





IT WING
Brahma Kumaris
Rajyoga Education
and Research Foundation




The **Information Technology Wing**

aims at bringing about Internal Transformation in the professionals especially from the IT and allied industries to empower, enlighten & equip them to lead a more peaceful, harmonious and happy life.

 Shantivan, Abu Road, Rajasthan

 02974 228 888 / 09414154343

 itwing@bkivv.org

Annual Report
2018 - 2019

Programs done all over India

01

Mount Abu



- Leadership 2.0
Detect - Detach - Detox
- Rejuvenate with Peace
(Reflect - Rethink - Rejuvenate)

05

Bangalore



- Follow up SPIR-IT Summit event
- Login to Joyful life
- IT Outreach Training
- Rejuvenate with Peace
- Power of Silence in the Digital World
- Experiencing the Wonders of Silence

09

Bhubaneswar

- Healing the Self
- Inner technology for Peace & Happiness
- The Need of Rajayoga Meditation

12

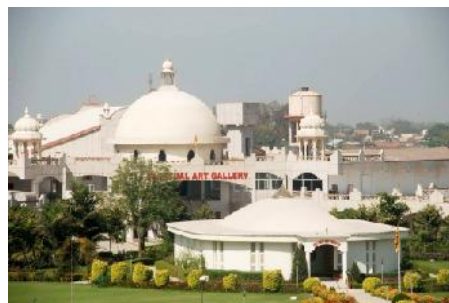
Chennai



- Leadership 2.0
(Silence Retreat)
- Internal Transformation Retreat

13

Delhi & Faridabad



- Leading the Self
- Leading the Self - II
- Leading the Self - III
- Awakening the Angel Within
- Children's Program
- Make Happiness your Lifestyle

16

Hyderabad



- Respect - Resonate - Respond
- Relax - Refresh - Recharge

17

Gujarat

- Inner Technology - The Shift

19

Kerala



- Basics of Raja yoga for professionals
- Mind Mastery
- Power of Silence
- Stress Free Living
- Thought Energy
- Power of Thoughts

22

Mumbai

- Mobility Management of Mind
- Debugging the Mind

25

Noida & Gurgaon

- Discover your Higher Purpose
- Valuing Yourself
- Calmness in Chaos
- Experiencing 24/7 Secured Happiness
- Stress Management & Right Thinking
- Celebrating Life
- Learn to Meditate
- Life Style Modifications
- Secrets of Joy of Living



28

Pune

- The Art of Happy & Healthy Living
- Mindset
- Effects of thoughts on Health
- Train your Mind Change your Brain





Mount Abu



Shantivan



Gyan Sarovar



The **Leaders** from the Information Technology sector gather each year for an annual 'inner awakening' retreat in the serene hills of Mt. Abu, Rajasthan, organized exclusively for the IT industry by the Brahma Kumaris IT Wing.

The idea is to explore, how, leaders can induce a high level yet effective positive transformation not only within their respective

organizations,
but also in their community.

Leadership 2.0 manifests at the intersection of technology, leadership and meditation.

The 2018 retreat was conducted with the theme:

Detect, Detach and Detox.

It was attended by approximately **300 CXOs & HR Heads** from various organizations, including but not limited to:

Infosys, Wipro, TCS, etc...

As part of this retreat, brought awareness about 'aspects' that cause Sorrow or Unhappiness (i.e. DETECT), Developed necessary understanding of these 'causes' so that you build enough courage to stop 'associating' yourself with these 'aspects' (i.e, DETACH) & Design new ways to eliminate them (i.e, DETOX).

Impact of Digital Technologies on our physical, psychological, and relationships;
Need for Quality Sleep for sleep-deprived IT Professionals and how to get it;

Meditation as a Tool to enhance the Quality of our Life were some of the important topics relevant to IT industry were discussed in detail during this retreat.



It was our fortune to have the presence of **Rajyogini Dadi Janaki Ji**. She gave special address to all the participants and redefined 'IT' as 'Internal Transformation', which is the key in bringing the transformation in the world.

The program was designed to cover following 3 aspects :
Reflect, Rethink and Rejuvenate.



The participants were given exposure to the some of following, to list a few, through various sessions :

- Simple techniques to help channelize the power of our thoughts as a means of Leading the mind.
- Significance of self empowerment according to present time to prepare one self in the current world of uncertainty.
- Meditation Lab- a novel approach to experience the effect of meditation by directing the mind with kind thoughts generated at different situations.
- Experience sharing by Industry Leaders with various examples to bring positivism in the participants' personal / professional life.
- Immunity power of the soul and how to tackle the psychosomatic effects using the soul power.
- Significance of having the right consciousness for the better future.

The conference was attended by more than 550 participants, covering about **100+ organizations** at national level, including IBM, Oracle, McAfee, TCS, Cognizant etc. to name a few apart from financial institutions & GOI body like NIC etc.



7th to 10th
September
2018

Apart from this, there was an exclusive session organized for the **CXOs** level, like minded leaders on invitation only basis for about 20 leaders. Active participation by the **CXOs** had encouraged us to take IT Wing's services further with follow up plans.





Bangalore & Bhubaneswar



Bangalore



Bhubaneswar

Follow up **SPIR-IT Summit** event held on 8-9 March 2018 at VV Puram, **Bangalore**
The event was graced by our divine **Sis. BK Ambika**, **Sis. BK Aruna** from Kuwait
and ex IFS officer **Mr. Nagaraj Parthasarathy**.

