



YOU ARE CORDIALLY INVITED TO
ONLINE SERIES
EMPOWERING
MEDICAL MINDS
2020

PAN India Online Series for UG / PG Medical / Paramedical Students of all streams
Allopathy / Nursing / Pharmacy / Ayurveda / Physiotherapy / Dental & others

ABOUT THE PROGRAMME

Dear Students,

Brahma Kumaris has great pleasure in extending you a special, warm and personal invitation for a unique online series for young health care professionals. Never ever did healing carry such significance and relevance as to the present times. While selfless care to mankind is your way of living, it is important to take care of compassion fatigue and explore and experience the true meaning of self-care. The sessions are focused to redesign your thoughts which empower us towards total wellness – spiritual, emotional, mental, physical, social and occupational.

Self reflection and awareness of our core values surely helps us in managing exam stress and professional burnout. Experienced medical professionals who have used these principles in their life and Raj Yoga practitioners will share simple spiritual tools which will shift our consciousness from anger to love, expectations to acceptance, stress to happiness and hatred to compassion. This paradigm change in our consciousness will make our life a Celebration. Looking forward to having you on this journey to enlightenment.

With greetings of love and peace,

Dr. Ashok Mehta (MS, FRCS, FICS)
President Medical Wing

Dr. Banarsilal Sah
Secretary Medical Wing



ORGANISERS



MedicalWing
(RERF)



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(Mt. Abu)

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Programme Schedule

| Date | Topic | Speaker | Time |
|---|---|---|-------------------|
| Phase I : Online Series (Every Saturday 5.00 pm to 6.00 pm) & Phase II : Meditation Course | | | |
| 1st August 2020 | Welcome | Dr Banarsilal Sah, Secretary, Medical wing , RERF(3 mins) | 5.00 pm – 5.30 pm |
| | Aim & Objectives of Webinars | Dr Pratap Midha Director, GHRC, Mt Abu (5 mins) | |
| | Greetings | Dr Ashok Mehta President, Medical Wing & Oncosurgeon, Mumbai (5 mins) | |
| | | Rajyogini BK Laxmi (Munni Didi), Director – Programs, Brahma Kumaris (3 mins) | |
| | Inaugural Speech | Dr Vijay Patil Honorable Chancellor – Dr D Y Patil , Deemed to be University , Navi Mumbai (5 mins) | |
| | Blessings | Dadi Ratan Mohini, Joint Chief of Brahma Kumaris (3 mins) | |
| | Inspirations | Rajyogi BK Nirwar Bhai Ji, Secretary- General, Brahma Kumaris (5 mins) | |
| | Success without Stress Meditation – 15 mins | Dr Mohit Gupta, Professor, Cardiology, Delhi | 5.30 pm – 6.30 pm |
| 2nd / 3rd / 4th August 2020 | Coordinator | RJ Shrinidhi, Mt Abu | |
| | Meditation Course | Sis BK Shreya, Rajyoga Teacher, Mumbai | 7.00 pm – 8.00 pm |
| 8th August 2020 | Happiness Within Meditation – 15 mins | BK Ritu Thakkar, Corporate Trainer, Mumbai | 5.00 pm – 6.00 pm |
| 15th August 2020 | Inner Resilience Meditation – 15 mins | BK EV Girish, Corporate Trainer, Mumbai | 5.00 pm – 6.00 pm |
| 16th / 17th / 18th August 2020 | Meditation Course | Sis BK Prachi, Rajyoga Teacher, Bhilai | 7.00 pm – 8.00 pm |
| 22nd August 2020 | Feeling Great No Matter What Meditation – 15 min | BK Shivani, Rajyoga Teacher, Delhi | 5.00 pm – 6.00 pm |
| 29th August 2020 | Enthusiasm : way of life Meditation – 15 mins | BK Prof EV, Swaminathan, Corporate Trainer, Mumbai | 5.00 pm – 6.00 pm |
| 30th Aug/ 31st Aug/ 1st September 2020 | Meditation Course | Sis BK Rupa, Rajyoga Teacher, Delhi | 7.00 pm – 8.00 pm |



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| 12th September 2020 | Digital Detox Meditation – 15 mins | BK Monica Gupta, CEO, Interactive Bees, Delhi | 5.00 pm – 6.00 pm |
| 19th September 2020 | Magic of Inner Power Meditation – 15 mins | Dr Reena Tomar, Associate Prof, Pathology, Delhi | 5.00 pm – 6.00 pm |
| 20th / 21st / 22nd September 2020 | Meditation Course | Sis BK Monica Gupta, Rajyoga Teacher, Delhi | 7.00 pm – 8.00 pm |
| 26th September 2020 | Raising Self esteem for Professional and Personal Achievement Meditation – 15 mins | Dr Bhupendra Singh, Associate Prof, Psychiatry, Lucknow | 5.00 pm – 6.00 pm |
| 3rd October 2020 | Mental Crisis - The Way Forward Experts talk & Q/A session Meditation – 15 mins | Dr Avdesh Sharma, Consultant, Well-being Psychiatrist, Delhi | 5.00 pm – 6.00 pm |
| 4th / 5th / 6th / October 2020 | Meditation Course | BK EV Girish, Rajyoga Teacher, Mumbai | 7.00 pm – 8.00 pm |
| 10th October 2020 | Emotional Well-being Experts talk & Q/A session Meditation – 15 mins | Dr Sujatha Sharma, Consultant Clinical Psychologist, Delhi | 5.00 pm – 6.00 pm |
| 17th October 2020 | Crack the Success Code Meditation – 15 mins | BK Aditi Singhal, Mind & Memory Expert, Delhi | 5.00 pm – 6.00 pm |
| 24th October 2020 | Don't Lose Hope Meditation – 15 mins | Dr Girish Patel, Psychotherapist, Mumbai | 5.00 pm – 6.00 pm |
| 25th / 26th / 27th / October 2020 | Meditation Course | BK Aditi Singhal, Rajyoga Teacher, Delhi | 7.00 pm – 8.00 pm |
| Coordinator - RJ Shrinidhi, Mt Abu (For all sessions & meditation course) | | | |
| <u>Phase III : Meditation</u> | | | |
| Daily 6:30 to 7.00 am (Eng) and 7:30 to 8.00 pm (Hindi) 30 th July 2020 onwards | | | |