

East Central Railway

Office of the
General Manager (P)
Hajipur
Date 17.10.2016

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

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: Nomination for Brahm Kumaris Conferece-cum-Meditation Retreat on "Wah Zindgi Wah" from 04th to 08th November 2016 at Shantivan Complex, Abu Road (Rajsthan).

Ref: Program- Co-ordinator-Brahma Kumaris, Bihar letter dtd. 07.10.16

In reference to above it is intimated that Scientists and Engineers Wing of Rajyoga Education and Research Foundation Brahma Kumaris, Mount Abu is being organised Conferece-cum-Meditation Retreat on "Wah Zindgi Wah" from 04th to 08th Nov 2016 at Shantivan Complex, 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 25th Oct 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 information with time schedule of above programme has also been uploaded on ECR's Website i.e. www.ecrindianrailways.gov.in → Personnel → Welfare Activities.

(A.K.Jha)
APO (IR&W)
For General Manager (P)
17/10/16
For General Manager (P)

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

08/11/16
17/10/16

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To,

The General Manager,

East Central Railway, Hajipur.

Subject: **Nomination for Brahmakumaris Conference – cum – Meditation Retreat on "Wah Zindagi Wah!" from 4th to 8th November, 2016 at Shantivan Complex, Abu Road (Raj.).**

Respected Divine Brother,

Accept greeting of Peace!

You shall be glad to know that Scientists & Engineers Wing of Rajyoga Education & Research Foundation (RE & RF), a sister concern of Brahmakumaris is organising above mentioned conference at Abu Road, Rajasthan.

We are inviting nomination from East Central Railway for attending and participating in this program. You will appreciate that as per the provisions of Railway Board, Govt, any employee of Indian Railway can avail upto 9 days special C.L and special Railway Pass for attending Program on Yoga and Meditation. Previously ECR had nominated a few officials to participate in T.T.W Conference at Mount Abu from 29th July to 2nd August 2016 but senior official could not attend it for lack of time.

Hence, You are hereby requested to kindly circulate this letter to all divisions of ECR so that willing officials might be relieved as per the policy of Railway Board.

AWO/IRSW
to circulate
h/w
13/10/16

Dy. Genl. (R&O)
7/10

OS/ELRW
8/10/16

2/10/16
13.10.16

Yours sincerely
B.K. Sanjay
(B.K. Sanjay) 16.10.16
Program Co-ordinator
Brahmakumaris, Bihar
Mobi: 8271199535
9430051652



Dadi Janki ji
Chief of Brahma Kumaris



Prajapita Brahma



Dadi Hridaymohini ji
Addl. Chief of Brahma Kumaris

Welcome

- to get enriched where Life's Joy is unleashed
- to understand the wisdom that nurtures positivity
- to have first-hand experience of the working of model that drives the leadership
- to learn the insights from great practitioners
- to empower oneself through techniques of Meditation
- to make happiness a way of living

Philosophy

Many people seek after happiness in life. Consciously or unconsciously we wish to be happy. The essence of spirituality is discovering the joy in life. The happiness synonymous with spirituality is an inner happiness that does not depend on success in the material world. Spirituality tells us that real inner joy comes not through the fulfillment of our desires but in reducing our desires. This elusive inner happiness will come, when we can discover our inner self. It is spirituality that helps us to find this inner self, which is our inner reality.

Spirituality is simplicity. When life is complex, complicated and cluttered, we feel under stress. We have no time to appreciate the finer things in life. If we can minimize the demands from the outer world; if we can minimize our desires, we can enjoy the inherent simplicity of life. Spirituality does not enjoin us to renounce the world rather it involves acceptance. If we accept the world as it is, then we can help offer something positive to the world. If we wish to bridge the world, the great saints encourage us to first change ourselves; so also Mahatma Gandhi, the father of the nation, said: "Be the change you wish to see in the world." Spiritual Wisdom teaches us to live in the

present. When we worry about the future, we create problems that may not occur. When we regret the past, we waste our precious time. It is only by focusing on the present moment that we can practise the essence of spirituality. In our highest meditation, we go beyond the domain of time. In the world there are teeming imperfections. There seems an endless list of problems. If we are not careful, we could spend all our time finding fault and criticizing others. Our criticisms may be justified but they will never bring peace of mind. Furthermore, through criticising the world we do not advance even an iota of its progress. However, through selfless action, through serving others we can go from a limited human perspective to becoming aware of universal reality.

Features

This programme is designed to address the issues related to personal and professional development holistically. The element of practical philosophy discernible to an average human mind will be abundantly evident in this conference to be attended by people from relevant walks of life from all over India and Nepal; and as we have seen in the past, the outcome will contribute to lead a life abundant in joy by finding out the missing dimensions of life. At the end of the program, the participants will be able to understand, recognize, appreciate, follow and actualize spiritual wisdom and apply techniques of Meditation in different walks of their lives. The event, in fact, highlights such important features as: Reflection, Contemplation, insights, Lectures, Dialogues, Interactions, etc. and is organized in an environment which is peaceful, inspiring and vibrant.

