

Programme Schedule

Day 1, Fri
11th
Sept.
2020

06.30 pm - 08.00 pm : Inauguration Session

Theme :
Inner Tranquility
Leading Research for A Perfect World

Day 2, Sat
12th
Sept.
2020

10.00 am - 11.30 pm : Session 01
Theme : Discipline
A Tool to Channelise Your Inherent Strength

06.30 pm - 08.00 pm : Session 02
Theme : Coping with Chaos

Day 3, Sun
13th
Sept.
2020

10.00 am - 11.30 pm : Session 03
Theme : Trust and Teamwork Mantras For
Holistic Development

06.30 pm - 07.30 pm : Session 04
Theme : Shifting from Survival to joyful Living

07.30 pm - 08.15 pm : Valedictory Session

Registration :

While there is no registration fee, prior registration is mandatory. Please register at www.bksparc.in

E-Conference Co-ordination Office :

Spiritual Applications Research Centre (SpARC)
Brahma Kumaris, Post Box. 66, Gyan Sarovar,
Mount Abu – 307501, Rajasthan, India

For any queries, please contact us on :

sparcwing@bkivv.org or Mob : 9414003497 / 9772844861



14th



Inner Tranquillity

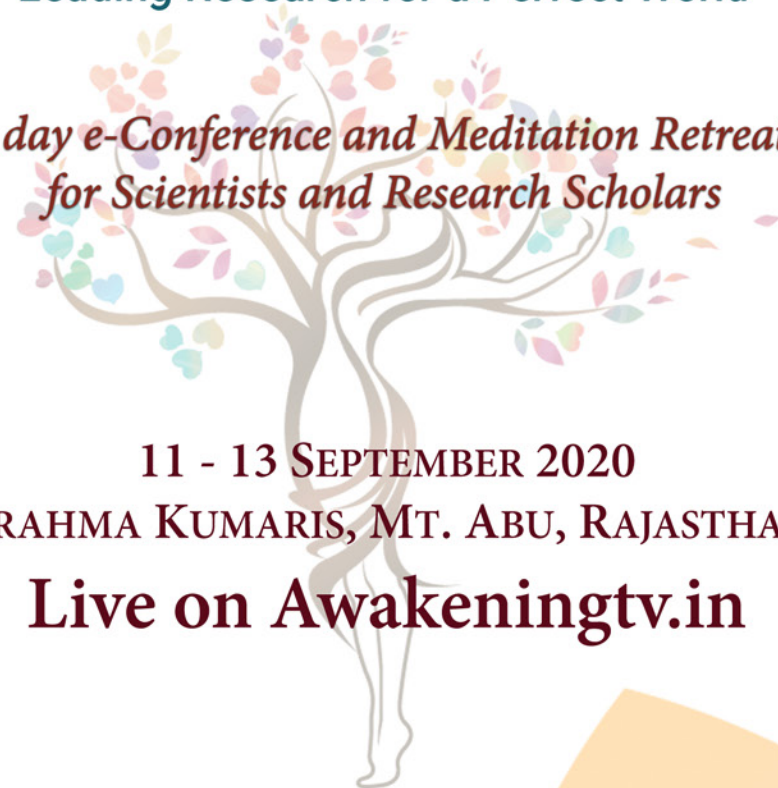
Leading Research for a Perfect World

*3 day e-Conference and Meditation Retreat
for Scientists and Research Scholars*

11 - 13 SEPTEMBER 2020

BRAHMA KUMARIS, MT. ABU, RAJASTHAN

Live on Awakeningtv.in



ORGANISERS



Spiritual Applications Research Centre (SpARC)
Rajyoga Education & Research Foundation (RERF)
Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya

brahmakumaris.com, bkwsu.org, bksparc.in

About the Conference

We are passing through unprecedented times where uncertainty and insecurity are very high in many spheres of life. This constant state of flux has impacted every single individual on the face of this earth, including researchers.

Stability & Clarity are two of the most important traits that a researcher needs in order to perform good quality research. How to achieve that mental stability & clarity is the main theme of this year's SIR e-Conference.

This e-Conference also aims at providing a platform to distinguished inter-disciplinary researchers, scientists, professors, research scholars and practitioners to present their perspectives on the methods of thriving in chaos and being focused on recreating a better world.

SpARC Wing of the Brahma Kumaris invites researchers from all fields to explore the ancient technique of Raja Yoga Meditation for experiencing inner tranquillity, which we believe, can bring excellence in the research they are engaged in.

The e-conference is organized by Spiritual Applications Research Centre (SpARC) Wing of Rajyoga Education & Research Foundation (RE&RF) along with parent organization, the Brahma Kumaris. SpARC was established in 1995 as a research wing to carry out holistic research to develop effective tools and techniques to facilitate easy application of spirituality in everyday life.

This conference is 14th in the series of SIR Conferences. Over the years, thousands of researchers have participated and collaborated on various life-transforming and socially-useful projects.

This Conference Aims To

- Provide abundant insights to integrate spirituality into different areas of research.
- Present an occasion to share unique ideas garnered over long periods of contemplation.
- Include enough self reflection time to explore and experience the values and powers we all are endowed with.

Brahma Kumaris



Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya is a recognised International Socio-Spiritual and Educational Organisation working for all sections of society to promote spiritual growth and individual transformation. Headquartered at Mount Abu, Rajasthan, India, it has 4000 study centres in India and over 140 countries. It is affiliated to the United Nation's Dept. of Public Information as an NGO having General Consultative Status with the Economic & Social Council (ECOSOC) and UNICEF.

Countless individuals, professionals and organizations have benefited from the institution's courses, seminars, conferences and public programs held worldwide at its International Headquarters located at Mount Abu. offered by BKWSO.

Raja Yoga Meditation



RajaYoga meditation is practised with 'open eyes', which makes this method of meditation versatile and simple to practice by anyone, anywhere. Meditation is a state of being in that place just beyond every day consciousness, which is where spiritual empowerment begins. This gives us the power to choose good and positive thoughts over those which are negative and wasteful. We start to respond to situations, rather than just reacting to them.

RajaYoga meditation gives you a clear spiritual understanding of yourself. It helps you to re-discover and use your latent positive qualities. It enables you to develop your strength of character and create new attitudes and responses to life. Like any skill, this requires practice. By doing a little meditation every day, it soon becomes a natural and easy habit.



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