#### Venue:-

A beautiful campus situated in the calm, cool & serene valley of Mt. Abu, in the Aravali ranges of Rajasthan, India is the venue of this seminar. Sprawling over 35 acres of land-'Brahma Kumaris Academy for a Better World' is place of tourist attraction because of its unique architecture with centrally cooled Auditoriam, Seminar Halls, Audio Visual Art Gallery and other state of the art facilities for International/ National seminars & Conferences.





It is very conducive for experiencing true calmness of mind, to regain Inner Powers and to explore inherent treasures.

It has beautiful landscape & ecological balance by use of solar energy for water heating, steam cooking & generating electricity is a special feature of attraction for Environment friendly people.





Lush green gardens, thous and sof plantations and water conservation are its magnetic features for those wishing to relax in a natural environment.

## PROGRAMME

#### (Tentative)

Monday, 25th July, 2011

09.30am-02.00pm & 03.30-5.00pm Registration

05:00 pm : Inaugural Session

Meeting Challenges, Greeting Change

Tuesday, 26th July, 2011

06.30 am : Meditation Session-I

Know the Eternal Traveller

09.30 am : Technical Session -1

Chain Effect of Positive Change

11.30 am : Panel Discussion

Inner Stability for Crisis Management

Technical Session -2 Safety Through Spirituality

06.15 pm : Guided Meditation 08:45 pm : Musical Evening Wednesday, 27th July, 2011

04.30 pm

06.30 am : Meditation Session -II The Eternal Companion

09.30 am : Technical Session - 3
Cooperation with an Elelvated Vision

11.30 am : Interactive Workshops on Managing Stress, Achieving Peace

04.30 pm : Technical Session -4 Healthy Mind, Healthy Life

06.15 pm : Meditation

Enlightening Experience of the Power of Silence

09.15 pm Video Show **Thursday, 28th July, 2011** 

06.30 am : Meditation Session – III

Rajyoga - The Journey to regain Inner Powers

09.30 am : Technical Session - 5

Healing Habits

11.30 am : Group Activity

04.30 pm : Question - Answer Session

06.00 pm : Success Story of Prajapita Brahma - The Founder Father

07.00 pm : Meditation

09.00 pm : Sharing of Experiences by the Delegates

Friday, 29th July, 2011

06.30 am : Meditation Session-IV

Journey Towards a Golden Era

10.00 am : Departure/ Sight Seeing - Abu Darshan

Good Bye for a New Beginning

#### : Queries :

Chairperson: BK Om Prakash, Mount Abu Ph.: 02974-238261; Email: omprakash@bkivv.org National Coordinator: BK Divya Prabha, Mumbai Ph.:022-28704370; Cell:9870500527;

Email:bkdivyaprabha@gmail.com

Head Qurters Coordinator: BK Suresh Sharma, Mount Abu Ph.: 02974-238788; Cell: +9414153366; +9785358510

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International Seminar-cum-Meditation Retreat

# Meeting Challenges, Greeting Change

For Operators, Owners and Senior Executives of Travel, Tourism, Railways and Transport Sectors

25th-29th July 2011 Venue: Academy for A Better World Gyan Sarovar, Mount Abu



# : Organisers :

Transport & Travel Wing
Rajyoga Education & Research Foundation
And

Brahma Kumaris

Int'l Headquarters: Pandav Bhawan, Mount Abu, Rajasthan (India)

# Inspiring Quotes of Dadi Jankiji.....



Rajyogini Dadi Janki, Chief of Brahma Kumaris

As travellers on the journey of life, we meet with a number of challenges and changes daily but nothing is difficult with the backing of true, spiritual knowledge. As a spiritual traveller, we now can act with the understanding of 'who I am' and 'how my role can be effective for the world'. With self-respect based on love, wisdom and regular connection with the Divine Being, I can orchestrate a beautiful and successful life for the self, and all those around me.



Prajapita Brahma, Founder Father

In Transport, Travel and Tourism sectors, with use of ultra modern technology we seek to have control over most things but we lack something when we look at the self and human resources. We generally get results by strict enforcement of discipline, but consistency in this way is lacking. Under the influence of our emotions, habits and traits, we often lose self control and end up shouting, arguing and also drinking and using drugs to try to quell emotions. Many accidents on roads, railway tracks or other places are the results of all these.

To meet these challenges and to cope with external changes, we need to elevate our thought pattern. To dissolve pressures and to master crisis one has to travel to another space - the inner world. Exploring inner powers with spiritual wisdom and experiencing inner peace with the help of meditation, empowers the individual to solve the problems of today's hectic life.

