

# NATIONAL MEDIA

## CONFERENCE & RETREAT

30th April -  
4th May 2026



## *Programme Booklet*

### - THEME -

Need for Global Peace - Role of Media  
वैश्विक शांति की आवश्यकता - मीडिया की भूमिका

### - VENUE -

Academy for a Better World,  
Gyan Sarovar, Mt. Abu (Raj.)



### - Organisers -

MEDIA WING, PRAJAPITA BRAHMA KUMARIS ISHWARIYA VISHWA VIDYALAYA  
WORLD HEADQUARTERS: MOUNT ABU (RAJ.)

Email: [mediaconference@bkivv.org](mailto:mediaconference@bkivv.org)

Website: <https://mediawing.org>



## Warm Welcome to Our Honoured Guests

The Brahma Kumaris Family warmly welcomes you to the National Media Conference & Retreat. We wish you a comfortable and enriching stay filled with spiritual wisdom and inner empowerment.

### Important Information for Participants:

- **Rajyoga Meditation Sessions:** Experience these special sessions and benefit from this scientific method of self-realization and inner transformation.
- **Punctuality & Badges:** Please be punctual for all sessions and dining. Wear your badge at all times.
- **Campus Discipline:** Smoking and consumption of alcohol are strictly prohibited. Kindly help us to sustain the purity and spiritual atmosphere of the campus.
- **Medical Assistance:** Available at Baba Dispensary (near Vishnu Puri building) 09:00 am – 12:00 noon | 04:30 pm – 07:00 pm
- **Participation Certificate:** E-certificates will be sent to your registered email after submitting the online form.
- **Valuables:** Please take care of your belongings. For any help, contact your building caretaker.
- **Transport:** Kindly inform the Transport Office at least 24 hours in advance to arrange your transport to the railway station, airport, or bus terminal.
- **Sight-seeing:** For Mount Abu (Abu Raj) Darshan, contact the Sight-seeing Office.
- **Journey Food:** Kindly inform the 'Journey Food Department' in advance to arrange your journey food.
- **Helpdesk:** 7023706615 | 9010161616 | 9079208016

With warm regards,

Brahma Kumaris

## DAILY ROUTINE

- 04.00 am - 04.45 am : Collective Meditation
- 04.30 am - 06.30 am : Tea / Coffee / Milk
- 06.30 am - 07.00 am : Physical Stretching Exercise
- 07.00 am - 08.15 am : Raja Yoga Meditation (Lecture & Practice)
- 08.15 am - 09.00 am : Breakfast
- 10.00 am - 01.00 pm : Conference Sessions
- 01.00 pm - 02.00 pm : Lunch
- 02.00 pm - 03.30 pm : Campus Visit / Self Study / Rest
- 03.30 pm - 04.00 pm : Tea / Coffee / Milk
- 04.00 pm - 08.00 pm : Conference Sessions
- 08.00 pm - 08.45 pm : Dinner

Thursday, 30th April 2026: 09.00 am - 05.00 pm

## Arrival, Registration Check-in & Campus Visit

Thursday, 30th April 2026: 06.00 pm - 08.00 pm

Venue: Meditation Hall

### RECEPTION SESSION

**Theme: Need for Global Peace - Role of Media**  
**वैश्विक शांति की आवश्यकता - मीडिया की भूमिका**

**Video Film**

**Blessings**

: **Rajyogini B.K. Prabha Didi**  
Director, Gyan Sarovar, Mt. Abu

**Welcome Song**

: **Bro. B.K. Yugratan**  
Spiritual Singer, Brahma Kumaris, Mt. Abu

**Welcome Speech**

: **Bro. B.K. Nikunj**  
National Coordinator, Media Wing, RERF, Mumbai

**Inspirations**

: **Sis. B.K. Sarala**  
Vice-Chairperson, Media Wing, RERF, Hyderabad

**About the Conference**

: **Bro. B.K. Shantanu**  
National Co-ordinator, Media Wing, RERF, Mt. Abu

**Greetings**

: **Bro. B.K. Komal**  
Editor, Madhuban News Channel, Abu Road

**Meditation Experience**

: **Dr. B.K. Binny**  
Public Relations & Spiritual Advisor, GHRC, Mt. Abu

**Introduction of Delegates** :

**Co-ordinator**

: **Sis. B.K. Chanda**  
HQ Coordinator, Media Wing, RERF, Mt. Abu

Friday, 1st May 2026: 07.00 am - 08.15 am:

