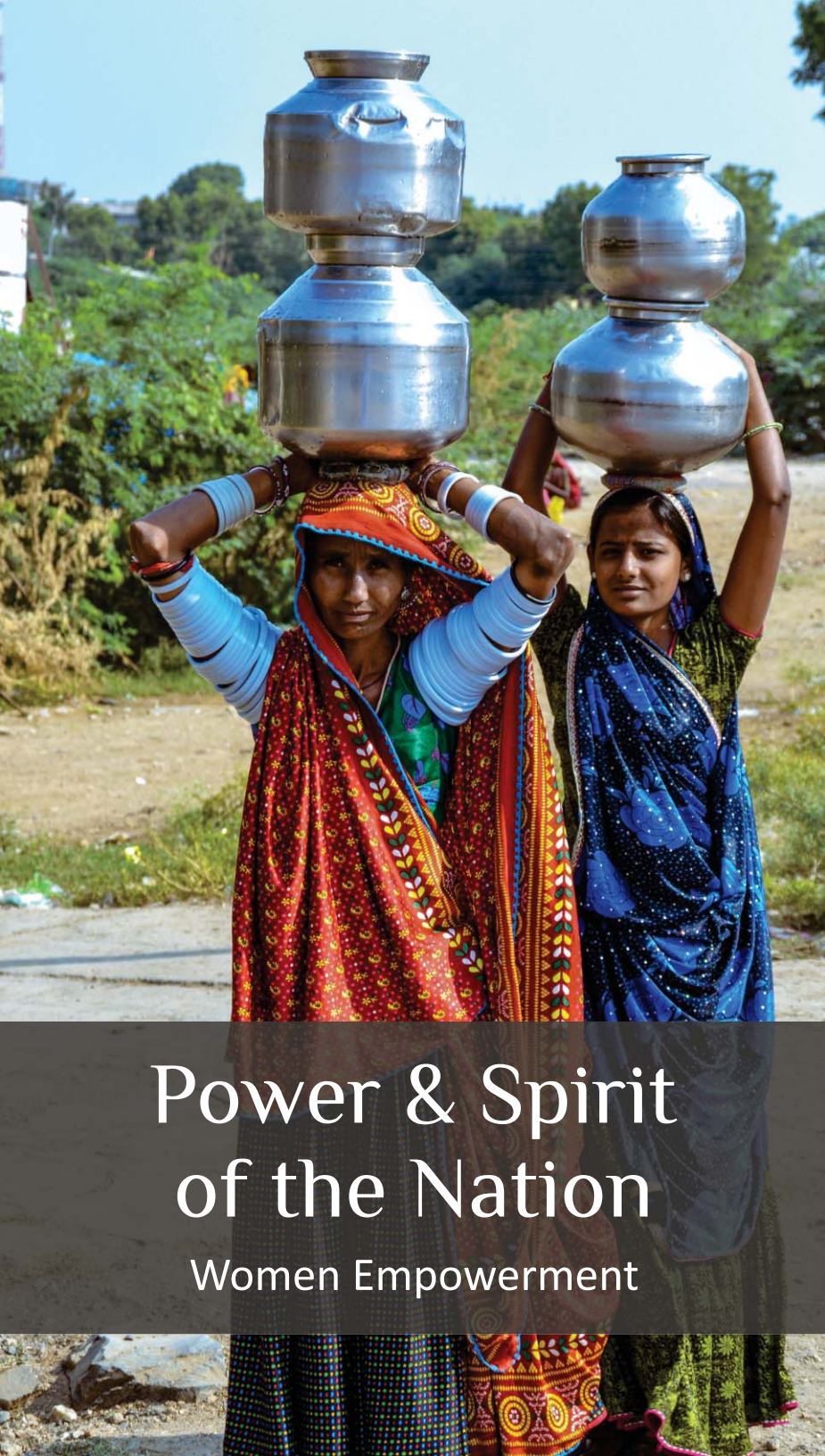
Cleaning & Beautification of Railway Station of Abu Road



Cleaning of Canal and Pond of Danvav, Abu Road



Now with this renewed push towards the goal the BKs have again initiated to undertake comprehensively the clean-up campaign at least at 50000 places across India with the help of the net-work of their centers. Hence there seems no reason why the mission of Swachhta Hi Sewa be not successfully achieved at the earliest possible. In his tele-conferencing with Dadi Janki Ji on September 15, 2018, Hon'ble Prime Minister Sh. Narendra Modi congratulated the Brahma Kumaris for their support to the mission and dedicated efforts in realizing the ultimate goal. He expressed his confidence that the BKs with an enthusiastic support from their centers across the country would go a long way in realizing this dream of a clean and healthy India.



Power & Spirit of the Nation

Women Empowerment

Women Leadership

In 1936, when women in the society did not enjoy equal status as men Brahma Kumaris was the only organization that was led by women. It is noteworthy that since its inception, women are in charge of management and administration of the organization.



Women's Wing of RERF

To mark the International Year of Women, Brahma Kumaris set up the Women's Wing in 1986 to streamline all efforts focused towards women empowerment under one banner. Since then, the Wing has undertaken numerous initiatives to help in personal & professional development of women folk from around the world.



Spiritual Empowerment

The spiritual teachings of the organization are a source of great inspiration and emotional well-being for millions of women around the globe today. Millions of women have benefited from practicing Rajyoga Meditation. A three day's course 'Values for a happy family life' and special Rajyoga Meditation retreats are organized for women at all our centers to focus on their spiritual growth. A National campaign for Women Empowerment was also launched in 2001 in 9 cities including Mumbai, Porbandar, Bengaluru, Allahabad, etc.

Women Health and Safety

The organization fights against female feticide and actively organizes awareness campaigns in rural and urban areas to sensitize the masses. Over 32,000 women participated in workshops, seminars and rallies during our campaign to save girl child "**Beti Bachao, Sashakt Banao**" in different parts of the country in 2016. More than 1,45,000 women benefitted from the 45 regional campaigns in 13 states organized under the National campaign '**Nari Suraksha, Hamari Suraksha**' in 2014. The '**Sashakt Neev**' campaign of 2015 along with other programs has been organized to spread awareness about women safety.



Empowerment for Tribal Women



Over 1,000 women are employed in daily routine jobs and special skilled jobs at the organization's headquarters to help them sustain their families. This has also opened up avenues for skill development for women. The organization supports the families of tribal women by providing them with items of basic need like blankets, utensils, clothes etc. from time to time.

Education in Values



Targeted programs for providing basic education to women in villages and value based training at large are conducted by our volunteers. National conferences and dialogues-cum-seminars are held at centers in India and abroad to encourage women to come together and discuss pertinent issues of values, spirituality, health and safety.

Social Support Programs



'**Sakhi Marathon**' is a popular event in which 500 tribal women participated in Abu in 2015 and 3,600 women participated in a similar event in Mumbai in 2016. Over 500 events & competitions in arts, music, cookery, sports, theatre etc. are organized for women to encourage cultural development every year and especially during the International Women's Day celebrations.

Energy that Energizes the Nation

Youth Empowerment



Youth Wing of RERF

The Youth Wing of RE&RF has undertaken the uphill task of providing platform to youth for world transformation by self transformation. To achieve its objectives, the Youth Wing has prepared exhibitions and literature for Youth. It organizes youth training camps, festivals, conferences, seminars, competitions, and cultural programmes with the goal of developing vice-less attitude, strong moral values and a holistic personality.



The Brahma Kumaris organizes conferences, courses and retreats focusing on topics of long-term changes in attitude, behaviour and lifestyles. These include self-empowerment, self-management, positive thinking, meditation etc. Youth Wing has been organizing conferences on themes as Youth in Search of Success, Discover the Hero Within, Youth Kal ka Shilpkar, Towards Happiness, Unchi Soch Yuva ki Khoj.

Igniting Youths

Youth Wing is working towards personality development of millions of young people through awareness of positivity and Rajyoga education. Through the sustained support of the institution have transformed their lives and built their personality & character. In 2006 A National Random Survey on transformation in youth through Rajyoga Meditation was done. The survey results are in the Chart.

Vices	Indulged	Gave up	%
Corruption	648	644	99.38
Violence	1679	1669	99.40
Destructive Activities	130	130	100.00
Alcohol	1187	1182	99.58
Drugs	544	543	99.82
Gambling	731	729	99.73
Indiscipline	2342	2313	98.76
Lust	2339	2316	99.02
Non-Vegetarian	4793	4776	99.65
Obscene Film	2597	2579	99.31
obscene literature	1305	1301	99.69
Ragging	629	622	98.89
Revengeful Nature	3346	3312	98.82
Smoking	1122	1120	99.82
Tobacco Consuming	1026	1025	99.90
Indulged?Gave up Vices*	8145	8108	99.55

National Project

The Brahma Kumaris have been designing national projects to spread the message of positivity and the power of meditation to create a better world by awakening youth towards spirituality and values. The youth in the Brahma Kumaris have decided to disperse in all directions of our country to share their experiences and motivate all youths towards a value-based lifestyle.



Mera Bharat Swarnim Bharat All India Exhibition Bus Campaign 2017-2020

Statistics upto 14th Sept 2018

Total Days	397
Total Distance	34,665 KM
Total Programs	3706
Total Benefited	6,88,697
Youth Benefited	5,71,388



Youth Padyatras (1985, 2006)



Cycle Yatras (1993, 2013)



National Youth Festivals



Touch Light Project



Moral Awakening Campaign



Youth Harmony Run (2009)



Peace Painting Festival (2009)



Letter To God

Choose, Change & Become



What is the approach that will inspire and motivate action in a world of indifference? Choose, Change & Become is our international programme for developing youth leadership. The programme aims to support young leaders in developing their inner capacity to make values-based choices that lead to positive, constructive action for the society.

Global Youth Initiatives 'Spotlight Values'



'Spotlight Values' is a project designed by young people that inspires exploration and deeper understanding of inner values. We take a look at the intrinsic qualities. By becoming more aware of our values and consciously practising them, personal change becomes possible and we begin to live differently. This project was dedicated to the UN International Year of Youth 2012.

Pause for Peace



In Kenya, the Youth Wing undertook projects 'Pause for Peace' in 2017. The success of 'Pause for Peace' in Nairobi was overwhelming. The wing proposes to take this project to all the 47 counties of Kenya. Dedicated volunteers will ensure that Pause for Peace initiative reaches the larger population in the county and ward area including schools, colleges, hospitals, prisons etc.

Brahma Kumaris Youth at the UN

In 2007, Brahma Kumaris brought a small group of young BK women to New York to attend the annual Commission on the Status of Women (CSW) at UN Headquarters. Following the conference, these young women from India, Mexico, South Africa, UK and USA were inspired to do something for women with the belief that true empowerment involves inner growth and development - changing our state of mind, more than our state of affairs - since the greatest limitations are the ones we put on ourselves.