This seminar provides you an opportunity to experience the calmness of mind which takes you to the state of resolving crisis and enjoying a happy and healthy life. It will also be an occasion to interact with participants from various countries and share ideas for professional growth too. You are cordially invited to participate in this International Seminar-cum-Meditation Retreat being organised by the Transport & Travel Wing of the Rajyoga Education & Research Foundation.

## Transport & Travel Wing

Rajyoga Education & Research Foundation, an associate organisation of Brahma Kumaris has 18 Wing to provide professional trainings based on Applied Spirituality. It serves the Tourism, Tranport and Travel Industry through its Transport & Travel Wing (TTW). TTW offers Safety Solutions, Stress Management Techniques and facilities of Spiritual Tourism. It also organises exhibitions, awareness campaigns, seminars, conferences and other programmes to empower all those associated with this service industry.

#### Brahma Kumaris

This international Institution has a network of 8500 branches in 135 countries with its headquarters at Mount Abu, India. It is an NGO member of the United Nations and has consultative status with ECOSOC and UNICEF. It has actively contributed in many national and international projects launched by the UN. In recognition of its noble efforts to making our society safe, happy, healthy and peaceful the UN has honored this institution with one International and six National Awards. It empowers every individual with its spiritual teachings to promote human values, social harmony and moral upliftment.

## Honored Participants

Ministers, Secretaries, Managing Directors and Senior Executives of Railways, Transport, Travel and Tourism sectors are invited to participate in this seminar. Owners, Operators of big travel and transport companies and Service Providers for logistics and cargo services associated with this industry, Senior officers of Traffic Police, RTOs, Tourism Development Corporations, Automobile and Fuel Industry are also invited to participate in this International Seminar-cum-Meditation Retreat.

## : Some of those who participated in our Seminars :

Bro. B.K. Sharma, Hon' Minister for Transport, Govt. of Rajasthan, Jaipur

Bro. K. H. Munniappa, Hon' Minister of State for Road Transport & NH., Govt. of India, Delhi

Bro. R Dsharma, Hon' Minister for Transport, Govt. of Punjab, Mohali

Bro. Subhash Goyal, Chairman, Stick Travels Ltd; President, ITOA, Delhi

Bro. H.A. Borakar, R.T.O., Govt of Maharashtra, Nanded

Bro. B. Seetharam, Executive Director, APSRTC, Hyderabad Bro. A.K. Upadhyaya, Sr. D.G.M., Central Railway, Mumbai

Bro. Joginder Singh, G.M., Haryana Roadways, Sirsa

Bro. Sanat Kaul, IAS, Chairman & MD, DTDC, Delhi

Bro. Ramesh Negi, IAS, Chairman, DTDC, Delhi

Bro. Ajeet Saxena, CTM, Southern Railway, Chennai

Bro. S.K. Vij, Member Engineering, Railway Board, New Delhi

Bro. K. Mainrai, CAO, COFMOW, Ministry of Railway, Delhi

Bro. Ashok Sethi, Regional Manager, Delhi Tourism Council

Registration: To participate, it is neccessary to register in advance and receive confirmation to ensure boarding & Lodging at Academy Campus. Participants from other than India and Nepal may kindly contact Conference Coordinator, Mount Abu or submit their Registration Form through Brahma Kumaris Centre in their country.

## Travel Facility Information:-

Distance and Travel Facilities from Major Railway Stations:

Ahmedabad - More than 25 Trains are available

Travel Time: 4Hrs App.; Travel Distance: 200Kms App. Bangalore - Some Train Nos.\_ 16210, 16508, 16532

Travel Time: 38 to 42 Hrs; Travel Distance: 1900 Kms App.

Chennai - Some Train Nos.\_16125

Travel Time: 63 Hrs; Travel Distance: 2090 Kms
Delhi - Some Train Nos.\_ 12958, 12215, 12916, 19106
Travel Time: 11Hrs to 14 Hrs; Travel Distance: 740Kms App.
Mumbai - Some Train Nos.\_ 19707, 14708, 12216, 16210
Travel Time: 11Hrs to 14 Hrs; Travel Distance: 680Kms App.

#### About Flights & Road distance from nearest Airports:

Journey from Udaipur takes nearly 3 Hrs on this good road. Udaipur is nearest Airport (185 Kms) to reach Mount Abu, daily flights are available from Delhi. Mumbai.

Another nearest Airport is Ahmedabad (220) Kms and has daily flights from Mumbai, Delhi, Chennai. From Ahmedabad too, Road is very good and it is 4.5Hrs Journey to Mount Abu.

