

E - CONFERENCE

MIND-BODY MEDICINE

**25th to 27th
December,
2020**

Supreme Soul

Peace of Mind and True Happiness through Rajayoga Meditation

Organisers :



Medical Wing

(Rajayoga Education &

Research Foundation - RERF,

Global Hospital & Research Centre Trust)



AWAKENING
To A New Way of Living

Join Live on Awakening Tv

Tata Sky : 1084

Jio Tv : 1060 / GTPL : 578

<https://tinyurl.com/mbmconf2020>



/ brahmakumaris



**Under the Patronage of
Prajapita Brahma Kumaris
Ishwariya Vishwa Vidyalaya**



Dear spiritual brother/sister,

Happiness, love and a divine connection is what we experience as we invite you to join our E-conference on Mind-Body Medicine, specially meant for doctors from all over India.

Each time we meet for a conference, it is with the pure intention to learn and share our techniques of healing others. Unconditional care and commitment towards our patients is natural for us. We are often so busy taking care of others that we do not have time to take care of our selves. As a result, we invite stress, competition, fatigue, burnout or depression into our life. This conference is all about taking care and healing the one whom you have ignored the most - YOUR SELF.

Self care is a spectrum of knowledge, skills and attitudes which will empower us towards total wellness-spiritual, emotional, mental, physical, social and occupational. Research supports that meditation and self reflection enhance a sense of well-being, increase empathetic engagement in doctors and cultivate a kind and non-judgmental attitude towards self and others.

In this Mind-Body Medicine conference senior medical professionals and Rajayoga practitioners will share simple spiritual tools which will shift us from busy to easy; anger to patience; irritation to compassion; stress to happiness, and as we make this paradigm shift in our consciousness, life will become a celebration.

We are certain that you will feel relaxed, recharged and rejuvenated.

With greetings of love and peace,

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

Dr. Banarsilal Sah
Secretary,
Medical Wing



Programme Schedule

Session-1 (Inaugural)

Friday, 25th December, 2020 (IST) Time : 10:00 am - 12:00 noon



**Rajayogini Dadi
Ratan Mohini**
Additional Chief,
Brahma Kumaris
(Blessings)



**Rajayogi
BK Nirwair**
Secretary General,
Brahma Kumaris
(Inspirations)



**Hon'ble
Dr. Harsha Vardhan Goel**
Minister of Health and Family Welfare,
Minister of Science and Technology,
Minister of Earth Sciences - Govt. of India
& Chairman of the WHO Executive Board



Dr. Ashok Mehta
President - Medical Wing(REF),
Director, BSES MG Hospital
- Mumbai
**(Topic : Aim & Objective
of the Conference)**



**Rajayogini
BK Laxmi (Munni Didi)**
Director - Programs,
Brahma Kumaris
(Greetings)



Dr. Pratap Midha
Director, GHRC-Mount Abu,
Vice President - Medical Wing(REF)
(Wing & GHRC Services)



Dr. Banarsilal Sah
Secretary - Medical Wing(REF),
Director -Ever Healthy Hospital,Shantivan
(Welcome Speech)



Dr. Sachin Parab
Joint Secretary,
Medical Wing(REF),
(Topic : Mastering the Self)



BK Surya
Senior Rajayoga Teacher,
Brahma Kumaris, Mount Abu.
**(Topic : Rajayoga Meditation in
healing : experiments & experiences)**

Session-2

Friday, 25th December, 2020

(IST) Time : 6:00 pm - 8:00 pm



BK Usha
Senior Rajayoga Teacher,
Brahma Kumaris, Mount Abu
(Topic : Spiritual Power in Current Times)



Dr. Prem Masand
Radiation Oncologist, Mount Abu
**(Topic : Positive Emotions
Key to Wellness)**



Dr. Shubda Neel
Senior Gynecologist, Mumbai
(Topic : Experience sharing)

Session-3

Saturday, 26th December, 2020 (IST) Time : 10:00 am - 12:00 noon



Dr. Girish Patel
Psychotherapist, World renowned Trainer,
Senior Rajayoga Teacher, Brahma Kumaris
**(Topic : Technique of
Mind-Body Medicine)**



Dr. Satish Gupta
SR. Consultant, Cardiology & Medicine,
CAD Project Co-Ordinator
& Corporate Trainer, Shantivan, Abu Road
**(Topic : Rajayoga Meditative lifestyle
for Happy Mind & Healthy Heart)**



Dr. Shrimant Sahu
Diabetologist-GHRC, Mount Abu
(Topic : Stress & Diabetes)

Programme Schedule

Session-4

Saturday, 26th December, 2020

(IST) Time : 6:00 pm - 8:00 pm



Dr. Avdesh Sharma
Psychiatrist, Delhi

(Topic : Healing Minds)



Dr. Reena Tomar
Associate Professor ,
Dept of Pathology
Maulana Azad Medical College (MAMC)
and LNJP Hospital.