Invest in Youth, Sustain the World - Commonwealth Youth Forum 2009

A delegation of five young adults from Brahma Kumaris was invited to facilitate and contribute to plenary and thematic workshops on Climate Change, Economic Growth, Sustainable Livelihoods, Youth Involvement in Decision Making and Peace Building. Brahma Kumaris were part of the youth committee team that organised the youth section of the Parliament of the World's Religions 2009, in Melbourne, Australia.

'You First' was the other project designed by young people to encourage individuals to get in touch with their positive potential, positive values and practical expression. It is about relationships - my relationship with myself, and then my relationships with others.

Road Safety Awareness



Since 2000 the Transport & Travel Wing of RE&RF has been doing a great service for road and rail users by organizing spiritual empowerment, educational, awareness and training programs for people working in Railways, Roadways, Tourism, Automobiles and allied sectors. This enhances their inner capabilities, brings positive change in their attitude and develops professional skills while being on the drive.

Safety on Road training programmes are conducted not only for truckers or cabmen but for common people as well. Safe Life Exhibitions are organized for school and college students also. Live Skits, Short Video films, Safety Talks including Safety Pledge are some other forms of Road Safety. The UN World Day of Remembrance for Road Traffic Victims (WDR), Global Road Safety Week etc. are other examples of creating road awareness.



Safety Awareness campaign members ready to move for field service



University Students taking pledge to follow Road safety rules



Truck drivers inspired to follow Road safety Rules



Eminent Road Safety Expert, Bro. Kawaljeet Soi being apprised of TTW 'Safety Activities' in India & Abroad

Rajyoga Sakaash Road Safety Project

This is a unique example of effectiveness of Rajyoga meditation in practical life. Participants are trained to create powerful thoughts and do Rajyoga meditation with visualisation of selected **accident prone region**.

Methodology: Daily meditation by every participant at individual's place. Collective meditation once in a week at local Brahma Kumaris branch. Daily Chart filling by participant as Done/Not Done on the basis of meditation. The data received from police station consisting of road accident casualties is compared.

Objectives: To minimize/eliminate road accident related human deaths and injuries in the earmarked area through the applications of Meditation Vibrations (positive Vibes).

Results: Pilot Study at **Pimpri-Chinchwad (Pune)** Followed by experiments at **Borivali, Gamdevi, Thane, Kalyan (Mah) & Navsari (Guj)** showed marked reduction in road fatalities. Consistency of results was noticed in all studies, indicating **reduction in accidents in the range of 18% to 36.7%.**



www.wheelsforpeace.org | ttw@bkivv.org

Rising to the S.O.S Call

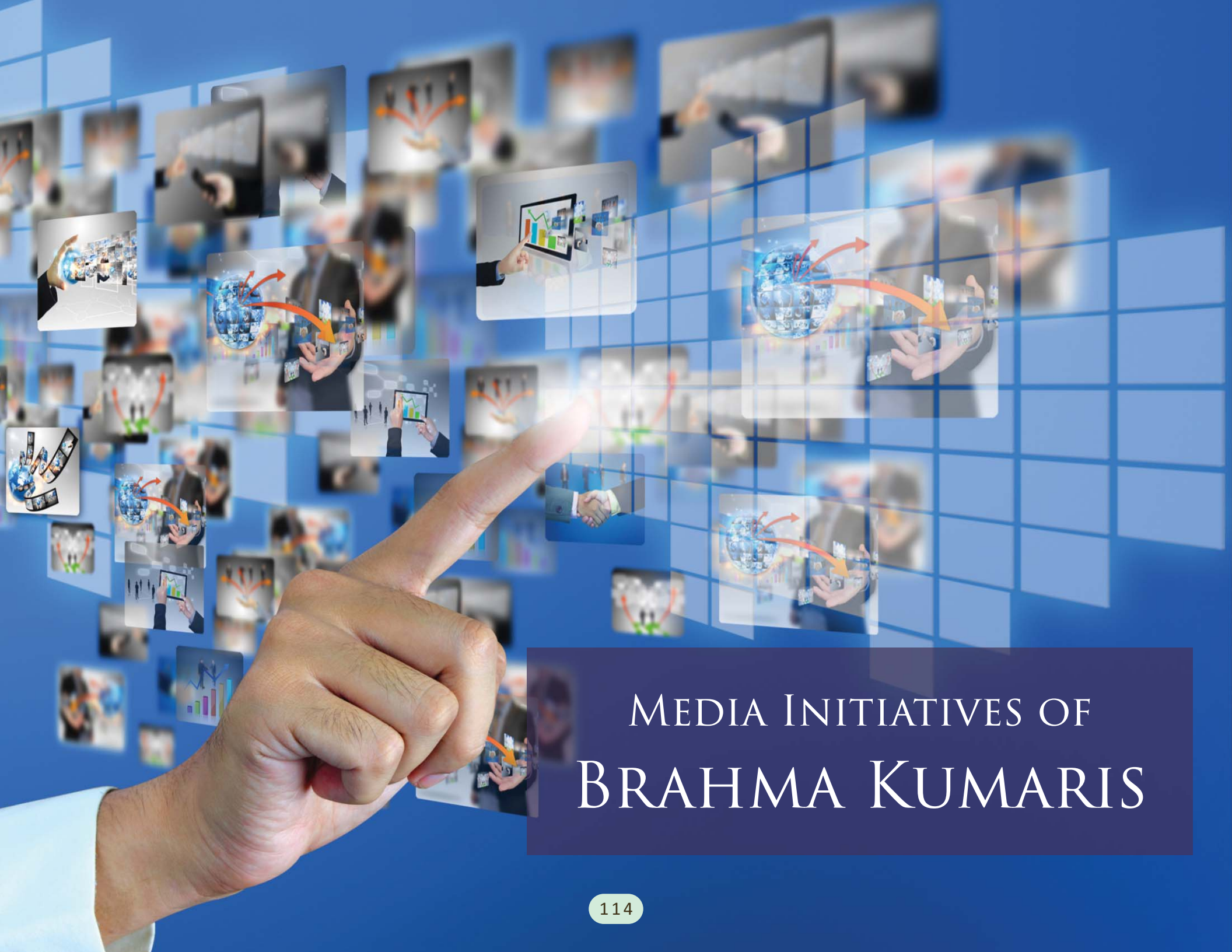
Services during Disasters



Serving the Needy

Services in Jails, Juvenile Detention Centre, Orphanages etc.





MEDIA INITIATIVES OF BRAHMA KUMARIS

TV – the Proverbial Shepherd

Television plays a pivotal role to achieve the objective of spiritual awakening and inculcating values in the personal and social life of people. The Brahma Kumaris, through their TV channels are serving this noble cause through documentaries, debates, discussions, talk shows etc. The programmes are telecast to develop patriotic feeling and ensure obligation of people to country, love and sympathy for fellow men and also to create awareness about their true self, the meaning and purpose of their coming to this life. They enlighten people about social rituals, taboos, cultural systems and norms and also about their responsibility to the Creator, the Supreme Soul.

Peace of Mind Tv



FOR PEACEFUL LIFE

Watch Peace Of Mind On

DTH Services:

**678**

**497**

**1087**

**1065**

Cable Networks:





info@pmtv.in | www.pmtv.in

Peace Music



Watch Peace Music On



Brahma Kumaris Live

**Jio TV**

**Peace Music**

Worldwide



TIMINGS - 9am to 2pm & 8pm to 10pm

www.pmtv.ooo | www.ostv.in

Om Shanti Channel



Watch Om Shanti Channel On

**Jio TV**

**YUPPTV**

**HATHWAY**

**AMAZON FIRE TV**

**NEXGTV**

**ZENGA TV**

**VIDEOCON D2H**

**PLAY STORE**

www.omshantitv.org



Production House of
Brahma Kumaris
Godlywood Studio
www.godlywoodstudio.org

Light house of the Planet

More than **10,000 episodes** in **11 different languages**, programs varying from Talk-shows to Live music concerts to Music albums and News to quiz shows, **127 content partners**, more than **10 million viewers**, a future proof archiving setup which can store the digital content for more than 5 decades, an effective pyramidal management system, **90+ dedicated sevadharis**, technicians including a quality controller to ensure quality programs— Godlywood studio is all set to create a new benchmark in Godly service through digital media – blending creativity and professionalism, entertaining as well as enriching the viewers on its way to become the lighthouse of the planet – an ambitious aim, but achievable with Baba in the forefront.

3 studio floors for video shoot with audience plus two audio studio with state of the art equipments including full HD and 4k enabled cameras, LED backdrop and a host of other facilities that beat even the most sophisticated studios in India.



Studio for Video Shoot



Studio for Video Shoot



Audio Section

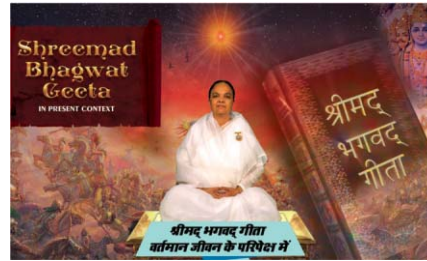


Animation Department

Popular Shows of Godlywood Studio



Peace News International
English News Show



Shreemad Bhagwat Geeta
Hindi Spiritual Discourse Show



Chhoo Lo Aasman
Quiz Show



Amulya Ratan
Hindi Talk Show



Shaswat Yogic Kheti
Hindi Agricultural Show



Virutes Values Ethic and Morality
English Talk Show



Pudhiyathoor Thodakkam
Tamil Talk Show



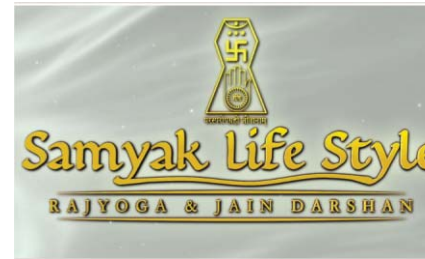
Samadhan
Hindi Talk Show



Hum Honge Kamyab
Hindi Children Show



Change
English Talk Show



Samyak Jeevan Shaily
Gujarati Talk Show



Divine Harmony
Musical Show



Om Shanti Channel

In 2016, Om Shanti channel was launched in US and Canada and it is now airing 24 hours of Godlywood Studio Content in English, Hindi and Punjabi according to International standards. Our programs are also aired in Bangladesh as well as Nepal.

USA



CANADA





Community Radio Station Radio Madhuban 90.4 FM

www.radiomadhuban.in

Transforming Lives

Radio Madhuban(RM) 90.4 FM is India's first value-based community radio station run by the Brahma Kumaris for the Abu community in Rajasthan. Our mission is to serve the society by informing, educating, enlightening and awakening the people in order to uplift their social, psychological and physical well-being. RM broadcasts value based 24x7 programs on various themes, organizes village outreach programs and undertakes community development projects



Golden Moments

RM has had many firsts. The first ever Women's Marathon in the region was organized in 2014 and saw an overwhelming response. RM also produced the first audio documentary on the history of Abu, called 'Safar Apne Shahar Ka'. Radio Madhuban is popular among school children as it organizes talent hunt programmes and distributes stationery to the local school children on a regular basis. Student fairs in local schools managed by RM provide exposure, training and ignite new ideas among students.