SPIR-IT Summit is one of unique event for the group of like-minded senior leaders in the IT and related industries.

We have organized two events namely CXO dialogue on 8th Mar & HR summit on 9th Oct 2018.

CXO Dialogue

We have invited a group of key C-suite corporate and industry leaders, as a follow up to our earlier summit as well, from IT and related fields to dialogue on the theme of **creating wellness** structures in the organization through wise leadership.

The participating organizations include Cisco, Philips, Accenture, HSBC, Belden, Synapse, Chipware Technologies, Pardata systems, i4 communications, Zinco, flightshop, Commscope etc. to name a few apart from many others.

The Program highlighted the key problems at work and in today's life such as Mind Wandering, stress, lack of lasting Peace, happiness and harmony within and outside.

The key solution for these is to improve our **RESPONSE ... ABILITY** to various situations in life through Rajyoga Meditation.



Another program was organized on 10th March 2018 for all IT professionals to give a session on **Inner Resilience to Outer Agility**. We have about 100 participants from various organizations across different categories took part in this deep divine session conducted **Sis. BK Aruna Ladva**.

This Program highlighted that the inner negativity is the major road block to achieve the inner Resilience & outer Agility.

The special class on "Coaching the mind" was well received by 300 IT professionals. In addition, the attendees enjoyed the workshop named "**Meditation Lab**" that deals with the difficulties in the **yogic path** for IT professionals.



HR Summit

This was another follow up event for the **HR senior leaders** from the corporate and industries from IT and related fields to dialogue on the theme of Promoting and implementing structures of wellness among employees in their respective organization.

We have received very active participation from more than 20 companies representing multi nationals as well as Indian origin, represented by nearly 50 leaders divided into 2 groups :
CXOs and HR leaders.



Bro. **BK Swaminathan** addressed the gathering on **"Login to Joyful Life"** at Vardani bhavan, **Bangalore**. He captured the audiences' attention with his fun filled, in depth analytical discussion on Happiness with an emphasis on various tools and techniques to login for an everlasting happiness.



BNM PU College Banashankari 2nd Stage, Bengaluru

The program was on **"Login to Joyful Students' Life"**. Brother BK Swaminathan kept the students engaged with his activity- based entertainment filled experiential interaction. He emphasized on the importance of concentration, life skill competencies and addiction free living for a happy student life.

Nearly 300 students and faculties were benefited by the program.

McAfee Company, Bengaluru

BK Swaminathan accompanied by Sis Kalyani & Sis Kavitha at McAfee centre for program on **"Login to Joyful Life"**. Around 60 employees participated in the program. He delivered speech on **"Diluting Stress"** and suggested to practice few minutes of regular meditation for stress free happy living.

Bharat Education Society Bengaluru

At BES college, Jayanagar, Bro. BK Swaminathan spoke about **"Login to Joyful Students' Life"**.

He enlightened the students and faculties alike with his enthralling speech, highlighting the need of integrating human values in routine life for a happy living.

His mesmerizing speech had stolen the hearts of students & faculties. Program concluded with felicitation by the college principal.

The program was attended by nearly 300 students and 200 faculties. MS Ramaiah Hospital, Bengaluru at Ramaiah Memoria Hospital, BK Swaminathan captured the audience with his spiritual activities.

He enlightened medical and paramedical staff on how to practice easy meditation in busy life.

The program went on for 2 hrs. and was benefited by nearly 200 doctors and paramedical staff.

BOSCH Comp., Adugodi, Bengaluru

On 25th June, 2018, Brother **BK Swaminathan** interacted with employees of BOSCH Company benefiting 80 individuals.

He enlightened on the topic **Login to Joyful Life** followed by meditation session guided by Sis Chaya.

He kept the interest in the session by constant audience interaction & enlivening the situation with his jokes. His anecdotes and examples were relevant to the subject.

General motors Technical center Bengaluru

On 27th June, 2018

Bro. BK Swaminathan addressed the employees of General Motors Technical Centre on **"Login to Joyful Life"** followed by meditation session guided by Sis Kalyani & Sis Kavitha. The program went on for 3hrs. and was open to staff & management.

Nearly 100 individuals benefited by the session.



Series of experiential programs for IT professionals and College faculties & students
"Login to Joyful Life" by Professor BK EV Swaminathan
at VV Puram Subzone, Bengaluru (24- 27 June 2018)



An experiential program **"Rejuvenate with Peace"** for IT professionals
on 27th Oct. 2018, Sunday 10:30 am to 1:00 pm
at Brahma Kumaris, Vardani Bhavan, Basavanagudi, **Bengaluru**



Program was inaugurated by Sister **BK Ambika** and Sister **BK Radhika**.

Nearly 80 IT professionals participated and have taken benefit from the program. Sister BK Radhika interacted with IT professionals and conducted some spiritual games also.

The **IT Outreach training** contained the following topics:

- "Sleep : Improve Your Well Being"
- "Creative Visualization"
- "Journal writing for Self-discovery"
- "Create can do an attitude"
- "Building Confidence during presentation"



The training was facilitated by Sister **BK Margaret Barron** well known trainer.