(Topic : Rajayoga Meditation)



BK Shivani
International Motivational Speaker &
Rajayoga Teacher,
Brahma Kumaris, Delhi

(Topic : Healing Reallationship)

Session-5

Sunday, 27th December, 2020

(IST) Time : 10:00 am - 12:00 noon



Dr. Mohit Gupta
Prof. Dept. of Cardiology GB Pant
PGIMS - New Delhi

(Topic : Unravelling the Science of
Mind, Meditation & Belief)



BK Sarita
Rajayoga Teacher,
Brahma Kumaris, Pune.

(Topic : Rajayoga Meditation)



BK Shivani
International Motivational Speaker &
Rajayoga Teacher,
Brahma Kumaris, Delhi

(Topic : Healing the Healer)

Session-6

Sunday, 27th December, 2020

(IST) Time : 6:00 pm - 8:00 pm



Prof. Swaminathan
Corporate Trainer & Memory Expert
Mumbai

(Topic : Being Stable - Mantra of Life)



BK Monica Gupta
Director
Interactive Bees Pvt. Ltd., New Delhi

(Topic : Rajayoga Meditation)



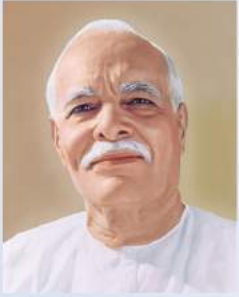
BK Shivani
International Motivational Speaker &
Rajayoga Teacher,
Brahma Kumaris, Delhi

(Topic : Building Emotional Immunity)

The Organisers



BRAHMA KUMARIS



Prajapita Brahma Baba
Founding Father



Dadi Hridayamohini ji
Chief of Brahma Kumaris

The Brahma Kumaris is an international NGO of the UN accredited with General consultative status with the ECOSOC; Associate Status with the DPI; Consultative Status with UNICEF; Observer Status to the UNEP; an Observer Organisation to UNFCCC; a Flagship Member of ERP, FAO. The organisation has completed 83 glorious years of service to humanity. It recognises intrinsic goodness of every human being and helps to rediscover it within each one of us. It has been honoured with 7 Peace Messenger Awards by the United Nations.

The organisation through its 4,000 associate centers in over 135 countries, offers education in human, moral and spiritual values and has made peace, love and happiness a sustainable experience in the lives of millions of people using spiritual principles, Rajayoga Meditation and Yogic lifestyle.

MEDICAL WING (RERF)



The Rajayoga Education and Research Foundation through its 20 wings, which includes the Medical Wing, imparts Spiritual Life Skills for personal and professional empowerment to every segment of society. The Medical Wing (estd. 1985) promotes holistic lifestyle, positive thinking, stress management, and health education programmes. It has organised over 250 holistic health fairs. Its project 'My India, Healthy India' was recognised by the India Book of Records as the longest distance health awareness campaign. With its more than 2000 members, Medical Wing is taking wellness to millions with its projects - Reversal of Coronary Artery Disease, De-addiction, Holistic approach to Diabetes, Divine Mother-Baby, Holistic Health Education Camps and many others.

GLOBAL HOSPITAL & RESEARCH CENTRE TRUST

The GHRC Trust runs a 120-bed hospital - J. Watumull Global Hospital & Research Centre at Mount Abu and G.V. Modi Rural Hospital, P.C. Parmar Eye Hospital and Radha Mohan Mehrotra Trauma Centre in Talhati, Abu Road. The trust was entrusted the management of BSES Municipal General Hospital, Andheri(W), Mumbai in 2002 - a multispeciality hospital under public-private partnership.

JANKI FOUNDATION FOR GLOBAL HEALTHCARE

Janki Foundation for Global Healthcare is a UK-based healthcare charity, which encourages both research and awareness in the field of spirituality and health. The Foundation has developed an experiential programme of "Values in Healthcare - A Spiritual Approach" (VIHASA) which meets the spiritual needs of patients and self-care of healthcare professionals.

OBJECTIVES OF THE MBM CONFERENCE

- 1) Awareness of Raja Yoga Lifestyle as a complementary therapy to achieve positive health
- 2) To exemplify practical applications of meditation / meditative lifestyle in diagnosis and treatment of psychosomatic disorders
- 3) To encourage ethical values in the medical profession
- 4) To share experiences of Raj Yoga Lifestyle by those already practicing it
- 5) To provide an environment for distinguished medical scientists and specialists to interact
- 6) To encourage professionals to achieve the objectives of World Health Organization (WHO)



CORRESPONDENCE

Dr. Banarsilal Sah,
Director, Every Healthy Hospital,
Brahma Kumaris,
Shantivan, Abu Road,
Rajasthan - 307510

Contact

- www.bkmedicalwing.org
- www.brahmakumaris.com
- mbmconference@bkivv.org

9414153942
8619937031

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