



BRAHMA KUMARIS
"OM SHANTI RETREAT CENTRE"
Seminar cum Retreat on
"Spiritual Journey"
Org. by Transport & Travels Wing (RERF)
8 to 9th-January 2011
PROGRAMME (TENTATIVE)

Saturday, 8th January 2011

- 04.00 to 05.00 p.m. Registration, Tea and Visit to Spiritual Museum
05.00 to 06.00 p.m. **Inaugural Session:** Understanding the "Spiritual Journey"
Welcome address
About the Organization & the Wing
Blessings by Seniors
Aim and Overview of the Programme
Candle Lighting
- 06.00 to 07.00 p.m. **Managing Stress while at Work**
07.00 to 08.00 p.m. Enhancing our Inner Powers to overcome **EGO & ANGER**
08.00 to 09.00 p.m. Dinner
09.00 p.m. Cultural Programme / Spiritual Film

Sunday, 9th January 2011

- 07.00 to 08.30 a.m. Meditation Session I – **Knowing the SELF & SUPREME**
08.30 to 09.00 a.m. Breakfast
09.00 to 09.30 a.m. Tour of the Complex
09.30 to 10.30 a.m. *Developing **Harmony in Relationship***
- 10.30 to 11.00 a.m. Break
11.00 to 12.00 p.m. Meditation Session II – **Technique of communion with the SUPREME**
12.00 to 01.00 p.m. *Temperament to Achieve Success*
01.00 to 02.00 p.m. **Concluding Session**
After the Seminar What?
Experiences & Feedback
Vote of Thanks
- 02.00 p.m. Lunch and Departure for a New Beginning



REGISTRATION FORM

for Seminar cum Retreat On

"Spiritual Journey"

BRAHMA KUMARIS ACADEMY FOR A BETTER WORLD, ORC

"Om Shanti Retreat Centre" Village -Bhora Kalan, Pataudi Road, near Bilaspur Chowk,

Distt. – Gurgaon (Haryana) , Off Delhi – Jaipur National Highway No.8 ,

Tel. 0124 – 2379960 to 65, Fax 0124 – 2379734,

Organized by: Transport & Travel Wing of Rajyoga Education & Research Foundation
&

Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya

8–9th January 2011

Name _____

Qualification _____ Designation _____

Address: _____

Tel. No. _____ (O) _____ (R) _____ (Mobile)

Fax No. _____ E-mail _____

Time of Arrival: _____

Time of Departure _____

Mode of Transport: _____

I wish to attend this program, kindly grant me necessary permission.

(Signature of Participant)

(Signature of Center in-charge)

Date

For further information & correspondence, please contact:

BK Ram Nath

Coordinator, Transport & Travel Wing (RERF) Delhi

C-51, Vikas Puri, New Delhi – 110018, Tel.: 25624427 & 25501219, 9810494066, 9350212268(M)

Email: bkvikaspuri@hotmail.com & vikaspuri.del@bkivv.org



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"OM SHANTI RETREAT CENTRE"
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"Spiritual Journey"

Organized by: Transport & Travel Wing of Rajyoga Education & Research Foundation
8-9th January 2011

Inaugural Session

Saturday, 8th January 2011
05:00 to 06:00 pm

Venue: Hall No

Welcome address

5 Minutes

About the Organization & the wing

10 Minutes

Key Note Address

10 Minutes

Blessings by seniors

15 Minutes

Aim and overview of the Programme

10 Minutes

Candle lightning

5 Minutes

Stage coordination



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Valedictory Session

Sunday, 9th January 2011
01:00 to 02:00 pm

Venue: Hall No

Question & Answers

15 Minutes

After the seminar what?

15 Minutes

Experiences & Feedback
Guests to be selected later

15 Minutes

Vote for thanks

5 Minutes

----- Lunch and departure for a New Beginning -----

Stage coordination ---