Team Campaigns

The Team RM works hand in hand with the tribal community of the area. It organized a music competition for them in 2016. The radio ran a campaign focused at educating rag pickers on safe and sustainable waste collection techniques in 2013. It also gives immense importance to local initiatives, events and festivals, and provides live coverage of these important social events. RM also encourages feedback from its listeners and works to come up to their expectations. RM has also trained around 30 interns from all over the world in the functioning of radio, production and broadcasting.

Community Service

Based at Brahma Kumaris' Shantivan campus, Abu Road in Sirohi district of Rajasthan, RM consistently works in the tribal community to bring about an attitudinal shift in people through various programmes centered around child marriage, de-addiction, live-in relations etc. For community interaction experts are invited for question-answer sessions to increase community interaction and answer the listeners' questions.



Achievements & Awards

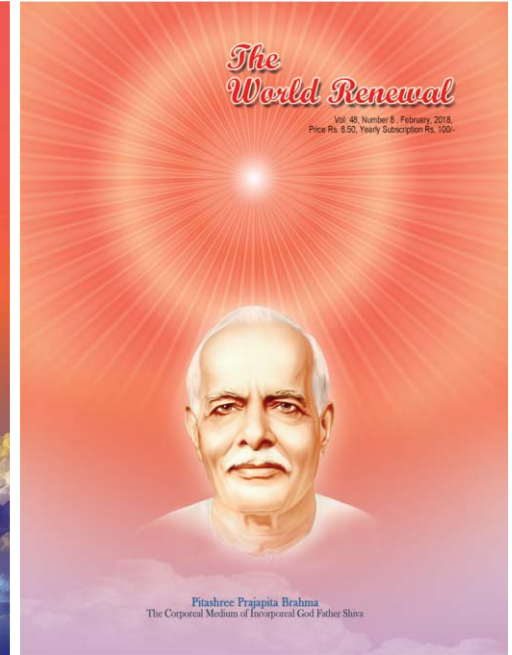
Radio Madhuban has also received many awards like the National Community Radio Award in 2014; Best Community Radio Award in 2015. In that year, it also won the Mt Abu Sustainable community Leadership Award along with the Manthan Award for excellence in community work and on-air engagement. In 2016, we received the National Community Radio Award for the second consecutive year, followed by the Quality Brands Award. The Government of Rajasthan also awarded us for our efforts in serving the community and the quality of our value- based content in 2016.



Services through Spiritual Literatures Om Shanti Printing Press, Abu Road (Rajasthan)

“Gyanamrit Bhawan” is the Complex for printing and publishing of various kinds of literature of Brahma Kumaris Ishwariya Vishwa Vidyalaya (PBKIVV), a socio-spiritual-cum-educational organization of international repute, which is completely dedicated to noble task of world-transformation through self-transformation. It is established by the Incorporeal God Father Shiva through Prajapita Brahma, His corporeal body-medium. Now, the printing press has been shifted to Kalamagra, Bhujela, Pindwara, Rajasthan.

It publishes a large number of books in Hindi, English, Kannada, Odia, Bengali, Assamese languages. It also publishes two Hindi Magazines, Gyanamrit (circulation - 3, 50,000) and Raji Khusi (circulation - 10,000), an English Magazine named The World Renewal (circulation - 11,500); Newsletters of various Wings; folders and brochures of National & International Seminars, Conferences, Programmes, Get-Togethers, Rajyoga Camps (Shivirs); Spiritual Diaries for Guests; handbills, leaflets, pamphlets of fairs and festivals organized by its various Centres/Branches; photos of deities (gods and goddesses), etc.



New Gyanamrit Bhawan



The literatures can be available from the address:
Literature Department, Brahma Kumaris, Shantivan, Abu Road - 307510, Rajasthan.

COMPENDIUM OF VIEWS

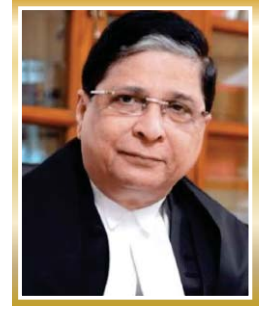
ON

SCIENCE, SPIRITUALITY & ENVIRONMENT



Holistic Thinking for Sustainable Development

Hon'ble Justice Dipak Misra | Chief Justice of India, Supreme Court of India

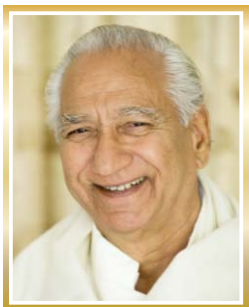


[Quite thought-provoking and inspiring message from the hon'ble Justice Sh. Dipak Misra, CJI, which we wish all to read as a leading article on the summit theme - Editor]

In today's fast paced competitive world where everyone is busy chasing their dreams and aspirations, human values are often neglected. We hear an unequivocal resolution that everyone is working hard day and night for the betterment of the family, development of the society and prosperity of the nation. In reality, these three claims do not appear to converge and show very little progress. Human quest for development has increased by leaps and bounds with the growth of civilization. In our endeavours to accomplish progress, we have lost our inherent value system of natural sciences, spirituality and sustainable development with environmental preservation and protection. We must realize that every small action of an individual in society counts for generating a snow-ball effect among peers. If a society will become self-centric in its approach and embark on a path of unplanned development and growth sans environmental protection, the nation would face the consequences. We may accomplish shorter targets of smaller success but in such style of societal governance, we would not be able to claim milestones of world peace, global leadership and sustainable economic development.

We must, therefore, channelize our thoughts, our actions and our consciousness very carefully to assess the impact of our conduct, our actions, our habits, our approach and our lifestyle on our fellow beings, on our society and on our nation. A simple incident of environmental disaster especially in artificially built hills and virtually unbridled construction in hilly areas is a glaring example of a mismatch between the social needs, individual aspirations, political will and a holistic thinking for sustainable development. Likewise, in our daily life, there are numerous instances which affect individuals. We need to indulge in serious cause and effect finding to address the problems. We are a country of major youth population; hence, we must not allow our young energy to go waste or underutilized and instead properly channelize it for the actual betterment of the society, prosperity of the nation and world peace. Once our efforts will be put in this sequence, our families will by themselves join the trajectory of progress and upliftment.

I feel that this Summit is a remarkable effort in this direction to help us redeem our positive energy. Rajyoga Meditation is one of the fundamental ways of harnessing positive thoughts and healthy consciousness. With such investment in soul-search by way of Rajyoga Meditation, we may find ourselves closer to the discovery of the inner qualities of peace, love and truth which will empower us as dynamic individuals and lead to a better society filled with positive energy of working on the principles of sustainable development.



Science & Spirituality – Time for Reconciliation

Rajyogi BK Nirwair Ji | *Secretary General of Brahma Kumaris, Abu Road*

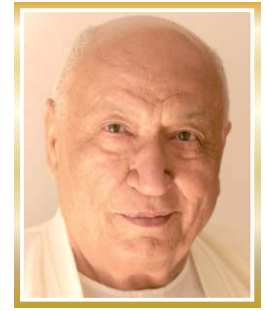
Most people in our present-day world are quite impressed with the achievements of Applied Science & Technology, and they feel very comfortable and contented when these scientific gadgets continue to work to their satisfaction. However, the moment these gadgets stop functioning or develop some other fault these individuals feel very disturbed and dejected, until the gadget is mended and set right and the normalcy returns. Spirituality, though quite a deep and vast subject, is hardly explored and experienced by the majority in today's world, because they are running a rat race to fulfill their materialistic desires and needs of material comforts. Even if those, who are spiritually inclined and enlightened, wish to help human society, they have always to face some hardships and discomforts created by misinformed individuals in the fields of Science & Technology. However, it has been seen in the past couple of decades that some awakening and transformation taking place, which is likely to enhance the atmosphere of reconciliation of the two.

It is indeed a very good initiative to bring Scientists and Spiritualists together on one platform with the noble thought of helping society at large to realize the beauty of scientific achievements and inner richness of a spiritual lifestyle. For advancement and progress, there is a definite need for creating a comfortable environment, where every individual can explore the depths of scientific formulae and spiritual enlightenment. There have been instances where a scientist, inspired by nature, witnessed the falling of the fruit from a tree onto earth and unveiled a scientific concept. Similarly the cool and calm atmosphere created by trees helps spiritualists to explore the depths of various layers of human consciousness, and prepare them for experiencing visions and the presence of the Divine. So a viable union of the two seems to be the most apt way of success in life.

The whole world is gifted with and overflowing with every possible material utility, comfort and value, but it is time for the third eye of wisdom to open wide, in order to appreciate all these with a suitable human endeavor. As I learn, this Summit-cum-Expo will be graced by some highly experienced Scientists, with an inclination towards Spirituality, and in the same token, we will also welcome students of Spirituality who appreciate the use of scientific gadgets for a suitable propagation of deep spiritual experience. Environmentalists too will definitely feel happy in sharing their own vision and efforts in creating a lasting peace and harmony in our strife-torn world.

Spiritual Love - The Unifying Force for Global Happiness

Rajyogi Bk Brijmohan Ji | *Additional Secretary General of Brahma Kumaris, New Delhi*



Love is one of the innate qualities of human soul, and it is also what every soul needs to grow and realise its full potential. Love enriches when you receive it as well as when you give it. Being loved gives you strength and being loving gives you courage.

The love of the mother for the child enables it to grow up into a healthy, confident person, and the love of the child for the mother fills her life with joy and contentment. Every soul yearns for love and therefore seeks it. At the same time, our understanding of love may differ from time to time, or from person to person. As is the state of mind, so will be the perception of love.

For many people today, love is what is defined as such in movies and novels. It is a love that seeks to possess the other person. It breeds attachment, anger and jealousy, and leads to sorrow. They often mistake lust for love. Lust, described in the Gita as a gate to hell, just seeks gratification of sensual desires. It neither respects nor cares for the other person.

Similarly, another form of false love, attachment, creates dependence and a bondage that brings grief. These distorted forms of love arise from identification of the self with the body. One's attention is then pulled to others' bodies and in this engagement with the gross physical form, true love, which is spiritual and subtle, is lost.

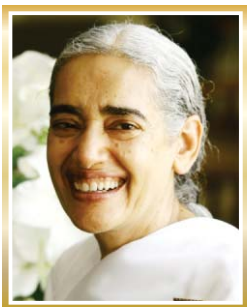
Real love is unconditional and selfless, and arises from the core of one's being, the soul. It is expressed in the form of caring, compassion, respect, and empathy. It is this spiritual love that brings people together in happy, fulfilling relationships. It creates mutual trust and understanding, and fosters cooperation, which helps people achieve even seemingly impossible goals.

Such is the power of spiritual love that it influences other people even when it is not expressed overtly. The vibrations emanating from a person who is genuinely loving touch others and they are drawn towards that person. Such embodiments of love are a source of strength and succour for others, their mere presence dispelling others' grief.

