



# Inner Technology Conference - 2019 Awakening The Wisdom Within



The event's Inauguration was graced by BK Karuna Bhai ji (PRO and Chief of Multimedia), BK Nalini Didi (Senior Rajyoga Teacher), BK Aruna Behn (Speaker & Author), BK Yashwant Bhai (IT Wing HQ co-ordinator), Mr. Bhavesh Panchal (IT head of MNC Company) and Dr. Umesh Prasad Sah (CEO of Jharkhand Communications Network Limited).

Master of ceremonies for the event, BK Padma Behn (Rajyoga Teacher) took the inaugural session forward with her divine insights. More than 1100 IT professionals had joined this 2019 National IT Conference & Retreat.



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## WELCOME SPEECH & DANCE



Official welcome speech was given by BK Nirwair Bhaiji (Secretary General of Brahma Kumaris) through video recording.

The Ice breaking session was conducted by sister Monika Gupta (Founder of Interactive Bees). Welcome dance was performed by Kumari Lahar and a warm welcome speech was delivered by young sister BK Palak.

## INTRODCUTION ABOUT IT WING - BK YASHWANT BHAI

During the inauguration, BK Yaswant bhai gave brief introduction and the services offered by IT Wing for IT Community.

He shared that more than 40,000+ IT professionals from various IT organizations including Google, Microsoft, Intel, Reliance, IBM, TCS, Infosys, HCL, Tech Mahindra, Cognizant, Wipro, etc had already taken benefit with the retreats, conferences, sessions and programs organized by IT Wing in various cities across the country.



## WISDOM FOR TRANSFORMATION - BK ARUNA LADVA



- Sister BK Aruna Ladva shared about difference between Knowledge and Wisdom. Knowledge is information and Wisdom is applied Knowledge.
- Transformation should be at the deepest level, that is Reality (sanskars), Sub-Conscious (vritti) and Inner Core (chit) of the soul. The session was followed by a guided meditation.

## SOLUTIONS WITH MEDITATION - BK SURAJ BHAI

- Brother BK Suraj, shared his wisdom on how Rajyoga meditation helps our mind to keep calm in adverse situations.
- He shared on how to make God as our constant companion and writing letters to Him every day will help us to reduce burden on our mind.



## INNER RESILIENCE THROUGH DIGITAL DETOX - BK BALA KISHORE



Brother BK Bala Kishore shared about "Inner Resilience Through Digital Detox".

He mentioned that Mobile & other Digital technologies have become an indispensable part of our Lives today, bringing in many advantages. But too much of a Good thing becomes BAD sooner than later.

## MEDITATION LABORATORY(MEDLAB) - BK ARUNA LADVA

Sister BK Aruna Ladva conducted an unique, experiential meditation session, popularly called as "Meditation Lab". It started with distribution of flowers & blessing cards.

She explained that we need to have positive relation with ourselves & remain positive in every situation of life. Participants were given candles to remind that we are all souls.



## BLESSINGS - RAJYOGINI DADI JANKI JI



The Chief Administrative Head of the Brahma Kumaris, Rajyogini Dadi Janki ji, blessed all the participants joined for the conference & retreat and shared her divine wisdom about self and Supreme soul.

She was accompanied by BK Hansa Behn, BK Chandrika Behn, BK Rama Behn, BK Aruna Behn, BK Yashwant Bhai and BK Padma Behn.

## POSTIVE ATTITUDE FOR SUCCESS - BK DEEPA

Sister BK Deepa shared that "As you think, so shall you become."

She explained about this idea and gave interesting insights on the advantages of positive thinking and its impact on the mind, body, overall health, relations, success etc.

Holding on to the past hurts us and doesn't let us to be in the present. Releasing the hurt happened in the past creates happiness in the present.



## KEYNOTE - MAKING OF WISE LEADER - MR. SOM MITTAL



- Mr. Som Mittal ji, Former President of NASSCOM, shared his insights - "Trust" is an important factor for customers, family and society. We need to rebuild the trust.
- People leave managers not company. People need mentor and coach, not boss. EQ is more important than IQ.
- Leadership is a behaviour and a responsibility, not a title alone.

## KEYNOTE - INSPIRATIONS - MR. MANOJ PANDA

- Mr. Manoj Panda (TCS Head, Bhubaneswar) inspired the participants & IT Professionals by his motivational words.
- Spirituality is the matter of application. Stress in IT field can be reduced by the application of spirituality. Emotional Quotient needs to be enhanced. Meditation is very important to have a peaceful life which helps to control our mind and body.



