

Schedule



Inner Technology

Self-Reliance for Success

**4th National Residential Conference
for IT Professionals**

09:00 AM..... Arrival, Registration
05:30 PM..... Inaugural Session
07:30 PM..... Session
08:30 PM..... Dinner

**6th
Jan**

04:00 AM..... Guided Meditation
07:00 AM..... Meditation Session
08:30 AM..... Breakfast
09:30 AM..... Session
11:00 AM..... Q&A Time
11:15 AM..... Tea Break
11:30 AM..... Session
01:00 PM..... Lunch & Rest
04:00 PM..... Tea
04:15 PM..... Session
05:15 PM..... Session
06:30 PM..... Practical Meditation
07:30 PM..... Dinner
08:30 PM..... Video Film/Q&A

04:00 AM..... Guided Meditation
07:30 AM..... Meditation Session
08:30 AM..... Breakfast
09:00 AM..... Session
09:30 AM..... Sight Seeing

**7th-8th
Jan**

**9th
Jan**

**10th
Jan**

04:00 AM..... Guided Meditation
07:30 AM..... Meditation Session
08:30 AM..... Breakfast/Departure

Organisers

**IT Wing-Brahma Kumaris
Mount Abu, Rajasthan**



1065



686



497



171

**6 - 9 January, 2017
(Friday-Monday)**



Prajapita
BRAHMA KUMARIS
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Brahma Kumaris
Manmohini Complex
Mount Abu, Rajasthan, India

Self-Reliance for Success

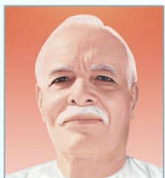
The world of technology is growing very fast and the IT industry is seeing more waves of change than ever before and is among the most dynamic and fast growing industries. Even though the status of living of the IT class may be experiencing proportional growth in professional stature, individuals most often are undergoing a stressful experience at the personal level. It is observed that they are not able to give quality time to analyze and reflect on self. The quality of life is not level set to the momentum of the industry and could actually be moving the downward path.

There is something beyond technology for us to understand and ponder upon. This conference will enable us to access our inner world to get a deeper understanding of the root cause of our problems. We will understand that the more we get connected with the self, the more we build self-reliance and positive energy within us. This goes a long way towards building powerful team structures in our organizations to bring more success to our work life and more health and joy to our daily life.

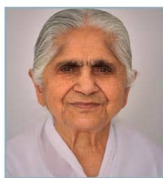
Organisation

Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya (also called Brahma Kumaris) is an international socio-spiritual non-governmental organisation. Its world headquarters is situated in Mount Abu, Rajasthan. This organisation is serving through its 8500 centres in more than 130 countries. It is also affiliated to the United Nations having consultative status with ECOSOC and UNICEF.

Brahma Kumaris is focused on self-transformation through spiritual education and reflective practices. We focus on self-transformation by re-discovering and strengthening human potential which is achieved through deep and clear understanding of self, God and human existence. We practice and teach a form of meditation that relaxes the mind and nurtures a healthy balance between our inner and outer worlds. Through numerous social service activities and partnerships, we promote spiritual understanding, leadership with integrity and elevated actions towards a better world.



Founder
Brahma Baba



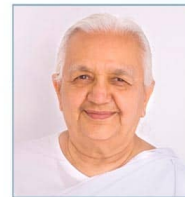
Administrative Head
Dadi Janki



Addl. Administrative Head
Dadi Hridaya Mohini

IT Wing

IT (Information Technology) Wing of Brahma Kumaris was formed to serve the IT Professionals to help them understand about IT (Inner Technology) too. This wing is focusing to bring back the lives of IT Professionals from Human Doing to Human Being. Now the time is to do a little shift in the space of Technology and Transformation so that we have better relationships, increased work efficiency, and highly developed inner strengths to enable us to handle daily challenges in more positive ways.



Dr. Didi Nirmala
Chairperson, IT Wing

Didi Nirmala is the Chairperson of the IT Wing of Brahma Kumaris. She is also the Director of Gyan Sarovar Complex, Mount Abu and Director of Brahma Kumaris Centres in Australia and Asia.

RajYoga Meditation

The most important journey you can take is the journey within. This is a journey to the truth of who you really are. Spiritual power gives you the power to choose creative thinking rather than automated thinking, response rather than reaction; peace, love and harmony rather than stress, conflict and chaos. Meditation enables you to embark on this inward journey.

Rajyoga meditation is one of the most effective forms of meditation to help replenish mental and emotional energy enabling individuals to create new attitudes and responses to life. It empowers individuals with a clear spiritual understanding of self and connection with the Supreme Soul.

Sessions

The sessions are more experiential and interactive rather than being just talks/lectures. All these sessions will be taken by our IT wing resources who themselves have been practicing the principles of this life-style and have benefited from it. They have national/international exposure. Many working IT Professionals practice this life style and are able to handle the daily life situations in much better and positive ways.

Topics covered are :

- Team Building
- Healthy Life Style
- Power of Silence
- Efficiency at Workplace
- Being Yourself
- Handling Workplace Situations
- Managing Your Future
- Conflict Resolution

Details/Registration : <http://itwing.brahmakumaris.com>
itwing@bkivv.org or Call 91-9521114067 , 91-9810298111