In a world ridden with violence, only spiritual love, not diplomacy, can remove the mistrust, selfishness and hatred that are fuelling conflict. The first step is to realize that the whole world is one family, all souls being the children of one father, the Supreme Soul. This realization can bring hearts and minds closer, enabling their mutual respect and understanding.

When sufficient number of people becomes spiritually aware, the power of their vibrations will create an atmosphere of peace and happiness that will foster goodwill and prevent any kind of violence or conflict.

Spiritual love might not be a fashionable concept, but such is its subtle power that it not only spreads on its own but it can also change the course of history and the destiny of nations. As Mahatma Gandhi said, all through history, the way of truth and love has always won.



Spirituality - Key to Self-Respect and Transformation

Bk Jayanti | *Director, Brahma Kumaris, Europe & Middle East*

At the heart of every human tradition lie three aspects: respect for the Sacred, the Divine; deep inner values and, thirdly, a guide or signpost for what human life is about and what we human beings should be doing in life. The present state of world affairs suggests that the voice of conscience has become numb, if not silenced. The conscience has stopped speaking to us and, even when it does sometimes, we don't heed its signal because of public opinion, society, culture and history. Instead, we say, "Let's just follow what others are doing."

What happens when the conscience awakens? As I begin to listen to that quiet voice within, I honour my unique perspective. I then move away from narrow perspectives and my horizons widen. I begin to see humanity as one human family and respect planet Earth as our home. I look at the past and see what we have done and take steps not to get stuck in my habits. I look towards the future and see what I need to do now to create the future of my choice.

The choice isn't a difficult one. It's not even just a question of a better world. It's a question of survival. The seed of change sits within the human heart and mind. Compassion awakens within the alert conscience; we begin to treat each other with dignity and respect. But respect and dignity don't begin in my interaction with you; they begin deep down within the core of my inner being.

Spirituality means to understand the self as a spiritual being and acknowledge my values and my self-respect. Secondly, spirituality makes me aware of the presence of the Creator in my life. In meditation, I focus on the Divine using a direct connection free of intermediaries. This way I draw spiritual strength and power from the Divine, which I then use to transform myself and my behaviour.

Societies worldwide are facing a huge crisis of self-respect and this is the root cause of the environmental crisis. Respect for the self and others can only begin when I go inside and revisit my inner qualities and values. In this state of sharing, we benefit personally, because we are able to transform ourselves and live our lives according to our values.

There's a trajectory that works on the spiritual level and it manifests the material world also. Our **awareness** defines our **attitude**. Our attitude colours our **vision**. Our vision dictates our **actions**. Our actions shape our **culture**. Our culture creates our **world**. Seeing the human world family as my family and nature as my home, there's a relationship of caring and sharing. I no longer see woods and forests just as pounds and dollars for timber; I see their beauty and their vital role as the lungs of the earth.

The major part of our work, however, is consciousness-raising - seeking to change the awareness, vision and attitude of those in government, civil society and within our own organisation through dialogue, partnerships, national and international conferences and local initiatives. We aim at an understanding of how to empower people and flourish in response to the environmental crisis through a deeper understanding of their core values and inner strengths.

Awakening For Transition

BK Shivani | Senior Rajyoga Teacher, Gurgaon



In the wake of present-day distress across the world, two pertinent questions arise - Who is responsible for what is happening? Who should protect and heal the world? As we point fingers at others, we need to question our share of responsibility - "Have I not contributed to the turmoil?"

The Suspect

Our intentions, thoughts, feelings and words radiate to the environment as emotional vibrational frequencies. Today most of us are experiencing unhealthy emotions like stress, resentment and fear, implying that we are at a low frequency. The world is gripped with all types of challenges, which means the global vibrational frequency is visibly dropping. Time to ask myself – Do I radiate unhealthy emotions? My single thought of lust contributes to lust in the world. The bottom-line is, when I radiate my low frequency vibrations to the world, I contribute to its decline.

Low Vibrational Frequencies Lurking Within?

Every personal or global issue which needs to be addressed today is an offshoot of the 5 lowest frequencies- Kaam, Krodh, Lobh, Moh, Ahankaar.

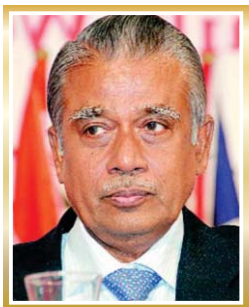
- **Kaam (Lust)** –Do the messages I receive or share on social media have shades of lust? When I present myself to the world do I desire to look attractive? Does physical beauty appeal more to me? Cleansing my mind, maintaining Purity and Love in my natural way of thinking, I make my contribution to eradicate rape and abuse from the world.
- **Krodh (Anger)** –Do I expect people and situations to be my way? Do I react with irritation and anger when they are not? Choosing Patience and Empathy when people are not my way, I make my contribution to finish violence and terror in the world.
- **Lobh (Greed)** –Is greed urging me to compare and compete? To get ahead, have I compromised on my principles? Shifting to Co-operation, using Ethical practices I make my contribution to eradicate corruption from the world.
- **Moh (Attachment)** –Do people's emotions affect me? Do I get hurt when they are rude? We become emotionally dependent when our mind is attached to someone. Releasing past hurt, forgiving people and remaining stable even in crisis, I make my contribution to heal grief and suffering in the world.
- **Ahankar (Ego)** – Who am I? Do I identify myself with my nationality, caste, position etc.? Do I feel superior or inferior? Connecting to people for the pure beings they are and not for what they have acquired, I make my contribution to healthy social and religious tolerance.

Create the shift -

- We are what we read, watch and listen. Avoid reading newspapers and watching news channels first thing in the morning. Begin the day with 20 minutes of healthy diet of spiritual and self-transformation messages.
- De-tox from social media by deleting, even without reading, messages of bias, criticism or jokes showing someone in poor light.
- In the middle of everyday chaos pause for 1 minute every hour and observe your thoughts. Create the shift from busy to easy, worry to confidence.
- Refrain from discussing or judging people's habits. Thinking, talking or listening about other people's weakness, drops our frequency.
- Food carries vibrational energy and influences the mind before it nourishes the body. Meditating or praying while cooking and partaking food makes it Saatvik
- Before going to sleep, resolve issues on the mind. Forgive, let go of past hurt. When we sleep peacefully, we radiate vibrations of peace to the world even during sleep.

Be the Change

When I stand up for ethics, the world changes. When I use peace, the world changes. When I change, the world changes – **Sanskrit Parivartan Se Sansar Parivartan**.



Eco-spirituality for Existence

Dr. Karthikeyan | *Former Special Director, Central Bureau of Investigation
Director General, National Human Rights Commission*

Everything in existence is inter-related and inter-dependent. Everything is created with a purpose, though with our limited knowledge, experience and perception, we may not be aware of everything. Former President of USA, Franklin D. Roosevelt had said, "A nation that destroys its soils destroys itself" and "To forget how to dig the earth and to tend the soil is to forget ourselves". — Mahatma Gandhi.

The new millennium and the modern ecological crisis have created a need for environmentally based religion and spirituality. Eco-spirituality is understood by some practitioners and scholars as one result of people wanting to free themselves from a consumerist and materialistic society. Generally the ecological crisis is referring to the destruction of the earth's eco-system. What this encompasses is a highly controversial debate in scientific and political spheres. Globally we are faced with pollution of our basic needs (air, and water) as well as the depletion of important resources, most notably food resources.

It calls for a return to ancient understandings of the earth by listening to ancient wisdom. Hence the need to practice their religion in all aspects of lives in order to give the Earth room to heal. Building a truly sustainable culture means transforming the systems of domination and exploitation. In 1990, Pope John Paul II wrote "respect for life and the dignity of human person must extend also to the rest of the creation." Many teachings in Hinduism are intertwined with the ethics of eco-spirituality in their stress on environmental well-being. Thus, the environment is related to something that is divine and therefore deserves respect.

Since the late 1980s when the negative effects of mass industrialization were spreading fast, India instituted administrative policies to deal with environmental conservation. These policies were rooted in the ways that the Hindu religion is tied to the land. This notion is tied in with the Hindu concept of karma. The principles of the Jainism tradition are also rooted in environmental practices. In Islam the Sharias preach a number of environmentally focused guidelines to push environmentalism.

Human beings are part of the environment and are influenced by it. Certain environments are conducive to the development and enrichment of spirituality. In fact, all are, by nature, spiritual. For the spiritual persons, all things are mirrors of divine love and beauty. The beauty of environment touches them. Some Great philosophers, teachers, scientists, poets etc. were great spiritual men who discovered God in the environment.

The Noble Laureate Rabindranath Tagore wanted to establish harmony between man and the universe. He looked at the 'Mother Earth' as kind, benevolent and generous. God reveals Himself through different colors, forms, rhythms of nature. Bio-diversity is also worth fighting for not because of its economic value, but because it is the right thing to do! Without this the environmental movement is left open to incremental degradation. Green Buddhism made waves in the 1980s when they publicly addressed the ecological crisis to create awareness and in 1989 when the Dalai Lama won a Noble Peace Prize for the proposed introduction of Tibet as an ecological reserve.

Enduring Spiritual Experience

Padmashri Dr. G. Bakthavathsalam | *Chairman, KG Hospital, Coimbatore*



Experiencing and realizing God as you do any other activity in your day-to-day life may appear to be a fantasy to many but those who have had such an experience even for a small fraction of time would know what it means. It is really being fortunate to have 'the experience of the Divine.' Many of my doctor friends did not believe me when I told them so.

God is energy, the Supreme Source of all energy. He is Sarva Kalyankari, bestower of Happiness, Love, Peace, and, enormous Mental and Spiritual Health for everyone, for 700 crore people on Mother Earth. We human beings engrossed in our material pursuits may have no time or even interest in such things and may even ignore this as pure imagination of a visionary.

But for a doctor like me, having studied in 10 universities and having 20 degrees would be of no avail, unless I am a happy and peaceful person. But who does not wish to be happy? Everybody right from their birth to the last moment are searching and planning for the illusory happiness. But as the saying goes : 'My plan never works, but His always does.'

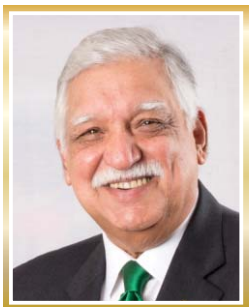
The secret of peace and happiness lies in the realization that we are souls in the attire of human body and playing our assigned role. We need to understand the transient nature of our existence vis-à-vis our immortal soul. Hence we need to develop a practice of seeing the soul through one's body. This can be done with a regular spiritual meditation. I do not see you as a mortal body which will wither away. All of us are born of the same Father. We may follow various religions, belong to various castes, and our level of education and professions may vary yet at the inner core we have the same origin.

It is this realization and its sincere practice in life that can solve the problem of unrest in human society. Believe it or not but I have seen and talked to the Supreme Soul when He comes in a human medium and talks in a husky voice. And this experience has brought miraculous change in the life of millions of human beings who have joined His eternal godly family called the Brahma Kumaris. I invoke Godly energy through His eyes, touch, words and action.