The session **"Sleep : Improve Your Well Being"**, included different kinds of sleep, their causes, preparation for sleep, the importance of sleep and its cycle etc.

The **"Creative Visualization"** session included certain activities and exercises. Highlighted point was that the visualization is complementary to meditation.

The **"Journal writing for Self-discovery"** session included the importance of writing as powerful tool for an individual to get rid of their past bitter experiences.

The **"Create can do an attitude"** session contained necessity of creativity and change, its cause and benefits.

Finally, **"Building Confidence during presentation"** included protocol for a talk, presentation style in order to reach the IT minds.

The trainees enjoyed the blessings & toll from Rajayogini **BK Ambikaji** and Sister **BK Margaret**.



The **IT Outreach training** was conducted for three days
30th - 31st of March and 1st of April 2018 at Varadani Bhawan, Basavanagudi, **Bengaluru**

A 2 Day Residential Silence Retreat was conducted by SiT Team of IT wing at Jakkur Retreat Center, **Bangalore** on Friday 31st Aug. 2018.

Main Theme of the Retreat was **"Power of Silence in the Digital World"** and how to Detect, Detach and Detox to experience the Silence.

HIGHLIGHTS :

The entire 2 day event consisted of various interesting topics and activities which were in line with the theme of Silence.

Total 70 New IT professionals participated, from various parts of Bangalore. Day started with Guided Meditation and followed by Yogasana, where **Sis. Bhuvaneshwari** and **Sister Rajeshwari** conducted a Guided meditation on **Silence Theme** and **Bro. Siddhant** conducted Yogasana, Participants experienced **Sweet Silence** in the wonderful atmosphere at Jakkur Retreat Center.

The event was inaugurated by Sis Leela, Sis Bindu, Bro. Bala and Bro. Vamsidhar on Saturday morning.

Digital Detoxification :

This session was conducted by **BK Bala Kishore**, Vice President-Transformation at Search Software Company. He highlighted the negative impact of over use of Digital Technologies and Gadgets on Physical, Mental and Relationship Health. He also provided Simple yet **Powerful Digital Detoxification** techniques. Why we need to stay away from our **Digital Gadgets**, especially Cell-phone, in order to experience the '**Power of Silence**' was explained in detail.

At the end of the session more than 40 participants surrendered their mobile phones to participate in the **e-free retreat** for next 1.5 days.

Sleep in the Digital World :

This session had lot of inputs given on importance of Sleep to be healthy and productive, what are the basic disciplines that we need to maintain to have quality sleep were also discussed in detail.

Visualization Valley :

This was an Activity to help participants realize, how easy we can harness power of our brain using Visualization technique and create our own positive thoughts as well our future.

Labyrinth Walk :

This was an Outdoor activity, where the entire premises is setup with a path way that helps the participants to walk through, This Walk is specially designed with a theme '**Detect-Detach-Detox**'



EXPERIENCING THE WONDERS OF SILENCE

Discover – Uncover – Recover

A 2 Day Residential Silence Retreat with above the me was conducted by **Bangalore SIT Team** of IT wing at Jakkur Retreat Center, **Bangalore** from 15 Feb to 17 Feb 2019.

75 participants & 25 BK Volunteers took benefit of this retreat.

Main intention of this Silence retreat was to introduce Sweetness of Silence to ever- busy IT Professionals of Bangalore.

In the **Green & Serene environment** of Jakkur Retreat Center, participants were given an opportunity to explore themselves through thought - provoking Reflective- Inquiry sessions by **Bro. BK Yogesh** from Turkey.



Recover 'Your Inner Beauty' talked about ways and means to 'polish' the 'uncovered Gem' so that it can continue to shine. How Comparison and Competition with others can 'sully' the Gem and how to overcome them were also discussed.

In order to keep the Gem polished & shining once we enter our daily life outside of the retreat center, practical 'Tool kit for Inner Journey' were presented with the help of BKs who were also IT Professionals.

The sessions conducted by **Brother Yogesh** formed the main crux of the retreat.



Sister Suman conducted 'Art of Learning Raja Yoga meditation' sessions on 17 Feb 2018 and also covered topics on Who am I? Who is God? and Secrets of Karma.

There was an elaborate Reflection Exercise in the form of Labyrinth Walk on the lawns of Retreat Center in which participants reflected upon various aspects of 'Discover, Uncover and Recover'

A variety of Programs have been organised for different IT organisations, Management Institutions, for IT faculties of different Universities and colleges.

The main theme of these programs were to give awareness about the other meaning of **IT- Inner Transformation.**

When we see the world today, the challenges each & everyone facing, the only solution to all the outer chaos is to go within. When we go within, realise who we are, what are my **Inner Powers**, I will be able to explore my inner strengths and face the external challenges being more positive.

All the solutions start from understanding the **Self and Empowering the Self.**

A Seminar on the topic- "**Healing the Self**", was organised at College of Engineering, Bhuwaneshwar, Odisha.

BK Savitha, Mt. Abu enlightened everyone on the subject and gave experience of deep Meditation. To honour her services that she has been doing in India and abroad, **Dr. Sitikantha Mishra**, Advisor-cum-Dean, College of Engineering, Bhuwaneshwar, presented a memo to her.