## TOOLS TO IMPROVE WILL POWER - BK BALA KISHORE



BK Bala Kishore (Bala) shared his views about "Tools to Improve Will Power". Will Power is like a Muscle, the more you use it, the Stronger it becomes. Bala shared that 'not giving up when faced with initial setbacks' is one of the key tools that will improve Will Power. Positive Self-Talk, Adequate Sleep, Natural Food (fruits, vegetables & nuts), daily Physical Exercise, Self-Compassion and Meditation were other tools that were explored in detail.

## PANEL DISCUSSION

A panel discussion session, panelled by Mr. Hardik Parekh - CEO of Searce, BK Dr. Mohit Gupta - a cardiologist, Sister BK Aruna Ladva - motivational speaker & author and Mr. Som Mittal ji - Former president of NASSCOM, hosted by BK Bhanu had explored on how, by placing "I" that is, the self, before the "T" of technology helps in bringing back the focus towards myself & remind that I am the master of the technology and that technology is meant to serve the humankind, not enslave them.



## AWAKENING THE WISDOM WITHIN - BK SHIVANI

- Sister BK Shivani explained about the importance of having a Clean Mind for healthy relations. "Our perspective needs to be Divine". We all have love for each other but when we create negative emotions, love gets blocked and soul energy gets depleted. Relationship is a means to give, give and always give.
- The new world, Satyug will be created when we change our deep-rooted kaliyugi sanskars. To change the same we need to energize the soul through meditation and study spiritual knowledge regularly.



BK Indra Behn (Rajyoga Teacher) & BK Deepa Behn (Rajyoga Teacher) had conducted sessions on "Introduction to Rajyoga Meditation" every day morning during the conference.

## CHILDREN ACTIVITY AND SPIRITUAL ENTERTAINMENT

All participants were thrilled with the spontaneous and nice dance performances by kids. Spiritual entertainment program was organized by brother BK David.

All participants were asked to fill a tree shaped figure with different colorful stickers when they notice virtues in other participants or sevadhari.

In addition, painting activity was organized for children.



## BALLOON FESTIVAL AND PHYSICAL EXERCISE

Celebration with Colorful Balloons was conducted by Sister BK Aruna Ladva and all participants were asked to write down the weakness on the balloons and asked to let go the Balloon (along with the weakness)!

Partipants expressed that this was one of the most memorable moments for them during the event. Mr. Som Mittal ji (Former President of NASSCOM) and other dignitaries had also participated in this unique celebration.

Every day morning at 6.15 AM, light physical exercise was conducted by BK Peter Bhai to help participants in charging up the body and the mind.



# VALEDICTORY SESSION & FEEDBACKS

This conference & retreat was concluded with the Valedictory Session. The dignitaries on the dais for this valedictory session were, BK Dr. Nirmala Didiji (Chairperson, IT wing), Mr. Manoj Panda (TCS Head, Bhubaneshwar), Mr. Piyush Goyal, Brother BK Yashwant (HQ coordinator, IT Wing) and BK Sister Varsha (Senior Rajyoga Teacher).

BK Nirmala Didi ji gave her blessings and inspired the participants to begin a new journey with the Wisdom gained in this conference & retreat.



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It was amazing to see the kind of precision with which the entire event was planned, managed and executed.

It is difficult to believe that a 'non-corporate' organization has the ability to manage such a large group comprising of thousands of people of various castes & creed coming from all over the country, without any glitch or commotion.

Amit Maheshwari  
National institute for Smart  
Government, Principal Consultant

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It was a Pleasure to us both, myself and spouse Saroj to have had the Good Fortune of attending the IT Conference at your premises.

All of the Sessions were extremely beneficial and we enjoyed the early morning sessions on Guided Meditation and those on Rajyoga, Detoxification of Mobile phones, to mention only a few.

Mahesh Pd. Adhikari  
Institution of Electronics and  
Telecommunication Engineers (IETE), Nepal

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The event was very well organised.

1. I have attended this event for first time. I will like to attend every time.
1. NOTE: Please put me in your list and send me information about all future events
2. I have returned as a completely different person. I have transformed 360 degrees.

Nidhi, IT professional