I remember His words: "God is with you! You are not alone."

What about you?

The major part of our work, however, is consciousness-raising - seeking to change the awareness, vision and attitude of those in government, civil society and within our own organisation through dialogue, partnerships, national and international conferences and local initiatives. In doing so, we aim to bring greater clarity in decisions for the common good and an understanding of how to empower people to adapt and flourish in response to the environmental crisis through a deeper understanding of their core values and inner strengths.



Spirituality - Breath & Force of Human Existence

Nizar Juma | *Business Tycoon and Socio-spiritualist, Kenya*

“Spirituality’ is often confused with or considered to be synonymous with Religion or religiousness.

Religious knowledge is usually taken from a special book of each region and is usually taught from a very young age by priests or those who have studied 'this book'. It is also taught by parents and teachers who tell us that this is 'our' religion and that it is the best religion and that all the other religions are inferior. We are usually not explained why. This is the case for all religions. Therefore, when we grow up, we are very possessive of our own religion and are ready to defend it 'come what may' – and in case of a debate we will join those who are following 'our religion' or one that is similar.

Spirituality on the other hand belongs to those who are 'Spirits' or Souls and since everyone on earth is a soul, spirituality is Universal, and everyone can call it 'mine'! Thinking of ourselves as spiritual, therefore brings us together with our fellow man or our brothers and sisters the World over. It lifts barriers imposed by notions of religion, colour, nationality, tribe, colour, creed, language etc.

Spirituality also brings us together in the thought that since we are all spirits and we are therefore brothers & sisters and therefore we have one Father, who is God Almighty! This not only brings us together but also helps us to develop the idea of love for the Father and for each other! The concept of family then becomes much wider. Once this idea germinates, it is difficult for spiritual beings to be hateful towards each other, or to be angry at one another or to give sorrow to anyone.

The meaning of Spirituality simply put actually means, truth, respect, love, human values like tolerance and honest behaviour. All of the above is nowadays termed 'soft power'. When we begin to use soft power in our lives towards our family members and towards those who are under our influence or in our contacts and within our spiritual family, we not only begin to become 'Spiritual' but begin to become and spread happiness within our environment.

We can practice Spirituality or spiritual behaviour at all times and make it a part of our daily lives. We do not have to have a special time or a place or a special posture or environment to practice spirituality. Above all, making spirituality part of our daily lives, brings happiness in our lives and brings us closer to all other 'Spirits' all over the World and creates universal Happiness.

Shouldn't we all try it in our practical life?

The Feel Good Factor

Aruna Ladva | *Speaker, Author and Meditation Teacher, Kuwait*



It is only natural that we all want to feel good and be happy. However, if we want genuine and lasting happiness we need to use our power of discrimination to know what's good for us. Forget recreational drugs, even the sugar and coffee that innocently sit on the shelves of your kitchen will give you a high. We become happy for a few minutes, until the power of that drug wears off.

Shopping, relationships, tobacco, travel, can all be addictive in their own way, and make us feel relaxed and happy for a short time. Like any addiction, it makes us a slave, and slaves are not masters of their own destinies.

Here are some things that can make us feel good, but which come with a warning label attached!

Praise: Praise can make us feel good... in fact very good. But if we get egotistical today then we can become deflated tomorrow or the next day when the desired or expected praise doesn't come. Remember the old adage that 'Pride comes before a fall'! Instead of letting praise go to our heads use praise as a stepping stone to happiness by giving it to others.

Try praising someone today and see what you get in return. Of course it needs to be genuine and from the heart. You will uplift the others and also trigger the Feel Good factor within yourself and enthusiasm, positivity and kindness bubble up and this is a dynamite recipe for lasting happiness within your own self.

Being of service to others: No matter how sad or mad we may be feeling, being of service to others can bring the greatest joy. When we step away from our own selfishness and do something for others, it takes us away from our own negativity and brings feelings of satisfaction. However, if we are doing 'good deeds' with smugness and a feeling of 'look at me, I'm so good!' then this is an indication that we are not really giving, instead we are taking. Then, if the receiver of my 'good efforts' is not grateful, our happiness may quickly turn to resentment!

Improving the Self: When we take time to look after ourselves and develop our mind and spirit, when we have the aim always to better ourselves for our own satisfaction and for the benefit of others, then happiness naturally develops. But if we only develop our mind and not our spirit, we run the risk of becoming a know-it-all without heart. Likewise, if we only work hard to look after our physical appearance or develop our bodies to a state of near perfection, but do not work to uncover the beauty of the soul, we are 100% destined for sorrow.

Self-Management : I am sure we all feel happiest when we are in control of ourselves. But self-control needs to be natural. Forcing, suppressing or doing things out of compulsion are not a happy solution. So as much as possible, align your thoughts to your words and your speech. This creates integrity, self-respect and ultimately true happiness.



Anatomy of Peace & Harmony

Neville Hodgkinson | *Writer, Journalist, UK*

For centuries, scientists and philosophers alike have tended to dismiss the “dualistic” idea of soul and body - of a “ghost in the machine”. They have long argued that however unacceptable the idea might feel, purely physical laws ultimately govern our world and its inhabitants. Paradoxically, focusing too much on external realities can also weaken the objectivity that the science prizes so highly. Researchers who neglect their inner world may become unaware of how much their mental and emotional needs are influencing their observations.

Now, however, some of the best minds at the frontiers of physics and biology are developing a map of the way things are that helps us to understand how the living energy of “soul” may be central to reality. They say that the roots of our being lie within a non-material realm, outside space and time. Each of us is a centre of consciousness – an eternal soul – negotiating the world of time and space through the brain and senses.

In this view, every material thing, from a particle, to a flower, to a human body, or to the cosmos, takes its form through continuous interaction with a subtle level of reality. The concept of information lies at the heart of this new paradigm, but to be meaningful, information needs both a source, and something to be informed. We can see these subtle, informational fields as a bridge between soul, or spirit, and the material world, to which the information gives form.

This new thinking, sometimes referred to as the consciousness-based paradigm, looks set to bring aspects of spiritual understanding right back into the realm of science. In the new paradigm, everything is interconnected. We share a common understanding or “feeling” about the quality of different colours, for example, because of a deep connection between the different wavelength characteristics of the colours, the sensory equipment that enables us to distinguish them, and the consciousness – the “I” – that sees.

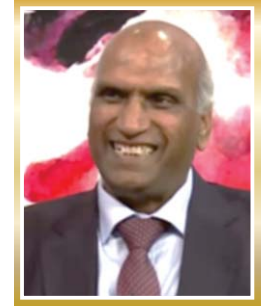
Moreover, scientists have now demonstrated that the brain as well as the body change constantly according to how we use them. As we learn, even individual brain cells (neurons) change their structure, as well as their connectivity. Thinking, learning and acting bring changes in the activity of genes inside the cells, enabling the brain to adapt at a fundamental level.

This principle operates not only with regard to developing new skills such as learning a language or playing the piano, but also to components of our character such as habitual attitudes. Lasting change requires persistent, close attention. It comes about both through forces that inhibit or destroy old patterns and connections, and forces that promote new ones. Love, it seems, can do both. Neuro-scientists tell us that when we fall in love, or become parents, massive brain reorganisation takes place. Millions of old neural networks fall away, as millions of new ones form.

Love for God is at the heart of the life journey known as Raja Yoga. In this journey, God is in a sense more real than the world of “things”. He is an eternal Being who resides outside space-time, yet holds within Himself the knowledge of everything that happens within the material world. The challenge we face is to allow ourselves to open up to this divine love and wisdom, revealing our own loving nature and helping to restore love and peace in the world.

Happiness is Accessible

BK Ramprakash | Consultant Engineer, USA



Every now and then we have been intrigued by the idea of Heaven. We imagine it looks wonderful to think about, but is it simply a fantasy or could it be a reality? We see a magician performing magic and we know it is fake, but we still enjoy it. There is even this wish that I could do that. We call God a Magician. But God performs the real and practical magic of changing hell into heaven. This real and practical magic follows the process of turning negative into positive and, although magical, it actually works systematically.

Fifty years ago, a mobile phone would have been beyond anyone's dreams. Flying in the air must have been laughable, until the Wright Brothers invented the plane in 1904. No imagination is without a reality.

God provides spiritual energy and nature provides physical resources. We human beings represent both God and nature. It is up to us to apply both these resources and build Heaven, the World of Happiness. Heaven is not merely a world of palaces, beautiful gardens, spring-like weather, and an abundance of wealth. There is much more to it. It consists of a society living together with love, happiness, and harmony. Building such a world can become a reality if we understand and apply the science of Physical and Spiritual energy.

Physical energy is governed by the law of entropy, a law of deterioration. However, spiritual energy is governed by the law of reverse entropy, a law of rejuvenation. We can start the process of reversing the declining order into a rising curve by applying this law of reverse entropy. Spiritual energy is not a defensive energy. It is a dynamic force that can do wonders. We say that love can move mountains and love can melt a stone. Happiness generates pro-active energy in the mind and body and brings success in personal, family, and professional life.

A fall triggered by a 5mm by 1mm thick slab can demolish the 105-story Empire State Building by the domino effect. Similarly, an act of goodness is a small trigger that can demolish the huge mountain of sorrow from the world.

Further, there can be curiosity in the mind about how my small acts of goodness will impact the whole world? Think of Einstein's Equation ($E = mc^2$): one extra neutron of an atom starts the chain reaction that ultimately results in an atomic explosion. When we do something extra at the time of need, it becomes the catalyst in triggering an explosion of goodness and happiness in the whole world.

In the Gita episode, Lord Krishna awakened Arjuna's courage to build heaven on the rocky land that was available to him and called that land '**the land of Action.**' Arjuna represents us, the 7 Billion people on this globe of earth.

Can we awaken the DNA of the Soul of our World, the DNA of care, compassion, and generosity?

Can we garner the courage to build our 'World of Happiness' starting with a Small Act of Goodness?

Yes, We Can!



Spiritual Technique through Technology

BK Mohan Singhal | *Member of Governing Body, Rajyoga Education & Research Foundation, Mt.Abu*

Peace has always been thought to be an output. A concept that has doomed our wisdom and hence created shifts in conscience and modas operandi of each one. The truth is that peace is not an output of certain actions, or certain achievements. Peace is a state of being, it is an identity of ours which when we lose we get deprived of happiness, contentment, strength and vision. We start acting randomly in the search of peace and this randomness takes the place of harmony.

The first is to have a harmony with the resources that we are gifted with. We must be able to utilize, execute and conserve our resources judiciously. The second is to create harmony with the individuals or organization that we come from. We must be able to understand the need and potential of each relationship. Every individual is related personally, professionally, socially, and globally. The third key is to have harmony with our personal resource that is our body, our health. Our health is the prime factor in our successful endeavours and hence health needs a lot of care. The fourth key is the harmony within the mind. A mind that is focused, enthusiastic, filled with positive energy will be able to create harmony in the world eventually.