Venue: Meditation Hall

## RAJA YOGA MEDITATION SESSION-I

**Topic: Discovering the Inner Self**

विषय: अंतरात्मा की खोज

**Speaker** : **Sis. B.K. Dr. Savita**, Sr. Rajyoga Teacher & Motivational Speaker, Mt. Abu

**Facilitator** : **Sis. B.K. Pratibha**, Executive Member, Media Wing, RERF, Ghatkopar, Mumbai

Friday, 1st May 2026: 10.30 am - 01.00 pm

Venue: Harmony Hall

## INAUGURAL SESSION

**Theme: : Need for Global Peace - Role of Media**

वैश्विक शांति की आवश्यकता - मीडिया की भूमिका

**Chief Guest** : **Bro. Subhash Barala ji**  
Member of Parliament (Rajya Sabha), Tohana (Har.)

**Blessings** : **Rajyogini B.K. Sudesh**  
Addl. Administrative Head, Brahma Kumaris

**Chairperson** : **Rajyogi B.K. Karuna**  
Secretary General, Brahma Kumaris &  
Chairperson, Media Wing, RERF, Mt. Abu

**Welcome Song** : **Madhurvani Group, Mount Abu**

**Meditation Experience** : **Rajyogini B.K. Sheilu**  
Vice-Chairperson, Education Wing, RERF, Mt. Abu

**Objectives of the Conference** : **Sis. B.K. Sarala**  
Vice-Chairperson, Media Wing, RERF, Hyderabad

**Key-Note Speech** : **Prof (Dr.) Mansingh Parmar**  
Ex-V. C., Kushabhau Thakre University of JMC, Raipur

**Guests of Honour** : **Sis. Tanaya Patnaik**  
Editor, The Sambad & Kanak TV, Bhubaneswar

: **Bro. Naresh Kaushal**  
Editor, Dainik Tribune, Chandigarh

*(Note: Hon'ble Speakers of all Sessions are requested to attend the Candle Lighting Ceremony)*

**Coordinator** : **Sis. B.K. Chandrakala**  
Zonal Co-ordinator, Media Wing, RERF, Jaipur

Friday, 1st May 2026: 04.00 pm - 06.00 pm

Venue: Meditation Hall

## PLENARY SESSION-I

**Topic: Navigating New Trends in Media for Societal Benefit**

**विषय: सामाजिक हित के लिए मीडिया में उभरते नए रुझानों का मार्गदर्शन**

- Chairperson** : **Bro. B.K. Sushant**  
National Co-ordinator, Media Wing, RERF, Delhi
- Welcome** : **Bro. B.K. Nathmal**  
Zonal Coordinator, Media Wing, RERF, Cuttack
- Keynote Speech** : **Bro. Arun Naithani**  
Asst. Editor, Dainik Tribune, Chandigarh
- Greetings** : **Bro. B.K. Dr. Gangadhar**  
Editor, Om Shanti Media, Shantivan, Abu Road
- Guests of Honour** : **Dr. Suresh Verma**  
Professor & Radio Incharge, MCRC, Jamia University, Delhi
- : **Dr. Somnath G. Vadnere**  
Asst. Professor, Dept. of JMC, North Maharashtra University, Jalgaon
- : **Bro. Kuldeep Singh Dattwalia**  
Former Principal Director General, PIB, Delhi
- : **Bro. Sheel Shukla**  
Editor-in-Chief, Wisdom India Daily & News Channel, Ghaziabad
- : **Sis. Sushma Sharma**  
Program Executive (R), All India Radio, Guwahati
- Meditation Experience** : **Sis. B.K. Poonam**  
Zonal Coordinator, Media Wing, RERF (Punjab Zone), Chandigarh
- Audience Interaction** :
- Coordinator** : **Sis. B.K. Dr. Nandini**  
Addl. Zonal Co-ordinator, Media Wing, RERF, Ahmedabad

Friday, 1st May 2026: 06.30 pm - 08.00 pm

Venue: Meditation Hall

## INSIGHT SESSION-I

### Topic: Applying Inner Powers to Meet Professional Challenges

व्यावसायिक चुनौतियों का सामना करने हेतु आंतरिक शक्तियों का प्रयोग

- Chairperson** : **Dr. Pratap Midha**  
Addl. Secretary General, Brahma Kumaris, Mt. Abu
- Keynote Speech** : **Bro. B.K. Surya**  
Sr. Rajyoga Teacher & Motivational Speaker, Mt. Abu
- Speech** : **Sis. B.K. Dr. Sunita**  
FPP, Shiva Shakti Leadership Approach, Abu Road
- About Nasha Mukta Bharat Abhiyan** : **Dr. Banarsilal Sah**  
Secretary, Medical Wing, RERF, Mt. Abu
- Meditation Experience** : **Sis. B.K. Shaku**  
Sub-Zone In Charge, Brahma Kumaris Ghatkopar Sub Zone, Mumbai
- Coordinator** : **Sis. Dr. B.K. Reena**  
Zonal Coordinator, Media Wing, RERF, Bhopal

