

East Central Railway

Office of the
General Manager (P)
Hajipur

No. ECR/IR&W/322/Misc/Part-III

Date 27.06.2016

All CHODs/PHODs/ECR/HJP
Divisional Railway Manager
E. C. Railway,
DNR, DHN, MGS, SEE & SPJ
CAO (Con.)/North & South/ECR/MHX/Patna
CWM/ECR/CRW-HRT, PD-MGS & Mechanical Workshop/SPJ
Chairman/RRB-Patna & MFP
Principal/ZRTI/MFP

Sub: Request to nominate officers/Staffs to participate in National Conference cum meditation Retreat on "Speed, Safety & Spirituality." to be held at Brahma Kumaris, Mount Abu from 29th July 2016 to 02nd Aug 2016.

Ref: National Co-ordinator- Transport and Travel Wing (RERF) Brahma Kumaris, Mount Abu, Rajsthan letter dtd.09.06.2016(Copy Enclosed)

In reference to above, Transport & Travel Wing, Rajyoga Education and Research Foundation Brahma Kumaris, Mount Abu have intimated that National conference-cum-meditation Retreat on "Speed, Safety & Spirituality" is being organised for the transport and travel sectors from 29th July to 02nd August 2016 at Acedamy for a Better World, Gyan Sarovar, Brahma Kumaris Campus, Mount Abu, Rajsthan.

The information may be circulated for information of the Officers/Staff of your division/workshop/department.. The application of the willing Officer/Staff may be forwarded to this office lasted by 05th July 2016 for further course of action.

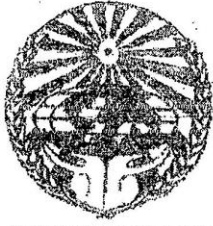
Instruction circulated vide Railway Board's letter No. 2012/E(TRG)/12/17 dtd.17.07.2012, 26.10.2012 & 20.09.2013 are furnished below for information, guidance & necessary action:-

- (i) Special Casual Leave up to a maximum of 09 days inclusive of 04 days journey time would be allowed once in a year to any willing employee for only one such programme;
 - (ii) Special Pass (as per the entitlement) would be given once in a year to any willing employee;
 - (iii) No TA/DA would be payable;
 - (iv) No programme fee would be payable by Railways and
 - (v) The personnel willing to participate in such programme would be spared subject to the convenience of the administration. *This has also been uploaded on ECR's website i.e. ecrindianrailway.gov.in → personnel*
- DA - As above.

Copy to : APO/MPP/HJP- for uploading at ecr website.

(Surya Narain)
SPO (IR&W)
For General Manager (P)

For General Manager (P)



Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya

International Organisation Dedicated to Socio-Spiritual Services

RAJYOGA RETREAT CENTRE (RRC), 'Prabhu Upvan', Ekta Bhoomi Gardens, Opp Sai Services, Dattapada Road, Borivali (East), Mumbai-400 066. ☎ Telefax : 2870 4370

E-mail : prabhuupvan.mum@bkivv.org ☎ Website : www.bkivv.org

HEAD QUARTERS : PANDAV BHAVAN, MOUNT ABU, RAJASTHAN.

Date: 9th June 2016

To,
The General Manager,
ECR, Hajipur

Re: Invitation as **Chief Guest** to inaugurate a National Conference from 29th July to 2nd August 2016 at Academy for a Better World, Gyan Sarovar, Brahma Kumaris campus, Mount Abu, Rajasthan.

Respected Divine Brother,

Greetings of Peace!

We write to you from the Brahma Kumaris, with regard to a National-level Conference we are organizing for personnel from the transport and travel sector on the theme "Speed, Safety, Spirituality". This Conference-cum-Meditation retreat is likely to host about 500 persons, associated with Roadways, Railways and Tourism across India.

This conference-cum-retreat is designed to provide the time, space, guidance and serene yet lively environment that help participants take profound steps towards self-discovery and self-development. We would like to extend a warm invitation to your esteemed self to grace the event as our Chief Guest at the inaugural ceremony on Friday, 29th July, 6 pm. Your presence and inspirations will motivate all the participants. It will also give you an opportunity to take a rejuvenating break to re-energise inner energies.