Now Science is the love for truth. It is an unifying force amongst different nations. Scientific study is the creation of ours, hence as we are so shall be the state of our creation. Imagine an unruly, disoriented man trying to parent a child whose potentials he is still discovering. Science has been always good; it is its by-product technology that has its two faces. Of course, technology has always been a driver of history. The compass and maritime navigation helped enable colonialism, and the Reformation may not have happened without the printing press. And technological growth creates problems as well as solutions. It accelerates carbon monoxide emissions, but can help us produce alternative fuels to reduce them too. Nuclear power can heat homes or destroy nations. So blaming technology is also a resultant of lack of reflection on our own actions and subsidizing the fact that we have to channelize our potentials in the positive. So a mind behind creating such technology has to be virtuous, ethical and empowered with spiritual positivity.

UN Secretary-General Ban Ki-moon once mentioned "Science and technology have crucial roles to play in promoting progress and peace from climate change to public health; from food security to sanitation; from disarmament to disaster preparedness. Ours is the first generation with the knowledge and the tools to end extreme poverty. Ours is the generation that must forge a path towards a sustainable future".

The fact that our planet is now very fragile, cannot be overlooked, let alone ignored. We are shaping our today but also building a tomorrow for the generations to come. An holistic approach alone can be the way out of this fragility. That holistic approach is definitely Science and technology with the understanding of spirituality. Advanced technology and scientific inventions in the hands of a corrupt mind and restless heart will only add to the existing suffering. On the reverse if advancement of science and technology is in the hands of someone with beautiful mind and a loving compassionate heart, will bring the golden era on this planet for all.

And believe me, that is the only way, and that's the only chance we have with us.

Affinity of Science & Spirituality

BK Balkishore | *Core Group Member, SpARC, Hyderabad*



All religions, arts and sciences are branches of the same tree. All these aspirations are directed toward ennobling man's life, lifting it from the sphere of mere physical existence and leading the individual towards freedom.- Albert Einstein

Science explores the 'external' aspects of the World, one where Cause & Effect, with corresponding mapping, play a very important role. Spirituality explores the 'internal' aspects of Subjective Experience (Self) and 'interaction' between Self and Outside World. In today's discourse, Spirituality is quite often confused with religion, the latter focusing more on 'rituals'.

If the focus is only on 'external' then we end up with what we see today in the form of excellent technological development at the cost of negative impact on the Planet (Climate Change, Worsening Waste problem etc) and People (Psychological & Physical Stress, Unhappy Relationships etc). Rampant Consumerism only exacerbates this state. Same technology devoid of reflection about its application selectively can lead to more harm than Good (Social Media). One of the main reasons for the flip-side of any technology to create so much pain is the lack of user's ability to 'reflect' on the consequences in a calm and balanced manner, focusing only on the usage without worrying about the 'results' holistically.

Spirituality on the other hand advocates 'reflection', 'contentment', 'equanimity', 'brotherhood' and 'respect' among other things. When these traits resulting from the practice of Spirituality are inculcated, the necessary 'mind' that is more balanced, less greedy, and respectful to People and Planet emerges. This kind of 'contented' and 'balanced' mind is in a far better position to use the fruits of Science in a far more constructive manner than a mind that is too busy enjoying the fruits of Science without any time or scope for 'positive self reflection'.

Any tool of Science is only as good as the 'intention' of the user of that tool. When that 'intention' is purified with the practice of Spirituality that tool can be put to the 'best' possible use with least or no negative side-effects.

Here at Brahma Kumaris we strive to help people practice 'positive self reflection' and help create a more balanced and contented mind through the medium of Raja Yoga Meditation. SpARC (Spiritual Applications & Research Center), one of the Wings of Brahma Kumaris is at the forefront of exploring the 'applications' of Raja Yoga Meditation in personal and professional life through research based methodologies. It is SpARC's endeavor to bring Science to Spirituality and Spirituality to Science so that we can harness the power of both for the betterment of the humankind by creating a more peaceful & harmonious world together.



Rajyoga Meditation – Healing Power Of Mind, Body & Soul

Dr. Satish K. Gupta | *Director Cardiology & Medical Services, RMM Global Hospital Trauma Centre, Abu Road*

Health- A mystery, an enigma, an elusive goal, the fulfillment of which has always eluded thinkers and doers of humanity; a trillion dollar industry, governments, scientists, doctors have all put forth innumerable solutions for health related problems that afflict humanity, probably their solutions are more than infinity and yet I doubt that they provide an iota of relief. We are producing more doctors, more medicines, pharma industry grows by the second, and we have more data on why diseases happen.

But what is health? Is it the absence of disease?

A young man with a good income and so-called great life and physique is unable to sleep because of pressures at work, loses temper easily, gets irritated... but he has no disease or an old man who has got a state of the art Bypass or an Angioplasty done....does he stop taking medications? Or has he been cured of heart disease by angioplasty or bypass? With all the modern gadgetry, knowledge and technical know-how, why are we not able to provide a cure when dealing with the so called lifestyle disorders like Heart Disease, Diabetes, Hypertension etc.? Relief yes, albeit temporary and symptomatic.

Now the question is, **What is curable and What is incurable? Incurable really means “In” + “Curable” that it is curable if one goes “In” & realizes the “Inner-self”**. World Health Organization(WHO) had defined health as **“A State of Complete Physical, Mental, Social & Spiritual Well-being and not merely absence of disease”**.

If we go by this, how many of us are healthy? Major portion of healthcare budget is spent on treatment of the diseases & less than 5% on their prevention. People spend more on medicine & less on food. Can doctors & modern medicine be blamed? They are hardworking and meticulous but their tools are incomplete.

This is the crux of the problem. We spend years in medical school learning about the body. Very little time is devoted to the Mind, its working & Inner-self (the Soul). I doubt if a Medicine Man would admit it publically even though he may believe in the existence of the soul personally. So there is a deficit in our education system. **A “Human Being” is just not a “Body”. “Human” is derived from “Humus” i.e. Soil and that is what the body turns into when the “Being” (the Soul) has gone, we call it death.** So how can we possibly provide a cure or everlasting relief to person just by treating his body & not him?

It is true that people sell their land & homes to undergo a heart operation. Seeing this scenario and ineffectiveness of what modern science has to offer, the author prepared a research protocol and presented the Idea to H.E. Dr APJ Abdul Kalam and other doctors and scientist friends. A unique, user friendly revolutionary model of **Soul-Mind-Body Medicine – Three Dimensional Healthcare Model** was developed jointly by CAD project team at GHRC, Mt. Abu and DRDO, New Delhi. It has been evaluated in two well designed research studies (Mt Abu Open Heart Trial & Abu Healthy Heart Trial) on angiographically documented heart patients, who were also suffering from various other lifestyle related disorders.

It was in this research project that revolutionary model of Soul-Mind-Body Medicine (Three Dimensional Healthcare) was put to test with very positive, encouraging & remarkable results which have baffled health experts & patients alike. Thousands of Heart patients could open their blocked arteries without any Percutaneous Transluminal Coronary Angioplasty (PTCA) or Coronary Artery Bypass Grafting (CABG). Not only that, the working efficiency or pumping power of the heart (which was thought to be an irreversible damage after a heart attack) improved significantly.

During the study, largest data of its kind was collected on various parameters of the human body (psychological, hormonal, glycemic control, Serum Lipid profile, 2D ECHO (Color Doppler) repeat Coronary angiography etc. As per this revolutionary concept of Soul Mind Body Medicine following few facts came to light:

A Human Being Is Continuum of Body, Mind and Soul and Health is a dynamic process of harmony in spiritual, mental and physical energy. Only soul & few memory cells in the brain are continuous with life. More than 99.8% cells of the whole human body change every three months to two years. Body is made up of 80,000 billion cells. In each cell about 100,000 reactions occur in one second. *(See the illustration)*

Definition of Rajyoga: Rajyoga Meditation is the art and science of harmonizing spiritual, mental and physical energy through connection with the ultimate source of spiritual energy (supreme-soul) for enjoying ever-healthy, ever-wealthy and ever-happy life.

Four principles, intrinsic to **Rajyoga meditation** which underlies the Three Dimensional Healthcare Model ethos are:

- i) Self-responsibility through self-empowerment
- ii) Self-awareness
- iii) Multi-dimensionality
- iv) Biological clock / circadian rhythm

From this study we learnt that when the human being loses “**Soul Consciousness**” & is trapped in **Body, Role** or “**Material Consciousness**”, his mind gets effected by life's situations - favorable or adverse and eventually inner peace and happiness are lost. This effects everything; food habits, daily routines, exercise, social & familial harmony, all get changed for the worse and eventually the person is affected by multitude of psychosomatic illnesses. It is said that more than 95% diseases are Psychosomatic, even road accidents.....

The Dis-ease which has taken hold of the body in turn affects the Mind and the Soul and thus man is caught in a vicious circle of peacelessness, stress, irritation, anger, worry, sadness and fear. And to come out from this vicious cycle, becomes impossible for him.

In this Research we found that when a human being is given support of Rajyoga Meditation, he or she is able to turn from “**Body**”, “**Role**” or “**Material Consciousness**” to “**Soul Consciousness**”. He/she is **able to gain back a control over his life “A True Swarajya (Self-Sovereignty)”**. And he is thus able to tackle all that life throws at him with ease & without losing peace. He turns from being a negative thinker to a positive person whose life is filled with knowledge to understand, truth, peace, love, happiness, bliss & powers to face the adversities.

The aim of Three Dimensional Healthcare Model (Rajyoga Meditative lifestyle) is to instill in each human being that his or her health is their own responsibility, the word Healthy is made of “**Heal+thy**” i.e. only one person can heal you and “**That is You**”. In Hindi, it is ‘**Swasth**’ – **Swa (soul) & Asth (Conscious)**, meaning soul conscious. The afflictions of all the 8 major systems of the body viz: Cardiovascular, Central Nervous System, Immune System, Respiratory, Digestive, Endocrine, Musculoskeletal, Excretory System can be healed by this approach complementing state of art modern healthcare.

This Three Dimensional Healthcare Model utilizes the four pronged approach based on Right Diet, Right Exercise, Necessary and Essential Medication and Stress Management through Brahma Kumaris Rajyoga Meditation – as a new unique & user friendly way of life.

With the author's long professional and spiritual experience with Rajyoga Meditation and multidisciplinary research integrating spirituality and science, it is evident with this new revolutionary approach we can heal all the diseases of mind and body/ psychosomatic/lifestyle and hence, create an Ever-Healthy, Ever-Wealthy and Ever-Happy world.