IT Services held on 10-16 Nov 2018 in Patia centre, **Bhubaneswar**

Her sessions covered variety of topics like ;

1. Self-Programming
2. Healing the Self
3. Coping with Situations at Workplace
4. Anger Management
5. Positive Thinking
6. Un-Burdening the Burden



7th July
2018
Bhubaneswar

Inner Technology for Peace & Happiness

A one day Retreat for IT Professionals has been organized by IT Wing of RERF at Brahma Kumaris Centre Patia, **Bhubaneswar (Odisha)**.

More than 100 IT Professionals from different organizations participated in this program.

Dignitaries like **Sh. R.N. Palai** (ITS, Special Secretary IT, Govt. of Odisha), **Sh. Prakash Ch. Pati** (IB(E)S, Dy. Director General, Information & Broadcasting, Govt. of Odisha), **Sh. Manas Panda** (Director, STPI), **BK Yashwant Patil** (HQ Co-ordinator, IT Wing, RERF), **Shantivan, Raj**.

BK Sanjiv Gupta (Regional Co-ordinator, IT Wing, RERF), **BK Leena** (Sub- Zone Director, Bhubaneswar, Eastern Zone) inaugurated the program.

Eminent motivational speakers of Brahma Kumaris **BK Prof. EV Gireesh**, **Er. B.K. Savitha** and **B.K. Durgesh Nandini** conducted sessions on different topics to explore the self and experience happiness.

In valedictory session, former Indian Ambassador **Sh. Abasar Behura** deliberated his views, blessings and good wishes to move forward on spiritual **path for eternal peace and happiness**.

There was a Question & Answer Session which evoked high enthusiasm and interest among the participants for clarifying issues related to their profession & family..



"Spirituality in IT - The Need of Rajyoga Meditation"

A one day Retreat for IT Professionals has been organized by IT Wing of RERF at Brahma Kumaris Centre Patia, **Bhubaneswar (Odisha)**.

17th Feb
2019
Bhubaneswar

Chief Guest **Shri Ashwini Kumar Rath**, Founder & CEO, Batoi Systems Pvt Ltd, as our **Rajyogini BK Leena**, Sub-zone In-Charge, benefited everyone as a Keynote Speaker.

In the Retreat, Tributes in Silence, were offered to our soldiers who sacrificed their lives for the sake of the Nation.

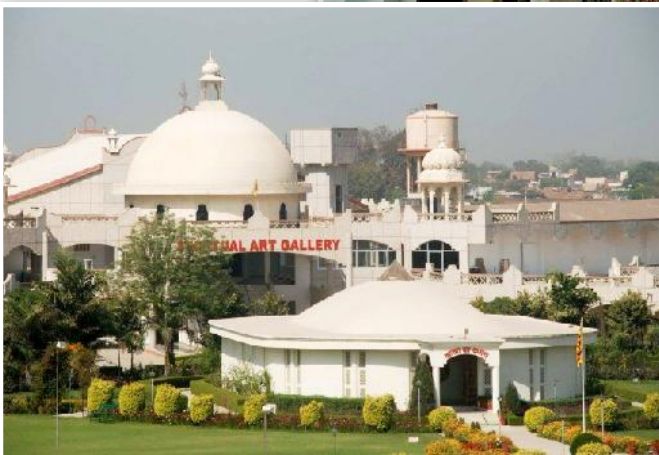




Chennai & Delhi



Chennai



Delhi



The **Silence Retreat** residential program was organised from 7th December 2018 at **Chennai**

Sister **Aruna Ladva** is the special facilitator for the Silence Retreat. More than 160 professionals participated in this retreat.

Sister Aruna shared that to be in Silence is such a beautiful experience which invokes the power from within.

Sr. Sister **BK Kalavathy** shared her words of wisdom about the value of 'Spirituality in life'.

Sis. **BK Beena** (service co-ordinator of Tamil Nadu, Pondicherry and South Kerala zone)

shared more about the vision of Brahma Kumaris and need of the hour for the IT professionals.

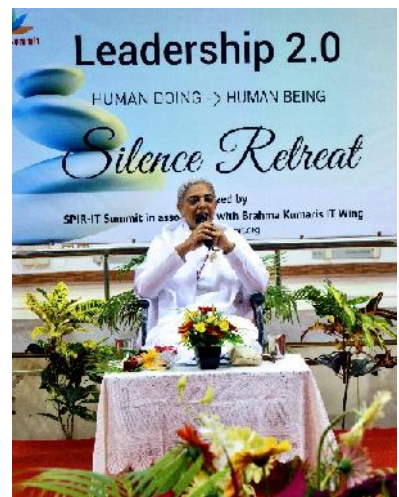
Sis. **BK Muthumani**, In-Charge, Adyar, Chennai congratulated all participants for making this wonderful choice of being a part of the Silence Retreat.

Sister **BK Devi**, Sister In-Charge, Ashok Nagar, Chennai shared few words on the importance of being in silence.

The retreat program was filled with Peace Experiments, Creative Exercises & Meditation Practices, where they had the time and space to be with themselves, contemplate, reflect upon and get into beautiful realization filled with experiences.

Key points from the feedback received at the end of retreat on 9th December 2018 afternoon were as follows :

- Touched a new dimension in the life of participants.
- Flawless execution by the team
- Learned the selfless service by the example of senior sisters.
- Organizers set the best example of **Leadership** by taking care of each and everyone & guiding them to the true path of life for a happy and peaceful life.
- The blessings received from all senior sisters and experience at the IT **Silence Retreat** helped everyone to assimilate the beauty of silence & understand the real meaning of IT in one's life - Inner Transformation.