Friday, 1st May 2026: 08:45 pm - 10.15 pm

Venue: Harmony Hall

## CULTURAL EVENING

### सांस्कृतिक संध्या



- Kajol Dance Academy, Agra**  
**Diamond Dance Group, Bilaspur (CG)**  
**Nrityanjali Kathak Dance Academy, Rajkot**  
**B.K. Ankur, Versatile Singer, Gharaunda (Har.)**  
**Kumari Gauravi Parmar, Indore**  
**Kumari Lavanya, Faridabad**



**Coordinators**

- : **Sis. B. K. Manju**  
State Coordinator (CG), Media Wing, RERF, Bilaspur
- : **Dr. Vivek Verma**  
Spiritual Poet & Writer, Mt. Abu

Saturday, 2nd May 2026: 07.00 am - 08.15 am

Venue: Meditation Hall

## RAJA YOGA MEDITATION SESSION-II

**Topic: Understanding the Supreme Being**

परम सत्ता की पहचान

**Speaker** : **Rajyogini B.K. Chandrakala**  
Senior Rajyoga Teacher & Motivational Speaker, Jaipur

**Facilitator** : **Sis. B.K. Shilpa**  
Member, Media Wing, RERF, Delhi

Saturday, 2nd May 2026: 10.00 am - 10.40 am

Venue: Meditation Hall

## ONE-TO-ONE TALK - I

**Topic: Media to Target for Peace in Society**

समाज में शांति स्थापना हेतु मीडिया के लक्ष्य

**Guest of Honour** : **Prof (Dr.) Mansingh Parmar**  
Ex-V. C., Kushabhau Thakre University of JMC, Raipur

**Anchor** : **Sis. Dr. B.K. Reena**  
Zonal Coordinator, Media Wing, RERF, Bhopal

Saturday, 2nd May 2026: 10.45 am - 11.30 am:

Venue: Meditation Hall

## ONE-TO-ONE TALK - II

**Topic: Social Media for Promoting Unity and Trust**

एकता और विश्वास को बढ़ावा देने हेतु सोशल मीडिया

**Guest of Honour** : **Bro. B.K. Nikunj**  
National Coordinator, Media Wing, RERF, Mumbai

**Anchor** : **Sis. Priyanka Kaushal**  
Resident Editor, Bharat Express Channel, Raipur

Saturday, 2nd May 2026: 12.00 pm - 12.45 pm

Venue: Meditation Hall

## ONE-TO-ONE TALK - III

**Topic: Ensuring Spiritual Values in the Age of AI**

ए.आई. (कृत्रिम बुद्धिमत्ता) के युग में आध्यात्मिक मूल्यों की सुनिश्चितता

**Guests of Honour** : **Dr. Sarika Takhar**  
Dean & Director, NIMS Institute of Journalism & Mass  
Communication, Jaipur

**Anchor** : **Sis. B.K. Jyoti**  
TV Journalist, Delhi

Saturday, 2nd May 2026: 04.00 pm - 06.00 pm

Venue: Meditation Hall

## PLENARY SESSION-II

**Topic: Media as a Catalyst for a New Social Order**

**नवीन सामाजिक व्यवस्था के उत्प्रेरक के रूप में मीडिया**

- Chairperson** : **Bro. B.K. Mohan Singhal**  
Chairperson, Scientists, Engineers & Architect Wing, Mt. Abu
- Welcome** : **Bro. B.K. Shashikant**  
North Gujarat Coordinator, Media Wing, RERF, Deesa (Guj.)
- Guests of Honour** : **Sis. Asha Nivedi**  
News Service Division, All India Radio, Delhi
- : **Dr. Shree Gopal Narsan**  
Editor, Divine Mirror Hindi Channel, Roorkee
- : **Bro. Rajesh Rajore**  
Editor, Dainik Deshonnati, Khamgaon (MH)
- : **Bro. Kanwar Raj Asthana**  
Chief Editor, Divya Himgiri, Dehradun
- : **Bro. Shankar Katira**  
National Secretary General, ASMNI, Deesa/Ahmedabad
- : **Bro. Vishal Yadav**  
Editor-in-Chief, janmantra.com, Raipur
- Meditation Experience** : **Sis. B.K. Suman**  
National Coordinator, Education Wing, RERF, Mt. Abu
- Audience Interaction** :
- Coordinator** : **Bro. B.K. Prahlad**  
Sub Zonal Coordinator, Media Wing, RERF, Gwalior