(For the original version please refer to: Mount Abu Open Heart Trial; Indian Heart Journal: 2011 Vol. 63, Page 461-69. Email :bkdrsatisghupta@gmail.com)





Spiritual Wisdom - Call of Turbulent Times

Dr. Mohit Gupta | *Prof. of Cardiology , GBP Institute of Post Graduate Medical Education and Research, Delhi*

It's no secret that these are turbulent times. Fear, turmoil and uncertainty fill the air these days. Seemingly irreparable divides fracture our politics. Many of us are experiencing increased anxiety, insomnia and very often a boiling anger. Healthy habits and inner peace are disturbed. Huge shifts are taking place both for humanity and the planet, which command our attention and inspire more people to step up and take a stand up for their beliefs. Maintaining inner peace can be difficult when times are challenging but is essential to our well-being. Now, more than ever, is the time to understand the dynamics of global turbulence, change the roots of it, adopt spiritual wisdom and set an example for future generations on how to rise above and be a force of strength stemming from love rather than ego. Cultivating this requires understanding our innate spiritual wisdom and having a Rajayogi life style. Let us understand that these simple practices can transform our quality of thinking and life.

1. Slowing down: Fatigue and tiredness are naturally associated with anything that works continuously. Our mind is no different; It is working like a machine, continuously, often erratically and not in a defined pattern. Such a thought pattern leads to emotional instability that adversely affects our concentration and decision power. Just as rest recharges our body, slowing down the pace of our mind and life is important to maintain balance in turbulent times.

2. In is the Way Out: We all want change: but we want to bring a change by changing others and not ourselves. Spiritual wisdom tells us that change has to start inside. If there is fear, panic and pain outside, this is because of the vibrations that we emit from our mind. If we want the world to be peaceful, it has to start by creating similar thoughts inside. Developing a practice of repetitively generating positive, powerful and purposeful thoughts will change our inner environment, and the same will be reflected outside.

3. Nurture peace: Peace in today's world is most sought. We travel to various destinations in search of peace; still it eludes us. Wisdom teaches us that peace in the world is created when I choose to be peaceful in all circumstances. When we set this equation right, the expression of our life becomes peaceful.

4. Practice Forgiveness: A mind bound by the memories of the past cannot create happiness and joy. Wisdom teaches us to practice the art of forgiveness and letting go. Forgiveness is an attribute of the strong. Its an art that requires us to be compassionate to ourselves and then to everyone. We forgive others for our peace.

5. Practice Mindfulness: Spiritual wisdom teaches us to practice ancient Rajyoga meditation to empower our soul. Meditation is a loving and intellectual communion between consciousness (soul) and supreme consciousness (supreme soul). This reminds us that each soul is pure, powerful and loving. The more we practice silence, the original nature of soul emerges in our thoughts, words and action. God talks when we listen. But it's more like a whisper than a shout. Find quiet so you can hear.

Dear brothers and sister, let us together Simplify the complex cycle of life that we have created for ourselves. Just as we take a little time to energize our body with food let us choose to take out time to charge our mind and hence our spirit or consciousness. If we decide to bring a permanent change in our life, this is no more optional. It is imperative today that we take out few minutes for self-contemplation and check the quality and flow of our thoughts.

Spiritual Powers to meet Global Crisis

Sanjib Sahoo | Scientist 'F', Centre for Air Borne Systems (CABS), DRDO, Bengaluru



The world around us is beautiful with amazing and beautiful animals, birds, landscapes, sea, sky, people, etc. But we seem to be deeply engulfed in problems big and small, hence not able to enjoy and appreciate the beauty around us. It's high time we look into it completely, resolve or get rid of the problems. If we try to look into the problem, we'll find that there are numerous levels of reasons of each problem and so are the solutions.

Now, let us understand the problems with an example at different levels of their solutions and their effectiveness. To start with, we will consider a very trivial problem: 'A stomach Ache' and a complicated problem prevailing in our society today 'Terrorism'.

The focus is completely on solving the problem instantly without much thinking. The solution has to be very quick and effective in nature. This kind of solution works for a very limited time till next level of solution is provided.

Thinking process is initiated for finding the possible causes of the problem. We try to achieve the solution by addressing either one or multiple causes. In our current examples, the solutions given are 'medicine for stomach upset and 'Elimination of fund sources, sympathisers.' respectively.

At this level, enough thought is applied to arrive/ pinpoint at the root cause of the problem. Preventive measures will be taken at physical level to ensure the problem doesn't arise anymore, or at least, minimises the risk of occurrence. The solutions to the above example may include 'a change in lifestyle and 'Remaining alert for suspicious activities respectively.

It is said that most of the problems start at mental level, and then manifest at physical level. In other words, most of the diseases are psychosomatic in nature. Hence, prevention at mental level will lead to automatic control at physical level. Practicing good thoughts, reading moral books, auto-suggestion etc. comes under this category.

This is the final level of solution. This kind of solution is the ultimate as spiritual powers are involved. Our innate values play an important role in the final level. Incorporation of Innate values is the beginning of the journey towards a perfect life. When we incorporate values, we understand the true meaning of life, its goals and objectives. We learn to approach life in a different perspective.

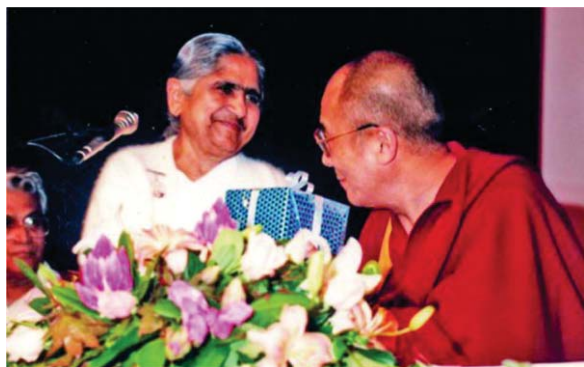
Divine wisdom is the higher stage of innate values. Knowledge becomes wisdom, values become virtues after achieving their perfection. All these are possible because of the spiritual power associated with it. When a person achieves divinity, the approach towards life completely changes. All these happen when a person practices meditation and divine wisdom, and makes it a part of life. Problems don't stop coming if you practice these, but your response to the problem transforms it into opportunity.

When we think about solution, we always think to archive the permanent solution. But however, we become limited by our physical and mental resources. Now it's high time we broaden our vision and incorporate the spiritual powers through meditation to achieve the perfect solution.

CAMERA BRINGS TO LIFE MEMORABLE MOMENTS



Eminent Dignitaries graced various programs of Brahma Kumaris



Dadi Janki presenting Godly Gift to
His Holiness Dalai Lama



Dadi Prakashmani and some saints at a
Sant Samagam held at Mount Abu



Rajyogi BK Jagdish Chander & BK Vedanti with
Pope John Paul in Nairobi, Kenya



Dadi Prakashmani and Mother Teresa
exchanging spiritual smiles



Rajyogi BK Mruthyunjaya with
President of India Shri Ram Nath Kovind Ji



Dadi Prakashmani with Shri P.V. Narasimha
Rao, the then Prime Minister of India



Dadi Prakashmani honouring Dr. A.P.J.
Abdul Kalam, the then President of India



Dadi Prakashmani with
Shri L.K. Advani Ji



Dadi Prakashmani with Shri Atal Bihari
Vajpayee, the then Prime Minister of India



Rajyogi BK Mruthyunjaya with the then
Vice-President of Nepal Shri Parmanand Jha



Smt. Sonia Gandhi tying rakhi
to Rajyogi BK Brijmohan

Eminent Dignitaries visited Brahma Kumaris



Dadi Janki and Dadi Hridaya Mohini with
Smt. Pratibha Patel the then President of India



Dadi Prakashmani presenting Godly Gift to
Mr. Nelson Mandela the then President of South Africa



Dadi Janki with Shri Narendra Modi Ji
the Prime Minister of India



Rajyogi BK Mruthyunjay presenting
Godly Gift to Shri N. Chandrababu Naidu
Chief Minister of Andhra Pradesh



Chief Minister of Chhattisgarh
Dr. Raman Singh ji with
Dadi Hridaya Mohini ji and others



BK Mruthyunjaya with Mr. Basdeo Panday
the then Prime Minister of
Trinidad and Tobago



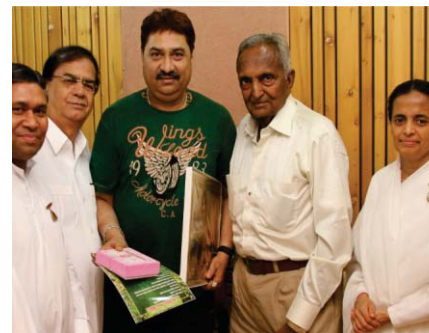
Dadi Janki and Sister Aruna with
Deputy Prime Minister of Bahrain



Dadi Prakashmani with Sir Anerood Jugnauth
the then Prime Minister of Mauritius



Dadi Prakashmani presenting Godly Gift to the
then Prime Minister of India Shri H.D. Deve Gowda



Rajyogi BK Ramesh Shah presenting
Godly Gifts to Singer Mr Kumar Shanu



Dadi Prakashmani with Bollywood
Actress Ms. Shabana Azmi

Eminent Dignitaries visited Brahma Kumaris



Jagadguru Sri Jayendra Saraswathi
Shankaracharya with Dadi Hridaya Mohini



Dadi Hridaya Mohini ji with Bollywood Superstar
Mr. Amitabh Bachchan



Sister BK Jenna with American Actress and Talk
Show Host Ms. Oprah Winfrey



Dadi Janki and some saints at a
Sant Samagam held at Mount Abu



Rajyogi BK Nirwair with
Shri Narendra Modi Ji



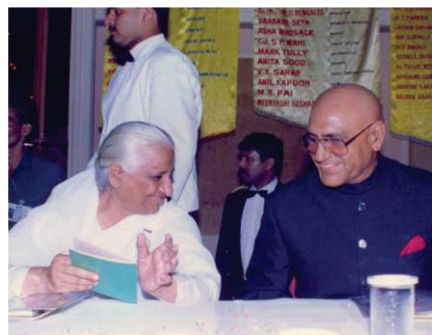
Rajyogi BK Karuna with social activist
Shri Anna Hazare & Telugu Actor
Shri Suman Talwar



Dadi Hridaya Mohini presenting
Godly Gift to Mr. Shiv Kherra



Sister BK Jayanti with Bollywood
Actress Ms. Rani Mukerji



Dadi Prakashmani with Bollywood
Actor Late Shri Amrish Puri Ji



Dadi Prakashmani honouring the famous
Flute Player Shri Hariprasad Chaurasia Ji



Rajyogini Dadi Hridaya Mohini with
Bollywood Actor Shri Chiranjeevi

Eminent Dignitaries visited Brahma Kumaris



Dadi Prakashmani presenting Godly Gift to Shri Shankar Dayal Sharma the then President of India



The then President of India Shri Gyani Zail Singh at Brahma Kumaris World Headquarters, Mt. Abu