For your information, Brahma Kumaris is a spiritual educational institution that offers a variety of learning programmes aimed at long-term self-development, and also development at family, community, institutional and societal level. This event is being organised by the **Transport and Travel Wing (TTW)** of the Rajyoga Education and Research Foundation (ERF), the latter being a sister concern of the Brahma Kumaris. TTW has been actively involved since 15 years in exploring, designing and promoting various practical applications of spirituality to enhance professional efficiency and human values in the transport and travel sectors.

We sincerely hope you would mark this date in your schedule for the conference. Meditation increases working efficiency, boosts self-esteem and aids reconciliation of strained relationships, hence you may also nominate additional members among your personnel to participate in this event.

We look forward to your positive response. Thank you.

In the Spirit of Peace,

BK Divya

BK Divyaprabha
National Co-ordinator,
Transport and Travel Wing (RERF)
Brahma Kumaris

Ph:022-28704370, 9167995251

Email: ttwoffice@gmail.com

Websites: www.bkroadsafety.org

www.wheelsforpeace.org

*Recd. through mail.
OS/TTW
Prag
14/06/2016*

CONNECT with BRAHMA KUMARIS



Learn RajYoga Meditation

Find your nearest Brahma Kumaris centre at www.brahmakumaris.com or learn online at www.learnmeditationonline.org



Thought for Today

Receive a daily Pearl of Wisdom in your Inbox, subscribe at www.brahmakumaris.org



Watch Peace of Mind Channel

A 24x7 TV channel available on DTH and online at www.pmtv.in



Brahma Kumaris

- An international socio-spiritual organization established in 1936
- More than 9000 branches across 137 countries
- International Headquarters' at Mt. Abu, Rajasthan
- An NGO member of the UN; has general consultative status with ECOSOC and UNICEF
- Recipient of one International and six national peace messenger awards
- Aims at World Transformation through Self Transformation

www.brahmakumaris.com

'Speed, Safety, Spirituality'

29th July to 2nd August 2016

PROGRAMME SCHEDULE

Friday, 29th July, 2016

7 am - 5 pm Registration
09.30 am Relationship Management
05:00 pm Overview of the Conference
06:00 pm Inaugural Session

Saturday, 30th July, 2016

07.00 am Meditation Session 1 - Know the Eternal Traveller
09.30 am Technical Session 1
Target Oriented Achievements
11.00 am Stretch Break
11.30 am Group Dynamics with Games
04.30 pm Technical Session 2 - Kindling Self-Motivation
06.15 pm Meditation - Experiencing Power of Silence
08.30 pm Cultural Evening

Sunday, 31st July, 2016

07.00 am Meditation Session 2 - The Eternal Companion
09.30 am Technical Session 3 - Safety - Time for Action
11.00 am Stretch Break
11.30 am Interview with National Coordinator
04.30 pm Technical Session 4 - Calm in Crisis
06.00 pm Meditation - Exploring Inner World of Silence

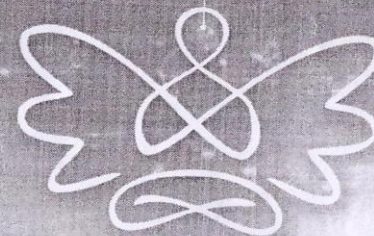
Monday, 1st August, 2016

07.00 am Meditation Session 3 - Rajyoga - The Journey to Regain Inner Powers
09.30 am Technical Session 5 - Power of Purpose
11.00 am Experience Sharing and Q & A
12.00 noon Lunch followed by Sight Seeing - Abu Darshan

Tuesday, 2nd August, 2016

07.00 am Meditation Session 4
Journey towards A Golden Era

Good bye for a New Beginning



15th National Conference-cum-Meditation Retreat

'Speed, Safety, Spirituality'