Internal Transformation Retreat was held on 18 June 2018 for members of IT Wing from all over India.

Retreat started with KuthuVilaku ceremony by the participants - BK Bala Kishore, BK Shanmuga Vel, BK Uma, Sub zone coordinator, Madurai, BK David, Art dept., Gyan Sarovar, Mt. Abu, BK Meenakshi behnji, Director of Madurai sub-zone, BK Yashwanth, IT wing co-ordinator, BK Bharathy, BK Banu, BK Thulsi, Audio Dept., Mt. Abu, BK Beena, Co-ordinator, Tamil Nadu, South Kerala, Pondicherry zone, BK Muthu Mani, Sr Rajyoga Teacher.

“How to balance Service and Professional life with Spirituality”

- A message filled, encouraging session given by **BK Bala Kishore**.

To embark in **God’s heart** a small spiritual game had been conducted for the participants of the IT retreat. All the IT participants participated in the game with full energy.

Panel discussion with IT heads of brahmakumaris with the participants. **BK Dileep** gave a session under the title of balanced & detached service endures blessing for the present and the future.

All Brahmins sat before Dadi photos and inculcated their specialities in yoga.

Followed by it, the gathered IT Brahmins sat before Mamma and meditated and experienced silence for nearly 15-20 minutes.



Om Shanti Retreat Centre (ORC) hosted a Retreat (Bhatti) for IT Wing’s (RERF) Life Paid Members, on the theme **“Awakening The Angel Within”**

**8 - 10
February 2019**

This was a unique opportunity which brought together the BKs who are playing the role of IT professionals, for churning of knowledge & exploring ways and tools to **experience angelic stage** while balancing loukik and aloukik tasks practically.

The weekend was packed with sessions by **BK Brij Mohan ji, Asha didi, Denise didi & Varsha Didi**, deep yog anubhuti sessions, experiential activities & workshops which helped the participants to understand and experience angelic stage and find different ways to replicate this experience more often in brahmin life.





Objective of the program was to strengthen the inner leadership of the self in order to demonstrate their leadership in their respective functions and location.

Leading the Self training program was originally taken by Ken Bhai of Brazil, for 2 days residential program, in which participants as trainees came from international geography India.

This program was encouraged to be interactive session with lots of focus on experiencing the situation through worksheets and Rajyoga Meditation with the help of Power Point Presentation, white board and other latest tools.

Excellent response was received from participants and there was a great demand during the feedback session to repeat this program in order to enhance the experience/ knowledge from trained Trainers to equip them better.

The workshop "Leading the Self – II" was held on 2nd Sep. 2018 at Brahma Kumaris, Sect. 9, Faridabad
The workshop started at 8:30am and was over by 10:30am, a complete 2hr Session.

Topics that were covered :

1. Leadership Qualities
2. How to become a Good Leader

The purpose of the workshop was to imbibe the Leadership skills that can be reflected in the field of Service where ever we are working. Also, after taking such programs we become skilled to take motivational sessions at our places of work. Such workshops became a medium of delivering the "Message of baba", into the corporate sector.

The Workshop "Leading the Self – III" was held on 16th Sept. 2018 at the BK center, Sector 9, Faridabad
The workshop started at 9:00am and was over by 11:00am, a complete 2hr Session.

Main highlights of the workshop:

- i. Discussion about Being result oriented and goal oriented
- ii. What is self respect and self ego
- iii. My life's high points and low points
- iv. Self introspection
- v. Interaction with the society



Children's Program was held on the 13th September 2018, at the Aravali International School, Sec-85, Faridabad.

Children of Classes 9th and 10th attended the session.
Bk Sis Neeru Didi Ji, was the main speaker.
The topics that she covered were motivational, inspirational, building self confidence, fighting exam fear etc...



Hyderabad & Gujarat



Hyderabad



Gujarat

Respect - Resonate - Respond

15th December 2018

Shanti Sarovar, Hyderabad

Respect: Sister explained with great clarity about the difference between Ego and Self Respect and how ego is inflexible, non-adjusting whereas self-respect is flexible and accepting of others and everything around them resulting in harmony, contentment and peace.

Resonate: Sister explained that we need to be in tune with the universe, and be aligned to who we are.

Let our thoughts, words and actions be in sync with each other.

Respond: Let us take a moment to respond to a stimulus outside instead of reacting since life is 10% of what is happening to you and 90% of how you respond to it.

Few words shared by the guests at the event :

IT Secretary, Govt. of Telangana,
Jayesh Ranjan

It is a matter of great honour, privilege to be here and we all a part of this special occasion.

IT industry is something this Govt. is proud of but can't ignore the challenges in this industry.

The teachings of BrahmaKumaris really helps us in these areas which they already have been proving since last so many years.

Sis. Kuldeep, Director of Shanti Sarovar, highlighted the challenges faced by IT industry and how employees have become vulnerable to depression. It is very important to take care of the health of the soul.

CV RamPrasad, STPI, highlighted the challenges of IT industry and how we need to concentrate more on it and it is spirituality will unleash the peace within and appreciate BrahmaKumaris for consistent efforts to establish peace in this world.

