



# Inner Technology Conference

## *Awakening The Wisdom Within*

Exclusive Program for IT Professionals



**Date**

6 - 9 September 2019  
[ Friday - Monday ]



**Venue**

Brahma Kumaris HQ,  
Shantivan, Abu Road, RJ



**Registration**



[bkitwing.org/conf](http://bkitwing.org/conf)  
**FREE but Mandatory**



[bkitwing.org](http://bkitwing.org)



[itconf@bkivv.org](mailto:itconf@bkivv.org)



95350 91671

**Organisers**

IT WING, RERF | BRAHMA KUMARIS



## Brahma Kumaris

Brahma Kumaris is a non-profit socio-spiritual organisation that aims to serve the global community through its more than 8000 centres spread in all the five Continents and more than 135 countries. Founded in 1936, the Brahma Kumaris is an international NGO in a consultative status with the ECOSOC and UNICEF.

## RERF

Rajyoga Education & Research Foundation (RERF) is a sister organization of the Brahma Kumaris that systematically and effectively guides specialized community services through its 20 Wings including the IT Wing.



## IT Wing

IT Wing (Information Technology Wing) of the RE & RF is committed to empowering the IT professionals to achieve a balance between their personal ideals and the professional approach in the fast growing IT industry through the application of Rajyoga Meditation. The Wing has conducted hundreds of such programmes in dozens of cities across India.

## Meditation

In the present day life, Meditation has become a sort of 'Daily Vitamin Dose' as more and more people are adding some kind of meditation to their daily routine, which is taken as an effective antidote to stress or as a simple method of relaxation. It is also used as a key tool for igniting the spark of internal transformation.

# Awakening The Wisdom Within

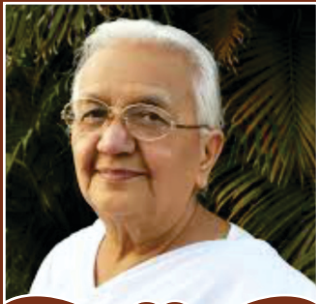


Knowledge is to Know. Wisdom is to Be. In today's world of data deluge and information overload, there are innumerable opportunities on a daily basis to 'know' about various things. What we need today is not more Knowledge, but Spiritual Power to make appropriate choices after knowing what is right. We need Wisdom.

Self-Compassion, Self-Reflection, Non-Judgmental Awareness are some of the Spiritual skills that we need to become Wise. We know what to do, we need to become powerful to transform that knowing in to being.

Inner Technology Conference is one such platform where you will learn about these essential spiritual skills. Come join us to Awaken the Wisdom within and become more empowered to make life Happy, Healthy & Harmonious.

## Line Up



**Dr. Nirmala Didi**

Chair person, IT Wing

Director of Gyan Sarovar Academy, Mount Abu & Director of the Brahma Kumaris Rajyoga Centres in the Asia Pacific region. She has been practising Rajyoga for 50+ years.



**Bro. BK Suraj**

Senior Rajyoga Teacher

Associated with Brahma Kumaris for 50+ years, popular TV personality with Samadhan Series & participated in 100s of national and international conferences.



**Sis. BK Shivani**

Globally renowned  
Spiritual Mentor

Recipient of the 'Woman of the Decade' achiever award, Goodwill ambassador of World Psychiatry Association & recipient of Nari-Shakti award.



**6**  
SEP

09.00 am - Arrival & registration  
05.00 pm - Inaugural Session  
08.00 pm - Dinner and Rest

**7**  
SEP

04.00 am - Guided Meditation  
06.15 am - Physical exercise  
07.00 am - Rajyoga Session  
08.15 am - Breakfast  
09.30 am - Session 1  
11.00 am - Break  
11.30 am - Session 2

01.00 pm - Lunch  
04.00 pm - Tea  
04.30 pm - Session 3  
06.00 pm - Break  
06.15 pm - Session 4  
08.00 pm - Dinner & Rest

**8**  
SEP

**9**  
SEP

04.00 am - Guided Meditation  
06.15 am - Physical exercise  
07.00 am - Rajyoga Session  
08.00 am - Valedictory Session

09.00 am - Breakfast  
& Sight Seeing  
06.00 pm - Departure

## Organisers

IT Wing, Rajyoga Education & Research Foundation  
Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya  
Shantivan, Abu Road, Rajasthan 307510

## Social Media

     /bkitwing |  bkitwing.org



TATA  1065

 678  
digital TV

VIDEOCON  497  
Digital DTH Service



awakeningtv.in