Jagdish Bhai with Lord Mount Batten Governor General of India



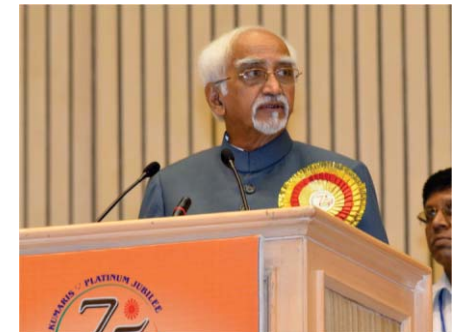
Sister Jayanti with VIPs in Bahrain



Dadi Hridaya Mohini with Prime Minister of Sri Lanka Mr. Ranil Wickremesinghe



Rajyogini Asha Behn tying Rakhi to Shri Manmohan Singh the then Prime Minister of India



The then Vice-President of India Shri Mohammad Hamid Ansari addressing at a BK Conference



Brahma Kumari sisters meeting with Princess Diana



Nawab Mansoor Ali Khan Pataudi with Dadi Prakashmani



Rajyogi BK Ramesh with Singer Ms. Sadhana Sargam

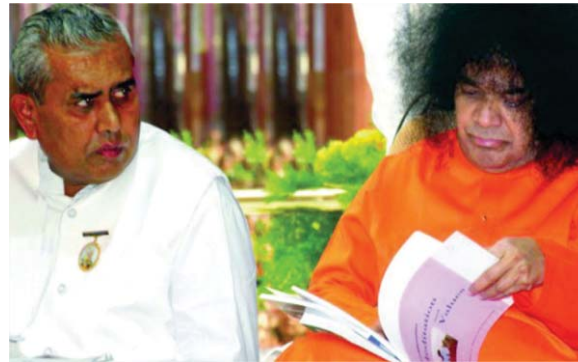


Mr. Kassim Uttam, the then President of Mauritius with Dadi Prakashmani

Eminent Dignitaries visited Brahma Kumaris



Rajyogi BK Brij Mohan ji with the then President of India Shri K.R. Narayanan



Rajyogi BK Mruthyunjaya with His Holiness Shri Sathya Sai Baba



His Holiness Sri Sri Ravi Shankar with Sister BK Shivani



Dadi Prakashmani with King of Nepal



The then Prime Minister of India Shri Rajiv Gandhi at World HQs



His Holiness Baba Ramdev meeting Dadi Janki



Former President of Nigeria Baba Olusegun Obasanjo at BKs World HQs



Legendary Classical Singer Shri Bhimsen Joshi at a conference



Film Actor Hrithik Roshan lighting lamps in a conference at Mumbai



Telugu Actor Gopichand meeting Dadi Ratan Mohini



Dadi Prakashmani with Film Actress Sridevi Ji

World Peace Festival, Marking the 70th Anniversary
of the Brahma Kumaris organised in New Delhi in 2006



SOME WORLDWIDE PROJECTS & MEGA EVENTS

80yrs of Brahma Kumaris, 2017



Hon'ble Prime Minister of India Shri Narendra Modi Ji inaugurating the 80th Anniversary of Brahma Kumaris by Video-Conferencing

Centenary Celebration of Dadi Janki, 2016



Rajyogini Dadi Janki, Chief of Brahma Kumaris cutting cake during her Centenary Birthday Celebrations at Brahma Kumaris World Hqs in Shantivan along with Rajyogini Dadi Hridaya Mohini, Shri O.P. Kohli Governor of Gujarat, Smt. Mridula Sinha Governor of Goa, Shri J.P. Nadda, Union Minister of Health and others



Cake Cutting Ceremony of 80th Anniversary Celebrations



Shri L.K. Advani lighting lamps during 80th Anniversary Celebrations



Rajyogi BK Mruthyunjaya honouring Shri J.P. Nadda Union Minister of Health



Dadi Janki showering blessings during Centenary Celebrations



Rajyogi BK Mruthyunjaya honouring Shri Kalraj Mishra the then Union Minister



Honouring of Media Persons, Shri Sudhir Chaudhary & Shri Deepak Chaurasia



Performance by Film Actress Ms. Gracy Singh during Centenary Celebrations



Audience waving to Dadi Janki Ji during her Centenary Celebrations

Platinum Jubilee, 2011-12



Inauguration of Grand Finale of Platinum Jubilee Celebrations at Brahma Kumaris World Headquarters at Shantivan, Abu Road by Shri Parmanand Jha the then Vice-president of Nepal

Global Festival, 2009-10



Rajyogini Dadi Janki Ji, Rajyogini Dadi Hridaya Mohini Ji inaugurating the Global Festival in Brahma Kumaris World Hqs by lighting lamps



Platinum Jubilee Celebrations in Indore



Sant Samagam during Platinum Jubilee Celebrations



Chief Minister of Chhattisgarh addressing at the Global Festival



Film Actor Shri Shatrughan Sinha addressing at the Global Festival



Global Launching of Platinum Jubilee Celebrations at ORC, New Delhi



Procession by Foreigners from 60 Countries during Platinum Jubilee Celebrations

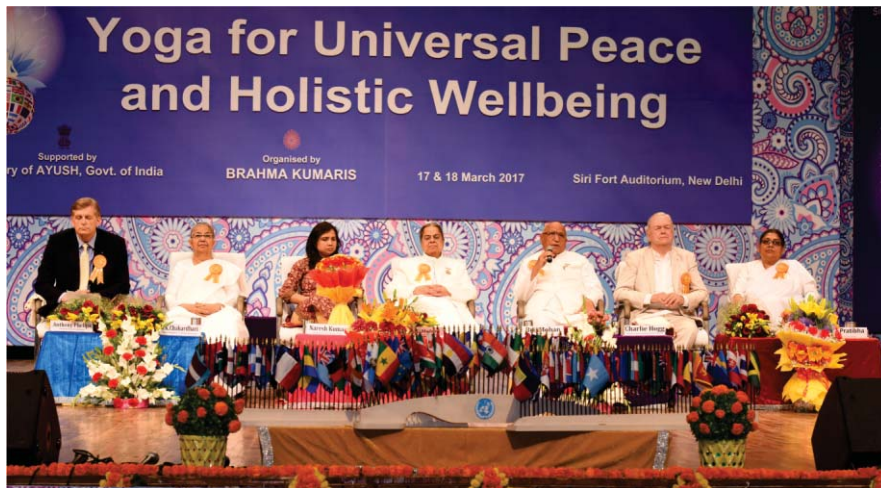


Audience at the Global Festival in New Delhi



Cultural Artists at the Global Festival in Hyderabad

International Conference, New Delhi



International Conference, 2017 on 'Yoga for Universal Peace and Holistic Well-being' in New Delhi

Mass Meditation Events



Mass Meditation during International Yoga Day at Red Fort, New Delhi in 2015



Dignitaries listening attentively at Siri Fort Auditorium, New Delhi



Sister Shivani addressing the International Conference



Dadis joining for mass meditation at India Gate



Sisters meditating at Red Fort



Brother Ken addressing the International Conference



Panel Discussion with Dignitaries



Mass Meditation at India Gate



Mass Yoga at Red Fort

7 Bllion Act of Goodness



Shri Ananth Kumar and Dadi Ratan Mohini lighting lamps in the inauguration of the Brahma Kumaris Global Initiative - 7 Billion Acts of Goodness

The Future of Power



Dadi Janki ji addressing in a seminar of 'Future of Power' Program held at Indore



BK Ramprakash Bhai addressing in 7 BAOG program



Audience listening to 7 BAOG Event



Group Discussions in Future of Power Program



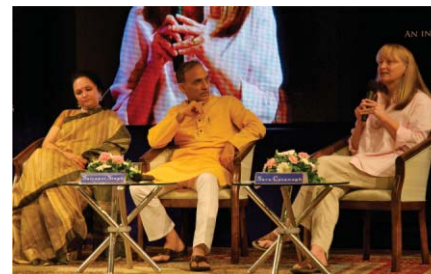
Shri Narendra Modi with Brother BK Nizar



Audience listening to 7 BAOG Event



Russian Artists performing in 7 BAOG event



Panel Discussions during Future of Power Program



Group Photo of Future of Power participants in Australia

Call of Time



Celebration of Dadi Janki's Centenary Birthday during Call of Time Retreat

Peace of Mind Retreat



Christmas Celebrations during Peace of Mind Retreats



Relishing delicious Brahma Bhojan during Retreat



Dignitaries cheering during Call of Time Retreat



Having fun with Senior Dadis



Meditation with Senior Rajyogi Sisters



Meditation Sessions in Retreat



Dadi Janki giving a class during retreat



Meditation at Mountain Top in Mt. Abu



BK Sisters and Brothers in POM Retreat

Our Past International Conferences

International Conference-cum-Cultural Festival, 2018



Theme: God's Plan - Rajyoga For World Peace, Health & Happiness
Rajyogini Dadi Janki ji, Chief of Brahma Kumaris inaugurating the International Conference, 2018

A Multi-Disciplinary Conference-cum-Cultural Festival, 2015



Theme: Rajyoga for a Healthy and Happy Society
Rajyogini Dadi Janki ji, Chief of Brahma Kumaris and Shri Otaram Dewasi Gaupalan Minister of Rajasthan inaugurating the International Conference, 2015



Former President of Nigeria Olusegun Obasanjo at International Conference



Bk Shivani addressing the Conference



Shri Otaram Dewasi Gaupalan Minister of Rajasthan addressing at the conference



Cultural Performance by the Girls of Shakti Niketan Hostel of Indore



Honouring of Foreigners from over 30 Nations during the Conference



Cultural Performance by the Artists



Delegates of the Event



Cultural Artists performing during Conference

Our Past International Conferences

A Multi-Disciplinary Conference-cum-Cultural Festival, 2014



Theme: Time to Receive God's Power for Great Transformation
Rajyogini Dadi Janki ji, Chief of Brahma Kumaris and others inaugurating the International Conference

A Multi-Disciplinary Conference-cum-Cultural Festival, 2013



Theme: God's Wisdom for Inner Peace and Global Harmony
Rajyogini Dadi Janki ji, Chief of Brahma Kumaris and others inaugurating the International Conference



Honouring of Shri Balam Das Tandon, the then Governor of Chhattisgarh



Delegates at the event



Gen. (Retd.) V.K. Singh addressing at the Conference



Falun Dafa Chinese Band Performing at shantivan



Cultural Artists performing during the event



Cultural Artists performing during the Conference



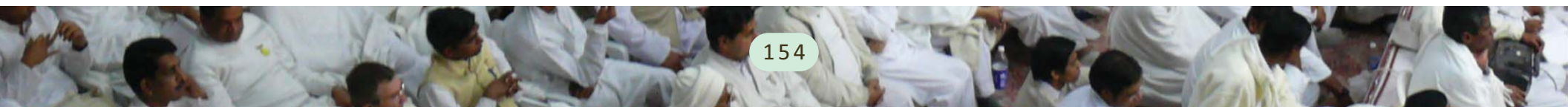
Russian Cultural Artists performing during the Conference



Ms. Usha Mangeshkar, Playback Singer performing at the Conference



The army of Rajyogis in Diamond Hall, Shantivan





Aerial View of Brahma Kumaris, Shantivan Abu Road, Rajasthan





www.brahmakumaris.com (India)
www.brahmakumaris.org (Global)