Srinivas Rao, CEO, HYSEA, shared how more people should know about this given that there are about 5 lakh software professionals. Reports showed that big percentage of IT employees were in depression and suicidal tendencies had been on rise now more than ever. We need to **learn meditation** and solve these problems.

Sis. Aruna, based out of Kuwait, highlighted that meditation comes from the Latin word, **Mederi, which means 'to heal'**.

It is to heal the soul since the soul is wounded, hurt and disappointed. If we learn to create pure, positive and powerful thoughts the soul becomes powerful. She concluded with a beautiful meditation session.





Relax - Refresh - Recharge

A half day Retreat exclusive for IT Professionals on 14th April 2018 at **Shanti Sarovar** ISB- Infosys Road, Gachibowli, **Hyderabad**

Stephane Rubin based out of France, is a highly skilled Coach, Facilitator and trainer in management and leadership.

His facilitation and coaching practice spans many countries, Including France, England, Italy, Switzerland, India, Spain, Germany and Pakistan.

He has been a meditation trainer for more than 20 years & heads the Rajyoga center in Lyon, France.

The questions explored in this session were :

Are you addicted to action?
What's your relationship with time?
How long does it take you to switch off your mind and become quiet inside?

He shared tips and tools to put a brake on your thinking and enjoy quiet, refreshing moments of inner silence.



"Inner Technology - The Shift" was held at Intech Creative Services, on 8 June 2018 an IT Company in Infocity, **Gandhinagar, Gujarat.**

Around 60 IT Professionals including the **CEO, Owner and the Manager of Intech Creative services**, took benefit.

The session was based on how to balance IT Profession and Personal Life, and how Rajyoga Meditation taught by Brahma Kumaris helps to have a successful balance.

When we shift our consciousness and go within, we will start responding instead of reacting to any situation.

"Every scene that we are passing through has a deep lesson and a message" -
When we bring this shift in consciousness, everything becomes a blessing.

A Balance can be created between Personal and Professional life when the **Inner Energy** is restored.

It's very important to enjoy what we do rather than just doing it for the sake of doing.





Kerala



Kochi



Kerala

Participants are from IT organizations like CTS, E & Y, Wipro, Burndy Technology and Global Business Services, industries like Apollo Tyres and Kerala State Electricity Board (KSEB).

Programs were conducted at Rajayoga meditation centers in **Edappally, Kakkanad, Infopark (IT Park) Kochi** & some of their respective organizations.

Topics addressed are:

1. Basics of Raja yoga for professionals
2. Mind Mastery
3. Power of Silence
4. Stress Free Living
5. Thought Energy
6. Power of Thoughts

This Program was covered the **significance of thoughts**, importance of shifting the consciousness from physical level to Soul level.

Highlighted the benefits of knowing about the self & how to connect with higher self through sample practices of **Rajayoga Meditation**. Attendees have been appraised about the benefits of practicing this meditation in their practical life and there by enhance their quality of life.



Multiple sessions were attended in groups of 50 to 60 numbers each separately by invited participants at our centers and in some cases, in their respective organizations.

Altogether, we have covered around 300 persons covering the above industries..





Mumbai



Vashi Mumbai



Navi Mumbai

"Mobility Management of Mind"

held on 12th August 2018 at Aatmachintan Bhavan, Vashi, **Navi Mumbai**

On this auspicious occasion, more than 170 IT professionals from various **IT Companies**, such as Reliance Industries, JIO, Oracle, Siemens, Global Cloud Exchange, TCS, Capgemini, HCL, Vodafone, SBI, JP Morgan, Tata Communication, IDBI, participated and took benefit out of it.

In this event we have invited chief guest, Sh Venkatesh- Head of Risk & Internal Control (Siemens)
Sh. Anuj Patra- Sr Manager (Global Cloud Exchange) Ms. Suchit Batra – Director (Auric Search)

BK Sheela didi had mentioned, "Mind is like a Horse, but God teaches us, you have to ride a horse by taking control of it using intellect".

Respected **Brother Karuna ji** had shared his valuable words, "In this world, everyone knows about Buddhi (Intellect), Sanskar (Habit), but no one knows about MIND. Because of which we have to come to this place to understand the mind and its functionality. Since no college, school and company taught about mind.

Keynote speaker for this event was **Sister Shreya** from Borivali subzone Mumbai, and she has talked about Stress, Tension & Depression and reason behind. She had convinced everyone that, irrespective of situation and pressure we can take responsibility of our mind & this has to be our mantra.

I am creator of my thoughts

I have choice in any situation.

Chief Guest **Sh Venkatesh** had shared his valuable thoughts, "He insist everyone to take control of their life and this is the time to practice spirituality in life and Brahmakumaris is the right place for begin. He said, without God's intervention this task can not be completed. He has also asked to visit Brahmakumaris Campus and attend IT Conference."

Chief Guest **Sister Suchit Batra** has shared, "We the Human Being or Human Brain has created these technologies, But Technology has hijacked us. She also shared, I am very thankful to Brahmakumaris and its Volunteers for inviting me."

Chief Guest **Brother Anuj Patra** has shared, "We have to take care of two things, OUR NATURE and MOTHER NATURE. We are consuming from Nature but it's time to nurture nature through our inner nature. And we should not wait for 60 years to start spirituality or postpone it."