29th July to 2nd August 2016
Academy for a Better World, Gyan Sarovar, Mt. Abu

Organised by:
Transport & Travel Wing,
RajYoga Education & Research Foundation,
and Brahma Kumaris
International Headquarters: Pandav Bhawan,
Mount Abu - 307 501, Rajasthan

www.wheelsforpeace.org

पूर्व मध्य रेलवे

EAST CENTRAL RAILWAY

Why participate? Know the Benefits:

- Find time and space to explore the missing links between Speed and Safety
- Develop the skill of keeping calm, composed and relaxed, even at fast times by revisiting the inner landscape of spiritual wisdom
- Learn the art of ancient Rajyoga Meditation; a process which facilitates inner healing, enhances awareness, improves mutual understanding and fosters harmonious growth
- Relax, refresh, recharge; Rediscover the turning point in the expedition of your life

How to join? Register yourself:

- Participation in the event is available by prior registration on a first-come, first-serve basis.
- Register Online at www.wheelsforpeace.org/Conference2016
- Register Offline by submitting the enclosed registration form to nearest Brahma Kumaris centre
- Registration may be considered as approved only after you receive a note of confirmation

Prajapita Brahma
Founder Father



Dadi Janki
Administrative Head



About Us

Transport & Travel Wing

- One of the 19 wings of R.E.R.F. - a sister organization of Brahma Kumaris
- Offers voluntary activities to personnel associated with transport, travel, tourism sectors
- Aims to strengthen the foundation of human values, To maximize efficiency alongside sense of satisfaction, by Organizing professional trainings, seminars, conferences and other programmes
- Has been actively addressing key issues like safety, travel-stress, addictions and travel ethics since 15 years

Who can participate?

This programme is an invitation to all experienced professionals from Transport, Travel and Tourism sectors. We invite Leaders, Bureaucrats, Executives and Administrators to show the course for practical application of spiritual wisdom. Managers, Officers, Entrepreneurs, Business Heads, Owners, Operators and Trainers are invited to become skilled at the art of blending spiritual ethics with professional expertise.

Inquiries:

Chairperson:

BK Omprakash, Mount Abu
Cell: 09414154222
Email - omprakash@bkivv.org

National Co-ordinator:

BK Divyaprabha, Mumbai
Ph.: 022-28704370 Cell: 09870500526
Email - ttwoffice@gmail.com

Head Quarters Co-ordinator:

BK Suresh Sharma, Mount Abu
Ph.: 02974-228101; Fax: 238951, 228116
Cell: 09414153366
Email - HqOffice.TTW@gmail.com

Our Activities

Railways We conduct motivational training programmes, organize de-addiction camps, safety exhibitions, health check-up camps etc. for benefit of Indian Railways personnel.

Roadways We address the important cause of road safety through educational programs, awareness drives, seminars, health check-up and de-addiction camps, social media campaigns and various other activities.

Tourism We facilitate Spiritual Tourism by encouraging tourists to take a recreational break and experience peace and happiness through meditation.



Programme Schedule

Friday, 29th July 2016

06.00 pm - 08.30 pm - Inaugural Session

Saturday, 30th July 2016

07.30 am - 08.30 am - Benefits of Silence
10.00 am - 11.00 am - Living in the Light
11.00 am - 11.30 am - B R E A K
11.30 am - 12.30 pm - Heart to Heart Conversations
05.00 pm - 06.00 pm - Power of Mind
06.00 pm - 06.30 pm - E V E N I N G S T R O L L
06.30 pm - 07.30 pm - Meditation Insights
07.30 pm - 08.30 pm - D I N N E R

Sunday, 31st July 2016

07.30 am - 08.30 am - Living with Faith
10.00 am - 11.00 am - Silent Union
11.00 am - 11.30 am - B R E A K
11.30 am - 12.30 pm - Challenges in Meditation - P A N E L
05.00 pm - 06.00 pm - Conversations with a Yogi
06.00 pm - 06.30 pm - E V E N I N G S T R O L L
06.30 pm - 07.30 pm - Emerging the Light Within
07.30 pm - 08.30 pm - D I N N E R