Saturday, 2nd May 2026: 06.30 pm - 08.30 pm

Venue: Meditation Hall

## VALEDICTORY SESSION

**Topic: Media as an Architect of Global Peace**

**वैश्विक शांति के शिल्पकार के रूप में मीडिया**

- Chairperson** : **Dr. B.K. Mruthyunjaya**  
Addl. Secretary General, Brahma Kumaris, Mt. Abu
- Chief Guest** : **Bro. K. Sreenivas Reddy**  
Chairman, Telangana Media Academy, Hyderabad
- Action Plan** : **Sis. B.K. Sarala**  
Vice-Chairperson, Media Wing, RERF, Hyderabad
- Welcome** : **Bro. B.K. Ravendra**  
Executive Member, Media Wing, RERF, Bhopal
- Speech** : **Dr. B.K. Savita**  
National Coordinator, Women Wing, RERF, Mt. Abu
- Guest of Honour** : **Bro. Anubhav Mathur**  
Associate Professor, Times School of Media, Greater Noida
- : **Dr. D.D. Mittal**  
Editor-in-Chief, Shrimat Express, Gurugram/Dehradun
- Meditation Experience** : **Sis. B.K. Sunita**  
Zonal Coordinator, Media Wing, RERF, Delhi
- Vote of Thanks** : **Bro. B.K. Narendra**  
Sub Zonal Coordinator, Media Wing, RERF, Vadodara
- Coordinator** : **Sis. B.K. Yogini**  
Sub Zonal Coordinator, Media Wing, RERF, Ajmer

Sunday, 3rd May 2026: 07.00 am - 08.15 am

Venue: Meditation Hall

## RAJA YOGA MEDITATION SESSION-III

**Topic: Raja Yoga Techniques for Unlocking Inner Powers**

अंतर्निहित शक्तियों के जागरण हेतु राजयोग की विधियाँ

**Speaker** : **Sis. B.K. Manju**  
Senior Rajyoga Teacher & Motivational Speaker, Bilaspur

**Facilitator** : **Bro. B.K. Vikram**  
Executive Member, Media Wing, RERF, Bilaspur

Sunday, 3rd May 2026: 09.30 am

## SIGHT-SEEING OF MOUNT ABU (ABU RAJ)

Visit to Pandav Bhawan, Nakki Lake, Delwara Temple & Peace Park



**Sight-Seeing Coordinators** : **Bro. B.K. Venugopal**  
Incharge, Video Dept., Brahma Kumaris, Mt. Abu

: **Bro. B.K. Surendra**  
Receptionist, Pandav Bhawan, Mt. Abu

: **Bro. B.K. Vipul**  
Member, Media Wing, RERF, Abu Road

: **Bro. B.K. Jyoti Prakash**  
Member, Media Wing, RERF, Mt. Abu

## Outdoor Games & Entertainment at Peace Park (11:45 am)

**Master of Ceremony** : **Sis. B.K. Shashi Prabha**  
Addl. Administrative Head, Brahma Kumaris &  
Senior Vice-Chairperson, Sports Wing, RERF, Mt. Abu