"Make Happiness your Lifestyle" was held at Vardani Bhawan Sector 21 D, **Faridabad** on 26th Jan 2019.

Chief Guests **Bro. Rishi Pal Chauhan** (MD of Jiva Group) and **Sis Dr. Manpreet Kaur** (Deputy Director-NGF College of Engineering & Technology), along with other special guest **Dr. RS Chaudhary** (Director- Advanced Educational Institutions) inaugurated the event with candle lighting, followed by 2 wonderful sessions by **BK Poonam** and **BK Neeru**.

Starting with a short skit highlighting the issues facing the IT industry in a very light manner, followed by a wonderful keynote Speech by the main dynamic speaker **Brijesh Chawda** (Senior Manager, Education Department, Infosys Ltd.)



Here's the synopsis of the keynote address:

- The mind is facing many bugs today (inefficient decisions, loss of memory, thinking patterns which harm us & others, etc)... Hence, let's proceed to de-bug the mind!
- Hence, the 1st important tool to debug the mind is to practice few moments of silence, in particular during transitions (leaving home for office, traffic jams, etc)... So that we use this time for strengthening the mind rather than waste patterns (e.x., being judgemental, aimlessly checking social media, etc)
- Today, the variable 'I' has got associated with how others perceive me, ego, etc... But originally, it's completely error-free, pure & divine... Full of peace, love & joy!
- Although we & others around may go through ups & downs, God is the Supreme Witness (or companion!)... Whose code is perfect, super-fast & available on run-time (i.e., always available!)... Hence, remembering Him & experiencing His presence makes us also full of the experience of divine virtues & powers!

This was followed by experiences by Advocate **Amit Mehta** (Managing Partner of Law Firm 'Solicis Lex') & **Dr. Suresh Shan** (Chief Technology Officer, Mahindra Finance).

The entire event was very very well hosted by **BK Srinidhi**, who came all the way from Mt. Abu specifically for this event.... Very warm, accommodating & organized; very professionally hosted!

A wonderful interactive Q & A session followed, with the panelists **BK Brijesh & BK Divyaprabha** (Sub-Zone Incharge, North Mumbai Centres).

To conclude, **BK Sister Kavita** facilitated a very innovative live poll, where the audience explored the impact of over-use of technology on daily life and their take - away resolutions from the program.....

In particular, everyone unanimously concluded they'll give 15 minutes of time daily for practicing meditation!





Noida



Greater Noida



Noida

Calmness in Chaos

Corporate Program at QA InfoTech, Sector 68 **Noida**
24th May 2018



Program was started with interactive talk by **Dr. Mohit Gupta** where he spoke how to keep calmness during situations of Chaos.

He talked about practical issues along with approached to lead Solutions and we keep inner peace during situations.

After this Sister **BK Richa**, Sector 48, Noida conducted Meditation commentary and everyone felt peace.

Before this Dr. Mohit Gupta & Sister BK Richa were greeted by **Mr. Rajesh Sharma**, Co-Founder & CIO, QA InfoTech and Mr Kunal Chauhan, CTO, QA InfoTech,



Experiencing 24/7 Secured Happiness

This program was held on 25th Nov 2018 at Alpha-1 Center, **Greater Noida** for IT & Non-IT professionals.

Sr. Rajyoga Teacher **Sis. Rama** from Sirifort Delhi conducted the session & shared the secrets of Happiness. **Sister Laxmi** took everyone into Meditation experience.



Stress Management and Right Thinking

Corporate workshop on 12th Apr. 2018 at M/s. Graziano Trasmissioni India Pvt. Ltd., **Greater Noida**, UP

Speakers : **BK Sis. Preeti** (BK Center Incharge P3 Greater Noida) & **BK Sunil Dave** (CEO, Advisit Consultants)

Sister Preeti talked about different reasons of Stress and how we can come out of those situations. Right thinking can resolve even biggest problems too. She also took everyone into Meditation experience which helps in Thinking Right.



Celebrating Life

21st June 2018
at QA InfoTech **Noida**



Sister **BK Sonika**, Rajayoga Teacher, South City-I, Gurgaon took everyone into experience of Silence.

She said- **once we start not to expect from others, we can truly Celebrate our Lives.**

We don't need to celebrate only one day as Birthday but we need celebrate each day of Unbirthday i.e. reamaining 364 days of life.

During this occasion, **Mr Rajesh Sharma ji**, Co-Founder and CIO- QA Infotech, **Mr Kunal Chauhan ji**, CTO-QA InfoTech, **Mr Minesh Upadhyay ji**, COO- QA InfoTech were present.





A Special Experiential Retreat **“Learn to Meditate”**
held on 28th July 2018 in QA InfoTech, Sector 68, **Noida**

Main Guests :

1. Mr Mukesh Sharma ji, Founder & CEO of QA InfoTech, Noida.
2. Mr Rajesh Sharma Ji, Co-Founder & CIO of QA InfoTech, Noida
3. Mr Minesh Upadhyay, COO, QA InfoTech, Noida



Main Speakers :

BK Rama Didi Delhi Zone (IT Wing Coordinator
and Sr Rajyoga Teacher, Sirifort Centre, Delhi)

Program Coordination : BK Neeraj Goyal (IT-Wing Team- Noida)

Blessings : BK Sudesh Didi (Addl Director, Brahma Kumaris Noida
Sector 26)



To Meditate, we need to know
our true identity and then
connect with Almighty.