Meditation Retreat

There will also be meditation retreat in the morning, wherein participating delegates will have an opportunity to discover their

original spiritual identity and establish a link with the Supreme Soul in order to enable them to gain strength to practise values in their daily individual, family and professional life. Rajyoga meditation gives you a clear spiritual understanding of yourself, helps you rediscover and use the positive qualities already latent within you, enables you to develop your strengths of character and create new attitudes and responses to life. You start to enjoy moments of silence and to savour periods of introspection and reflection. Meditation also helps you disconnect from damaging habit of thoughts, feelings and reactions. This results in a conscious, positive release of energy which improves the quality of your attitude, actions and interactions. In fact, Rajyoga meditation is an open-eyed technique that can be used by anyone and anywhere to open his/her third eye of knowledge.

Venue of the Conference

Just 6 km away from Abu Road, at the foot hills of Mount Abu, is situated a magnificent complex known as Shantivan (Forest of



Life shrinks or expands in proportion to one's courage.

Happiness is your special treasure; so, never let it go.

God gives every bird its food; but He does never throw it into its nest.

peace). The main attraction of Shantivan is the Diamond Hall, with a seating capacity for about twenty thousand people. Its serene atmosphere provides an apt environment for learning, self-study, internalisation, thereby enabling to exchange thoughts and enrich spiritual experience in very stimulating and relaxing ways and manners.

Registration

There is no participation fee but prior registration is essential. Registration shall be accepted on first-come-first-served basis. Online registration feature is available for Brahma Kumaris centres' accommodation website: <http://accom.bkinfo.in/>. Kindly contact our local Brahma Kumaris centre for registration. Please fill up the online form completely, including proper Designation, Organisation/Department, Mobile Number, Email address, etc.

About the Organisers

Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalyaya, the organiser of the conference, has been working for eighty years, imparting spiritual knowledge and teaching Rajyoga Meditation. This work is presently being carried on through more than 9000 centres spread in 140 countries spanning over the five continents. The institution has consultative status as an NGO with the Economic and Social Council (ECOSOC) and UNICEF of the United Nations.

The Scientists & Engineers' Wing (SEW) of Rajyoga Education & Research Foundation (RERF) is actively engaged in educating the scientific and technical personnel in order to make their work more self-fulfilling and reflective of the needs of the society. It motivates them to work on preservation of the environment and betterment of qualities of life and also undertake scientific research on Rajyoga, inner consciousness and other aspects of metaphysics. More than one thousand five hundred members of the wing are actively involved in these activities through seminars, conferences, exhibitions, environmental awareness programmes and disaster management campaigns, etc., so that the gulf between science and spirituality can be bridged and the social evils prevailing in the society can be easily eradicated.

Enquiries

BK Mohan Singh, Conference Secretary, Wings Office
Above Conference Hall, Shantivan Complex, Talkhi, Abu Road - 307510
Ph: (02974) - 229101 to 38, Extn-7119; Fax: (02974) - 229116, 238951
Mobile: 9414542112; Website: www.bksew.org
E-mail: bkmoan@1@gmail.com; bksew@bkivw.org; sew.shantivan@gmail.com

Local Centre

O.K. SANGAY, Binay coordinator
9334638449, 8271199535

PROGRAMME

- Friday, 4th Nov. 2016 (Day of Welcome)**
09.00 am to 05.00 pm : Registration & Campus Visit
05.00 pm to 05.30 pm: Introducing the Organiser
05.30 pm to 08.00 pm: Inaugural Session
Theme: **Wah Zindagi Wah!**
- Saturday, 5th Nov. 2016 (Day of Awakening)**
06.30 am to 08.00 am: Meditation Session - I
09.30 am to 10.30 am: Lecture Session - I
Theme: **Life - A Unique Opportunity**
10.45 am to 11.45 am: Lecture Session - II
Theme: **You can change your destiny**
12.00 noon to 1.00 pm: Reflection Session
Theme: **Joy@24X7 (now and always)**
04.30 pm to 05.45 pm: Lecture Session - III
Theme: **Indian Ethos in Life Management**
06.00 pm to 07.30 pm: Experience Session
Theme: **Meditation for Bliss**
08.45 pm to 10.00 pm: Cultural Programme
- Sunday, 6th Nov. 2016 (Day of Enrichment)**
06.30 am to 08.00 am: Meditation Session - II
09.30 am to 10.30 am: Lecture Session - IV
Theme: **Let Go**
10.45 am to 11.45 am: Lecture Session - V
Theme: **Balance Sheet of Life**
12.00 noon to 1.00 pm: Panel Dialogue on Success Stories
Theme: **When life hurts, it teaches**
04.30 pm to 05.45 pm: Insight Session
Theme: **Wisdom of Pitashri Brahma**
06.00 pm to 08.00 pm: Valedictory Session
Theme: **Action Plan for an enriching life**
08.45 pm to 10.00 pm: Cultural Programme
- Monday, 7th Nov. 2016 (Day of Enlightenment)**
06.30 am to 08.00 am: Meditation Session - III
09.30 am onwards: Sight-seeing of Mount Abu
10.45 pm to 11.00 pm: Talk Show
Theme: **Yogah Karmashu Kaushalam**
- Tuesday, 8th Nov. 2016 (Day of New Beginning)**
06.30 am to 08.00 am: Meditation Session - IV

Conference-cum-Meditation
Retreat on

Wah Zindagi Wah!

Life is Joy...



4th to 8th Nov. 2016
Shantivan Complex,
Abu Road (Raj.)

Organised by
Scientists and Engineers' Wing (SEW)
Rajyoga Education & Research Foundation
Brahma Kumaris - HQ, Mount Abu
www.bksew.org; www.brahmikumaris.com