: **B.K. Dr. Jagbir Singh**  
Olympic Mind Power Coach, Gyan Sarovar, Mt. Abu

Sunday, 3rd May 2026: 06:30 pm - 07:30 pm

Venue: Meditation Hall

## INSIGHT SESSION-2

### Mass Meditation for World Peace ( विश्व शांति हेतु सामूहिक ध्यान )

Guided Meditation

: **Sis. B.K. Vishnu**

Raj Yoga Teacher, Ghatkopar, Mumbai

: **Sis. B.K. Sunita**

Zonal Co-ordinator, Media Wing, RERF, Delhi

: **Sis. B.K. Madhu**

Senior Raj Yoga Teacher, Agra

: **Sis. B.K. Medha**

Member, Media Wing, RERF, Delhi

Coordinator

: **Sis. B.K. Yogini**

Sub Zonal Coordinator, Media Wing, RERF, Ajmer

Monday, 4th May 2026: 07.00 am - 08.15 am

Venue: Meditation Hall

## RAJA YOGA MEDITATION SESSION-IV

### Topic: Karma Philosophy for Success in Life सफल जीवन के लिए कर्म दर्शन

Speaker

: **Sis. B.K. Chanda**

HQ Coordinator, Media Wing, RERF, Mt. Abu

Facilitator

: **Sis. B.K. Bhavna**

Executive Member, Media Wing, RERF, Vadodara



### Physical Stretching Exercise

1st to 4th May 2026

06.30 am to 07.00 am

By **B.K. Dr. Jagbir Singh**

Olympic Mind Power Coach, Gyan Sarovar, Mt. Abu



## Introduction

Communication is the foundation of the entire creation. It is the most powerful and reliable means of satisfying human curiosity and connecting society. The Media serves as a bridge between society and governance. When people do not receive justice from the legislature, executive, or judiciary, they turn to the media with hope—and the media often fulfils this role effectively.

The media plays a pivotal role in shaping the future of both the nation and society. However, in recent times, its credibility has come under question. The primary reason for this is the commercialization of the media. Ever since it began to be viewed as a means of wealth generation, the control of large corporate houses over it has increased. As a result, the media has shifted from being a mission to becoming merely a profession. Consequently, it is facing numerous challenges, including a noticeable decline in its independence and authenticity.

## Vision

The media is not merely a medium for broadcasting events; it is also a powerful driving force that accelerates social, political, and economic transformation. Therefore, the need of the hour is deep introspection on media policies and objectives.

All those associated with the media industry must unite to engage in healthy dialogue on current circumstances and embrace constructive outcomes. This is essential for resolving the problems faced by humanity today. Media is a force capable of transforming the direction and condition of society. Hence, it must play its decisive role in safeguarding society from decline and guiding it towards a positive direction.

## About the Media Wing

In light of current global circumstances, value-based journalism is needed today more than ever. With this objective, the Media Wing was established in 1980 under the auspices of the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya.

The Media Wing focuses on the skill development and professional empowerment of journalists. The integration of Rajyoga Meditation and spiritual values has instilled a sense of positivity among media professionals, effectively reducing work-related pressure and enabling them to experience consistent growth.

Furthermore, the Media Wing is cultivating a network of enlightened journalists, publishers, editors, and media platforms dedicated to promoting the values of justice, integrity, equality, non-violence and harmony. It also provides regular training to media professionals in Rajyoga meditation, positive thinking, stress management, and self-empowerment, fostering both personal well-being and professional excellence.

## Goals and Objectives

**Holistic Development:** Commitment to the moral, spiritual, and character development of journalists.

**Cultural Identity:** Establishing national culture, well-being, and a holistic lifestyle as core pillars of journalism.

**Value-Based Practice:** Promoting and practicing value-based journalism across print, electronic, social, and digital media.

**Professional Mentorship:** Fostering value-based journalism under the guidance and mentorship of senior media professionals.

**Constructive Reporting:** Encouraging a shift from negative news coverage to more proactive and positive narratives.

**National Solidarity:** Promoting religious harmony, national unity, and social integrity.

**Empowering the Grassroots:** Encouraging grassroots journalism to safeguard the interests of underprivileged and marginalized communities.

**Ethical Vigilance:** Discouraging unverified, biased, sensationalist, and inappropriate content.

**Inner Well-being:** Cultivating peace, happiness, and love in the lives of media professionals through the practice of Rajyoga Meditation.

## Key Programs

The Media Wing facilitates progress through a range of engagement platforms, including:

- **Conferences and Seminars**
- **Dialogue Programs and Talk Shows**
- **Fellowship Gatherings**
- **Theme-Based Training Programs and Workshops**

### **BRAHMA KUMARIS MEDIA FOR PROMOTING PEACE IN THE WORLD**

The Brahma Kumaris World Spiritual Organization effectively uses media as a powerful communication tool to promote global peace. Through television programs, radio broadcasts, social media platforms and digital campaigns, it shares messages of positive thinking, spiritual awareness and inner transformation. Its content emphasizes values such as peace, love, and harmony, helping individuals shift from negativity to a more constructive and peaceful mindset.

By creating spiritually enriching content and collaborating with journalists, media professionals, and institutions, the organization ensures that messages of hope and unity reach a global audience. In a world often influenced by sensationalism and conflict-driven information, such peaceful communication plays a crucial role in shaping a more balanced, compassionate and harmonious society.