**Establishing relationship with
God is the simplest way of
Meditation.**

Sr. Rajayoga Teacher **BK Rama**
took everyone into deep
experience of Meditation.
This program was organised by
Noida IT Team for
IT professionals in Noida.



Valuing Yourself event held
on 12th Aug. 2018 at BKs, Sector 105, Noida

Sis. BK Ashima & team conducted the workshop for IT professionals.
Participants were divided into different groups and
they were given different tasks on the theme.
In the last, everyone experienced deep meditation.



“Discover Your Higher Purpose”
event held on 7th Oct. 2018 at Inner Space,
Leisure Valley Park, Sector 29, Gurgaon

The speakers were **Sister BK Falguni** from ORC
and Sister Sonika didi from C-51, South City I BK center.
In all, there were 30 Non-BK IT professionals
who have attended this session.



Pune



Pune



Rahatani

Life Style Modifications

(Small Steps for Big Rewards)

19 July 2018,

at QA InfoTech, **Noida**

Dr. Mohit Gupta, Prof. of Cardiology, G B Pant Hospital, Delhi delivered a wonderful talk and explained various steps to keep ourselves happy & healthy.

He also shared his life experiences on the topic and explained in scientific way.



Secrets of Joy of Living

20 Nov 2018, at BHEL HRDI Training Center, Sector 16, **Noida**

BK EV Gireesh, Dynamic Trainer & Counsellor, Mumbai interacted with Senior officers of BHEL from different locations in India. He shared simple & effective techniques of being Happy while performing different tasks whether at home or at office. We need to make our workplace a Happy workplace & all the people working with us feel that Joy. It needs to start from Self.



The Art of Happy & Healthy Living

3 Days retreat held on 23- 25 Feb. 2019 at Magarpatta City, **Pune**



At the inaugural session **Bro. BK Gireesh** shared deep insights in being Stable and Happy in every situation. Many techniques like “**keeping the mind in silent mode**”, etc., were discussed during the session.

Ms. Ruhi Ranjan (The senior MD of Accenture) shared her experience at the end of the inaugural session, “**that this session was enlightening and so relevant to our day to day environment & bought lot of clarity to address the competitive and sedentary lifestyle faced by IT professionals, it really opened my eyes and I really feel that we should take this forward**” and thanked the organizers of organizing such session for the public.

Sister BK Seema, In-Charge of all the BrahmaKumaris centers in Hadapsar, Pune, urged the participants to take the wisdom which they learned here and make it a part of their own life which will in-turn inspire other to lead a happy life.

Bro EV Gireesh, an eloquent speaker, who was practicing meditation over 20 years was the facilitator of this event. More than 500 participants attended the program, out of which most of them were IT professionals who came along with their family. His humorous way of sharing the in-depth secret of being Happy and Healthy created lot of interest in the audience, which made the sessions lively and very interactive.



MINDSET

The event was conducted by **BK Bala Kishore** for 2 hour long from 5:30pm on 12th May 2018 at **Rahatani, Pune**

It is commenced with the video of introduction of Brahma Kumaris. It was followed by welcome speech of BK Trupti.

Then the speaker explained beautifully the concept of fixed mindset and growth mindset and how to shift fixed mindset towards **growth mindset**.

Towards the end of the event **BK Varsha Didi** conducted meditation upon spirituality stability. This event also included few activities and clarification of few questions of participants.



Effect of Thoughts on Health

This program was held on July 7th 2018 at **Rahatani** Center from 5:30 pm to 7:30pm followed by dinner.

The program was started with Brahma Kumaris introduction by **BK Mitali** and then **BK Bala Kishore** explained on effects of thoughts on health and mind.

After this program, **7 follow-up programs** were conducted upon Meditation Lab and Rajayoga Meditation.



Train Your Mind Change Your Brain



This motivational event was held on 29th September 2018 at Light House, **Rahatani** for IT professionals from 5:00pm to 7:00pm

Speaker **BK Bala Kishore** has explained the scientific reason behind training our mind and highlighted the skills to achieve it with few activities and videos.

Participants explored the discourse very meaningful and showed curiosity for any upcoming such type of IT events.

During end of this session, an experiential meditation was conducted by **BK Varsha Didi** which left the mass so peaceful and relaxed. Event was ended with a group photography and a '**satwik**' Dinner.



Didi Nirmala Ji
IT Wing Chair Person

Didi Nirmala Ji is the director of the Brahma Kumaris (BKs) Raja Yoga Centres in the Asia Pacific region and Chair Person of IT Wing. Her special area of interest is in the field of self-transformation, personal development and how the human being's mental process can be enhanced through an accurate method of meditation.

Information Technology made everyone busy. Also, it has opened up a vast store of information to everyone, at the tip of their fingers and with a click of a button in a second. Information Technology has been very helpful for networking, promotion, etc but what about other IT, which is called as "**Inner Technology**"? Like the computer is using electric power, the mind has to be connected to the supreme source of power for its efficient performance. Only by connecting to the supreme soul, we can fill up our minds with all the power we need. This is how we can enhance our Inner Technology.

Rajyoga meditation is used as a key tool for igniting the spark of internal transformation among the participants.



Follow Us

bkitwing



itwing.brahmakumaris.com



SpiritualityinIT