## ABOUT BRAHMA KUMARIS

The Brahma Kumaris is a worldwide spiritual movement dedicated to personal transformation and world renewal. Founded in India in 1937, Brahma Kumaris has spread to over 140 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 provides spiritual education and reflective practices for people from diverse cultural backgrounds, inspiring them to live according to their own higher nature and contribute towards a better world. It supports the cultivation of a deep collective consciousness of peace and of the individual dignity of each soul.

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 the forefront from the very beginning, and it has set Brahma Kumaris apart on the stage of the world's religious and spiritual organisations. For about 90 years their leadership has been characterised by steady courage, a capacity for forgiveness and a deep commitment to promote Peace, Unity and Trust.

Although women hold the top administrative positions, the women who hold these positions have always made decisions in partnership with the male counterparts. It is a partnership and consensus model of leadership, based on respect, equality and humility. As such, it stands as an example of accomplished and harmonious jurisdiction.

Brahma Kumaris is an international Non-Governmental Organisation (NGO) accredited to the United Nations with General Consultative Status with the Economic and Social Council (ECOSOC) and UNICEF.

Through its international network of centres Brahma Kumaris offers courses in Raja Yoga meditation and a range of lectures, workshops, short courses and programmes in personal development. There are also many community outreach projects that serve a variety of local needs.

### 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, yet the body is not its integral identity.

#### **Believes in Spiritual Brotherhood**

Brahma Kumaris believe in the 'spiritual brotherhood' of mankind and 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 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 supports itself entirely by voluntary contributions made by its 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 more than 90 years and it has strengthened its system of governance and administration with women at the helm of affairs. No doubt, brothers are always there and are given a place of respect.

### **Believes in World Change through Self-change**

The governing ideology 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 Wings of Brahma Kumaris**

The Rajyoga Education and Research Foundation (RERF), a sister organization of the Brahma Kumaris, furthers these aims through its 25 specialized wings. Each Wing provides services tailored to different segments of society and professional groups.

**(1) Administration (2) Agriculture & Rural Development (3) Art and Culture (4) Business & Industry (5) Education (6) IT (7) Jurists (8) Media (9) Medical (10) Politicians (11) Religious (12) Scientists, Engineers and Architects (13) Security Services (14) Social Service (15) Sports (16) SpARC (Spiritual Application & Research Centre) (17) SAT (Shipping, Aviation & Tourism) (18) Transport & Travel (19) Women (20) Youth (21) Divyang Jan Seva (22) Bhagavad Gita Seva (23) Finance Fraternity Seva (24) Design and Innovation (25) VishwaKarma Nirman.**



# PROGRAMME AT A GLANCE

## Day-1 THURSDAY, 30TH APRIL 2026

- 09.00 am - 05.00 pm : Registration Check-in & Campus Visit
- 06.30 pm - 08.00 pm : Reception Session

## Day-2 FRIDAY, 1ST MAY 2026

- 06.30 am - 07.00 am : Physical Stretching Exercise
- 07.00 am - 08.15 am : Raja Yoga Meditation Session - I
- 10.00 am - 01.00 pm : Inaugural Session
- 04.00 pm - 06.00 pm : Plenary Session - I
- 06.30 pm - 08.00 pm : Insight Session - I
- 08:45 pm - 10.15 pm : Cultural Programme

## Day-3 SATURDAY, 2ND MAY 2026

- 06.30 am - 07.00 am : Physical Stretching Exercise
- 07.00 am - 08.15 am : Raja Yoga Meditation Session - II
- 10.00 am - 10.40 am : "One-to-One Talk" - I
- 10.45 am - 11.30 am : "One-to-One Talk" - II
- 12.00 pm - 12.45 pm : "One-to-One Talk" - III
- 04.00 pm - 06.00 pm : Plenary Session - II
- 06.30 pm - 08.30 pm : Valedictory Session

## Day-4 SUNDAY, 3RD MAY 2026

- 06.30 am - 07.00 am : Physical Stretching Exercise
- 07.00 am - 08.15 am : Raja Yoga Meditation Session - III
- 09:30 am - : Sight-Seeing of Mount Abu (Abu Raj)
- 06:30 pm - 07:30 pm : Insight Session-2 on "Mass Meditation for World Peace"

## Day-5 MONDAY, 4TH MAY 2026

- 06.30 am - 07.00 am : Physical Stretching Exercise
- 07.00 am - 08.15 am : Raja Yoga Meditation Session - IV
- 10.00 am onwards : Departure for a New Beginning