



MEDITATION HUB

Krishna Kunj Bungalows, Next to The Capital – 1
Science City Road, Sola
Ahmedabad-380060
www.brahmakumaris.org
sola.amd@bkivv.org
Mobile No: +91 9427419721

**Prajapita Brahma Kumaris
Ishwariya Vishwa Vidyalaya**



Om Shanti

- The Raja Yoga Meditation Course

- Positive Change Course

- Self-Management Leadership Course

- Anger Management Training



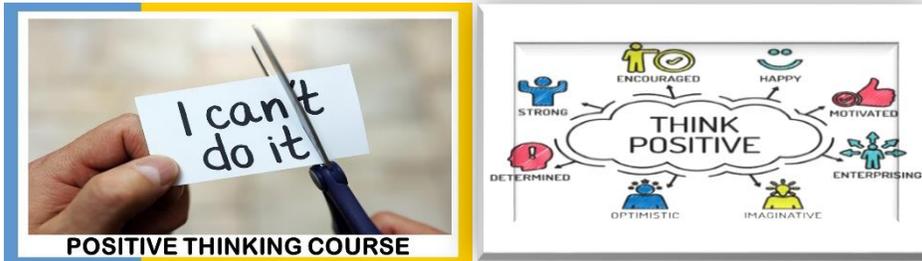
MEDITATION HUB

Krishna Kunj Bungalows, Next to The Capital – 1
Science City Road, Sola
Ahmedabad-380060
www.brahmakumaris.org
sola.amd@bkivv.org
Mobile No: +91 9427419721

**Prajapita Brahma Kumaris
Ishwariya Vishwa Vidyalaya**



- Positive Thinking Course



- Stress Free Living Course





MEDITATION HUB

Krishna Kunj Bungalows, Next to The Capital – 1
Science City Road, Sola
Ahmedabad-380060
www.brahmakumaris.org
sola.amd@bkivv.org
Mobile No: +91 9427419721

**Prajapita Brahma Kumaris
Ishwariya Vishwa Vidyalaya**



- Children’s Personality Development Activities and Living Values Programme



Children are our future. We need to nurture these young hearts with positive values, confidence & creativity. Our education system focuses primarily on academics but often misses out on nurturing their life skills. Our fun, creative & inspiring activities for young children and teenagers will empower these young hearts with the following skills: -

- ✓ thinking and reflection skills
 - ✓ emotional intelligence
 - ✓ creative expression and self-awareness
 - ✓ how to overcome fear and shyness
 - ✓ how to improve memory and concentration
 - ✓ how to take personal responsibility and accountability
 - ✓ confidence and public speaking
 - ✓ positive habits and moral values
 - ✓ the dangers of social media, gaming and peer pressure
- Digital Detox



We live in an age of “always on”. The ability to connect 24/7 with work, friends and family can be really positive – but can also leave us feeling distracted or overwhelmed. We may feel that we never really stop work, or that we need to check our social media constantly. We may sense that



MEDITATION HUB

Krishna Kunj Bungalows, Next to The Capital – 1
Science City Road, Sola
Ahmedabad-380060
www.brahmakumaris.org
sola.amd@bkivv.org
Mobile No: +91 9427419721

**Prajapita Brahma Kumaris
Ishwariya Vishwa Vidyalaya**



often we are not truly present, that perhaps we aren't listening deeply to others, and are instead substituting or diluting real opportunities for connection with digital distraction. We propose to help reduce our dependence on digital devices through the following: -

- ✓ Gadget-free one day retreats
 - ✓ Workshops on digital detox which will raise awareness on our relationship with our devices and how to switch off and reduce our dependence on devices
 - ✓ Silent meditation where the only focus is inward and not outward
 - ✓ Guided audios and one-minute meditations to support quiet time practices and habits
 - ✓ Guided mindful gadget free walks and nature excursions
 - ✓ Digital detox campaigns (week long)
- Nurturing From The Womb – Parents and Child Connection Programme (Divya Garbh Sanskar Training)



A child is a beautiful soul, a blank canvas. The womb is where not only does the child's body and brain develop but it is also the place where a personality begins to take form. We can support pregnant mothers and fathers to transfer positive values, thoughts & feelings to their unborn child. We can also help pregnant mothers maintain a calm and anxiety free mind and help the fathers understand the importance of creating a calm environment in the home. This training will include:

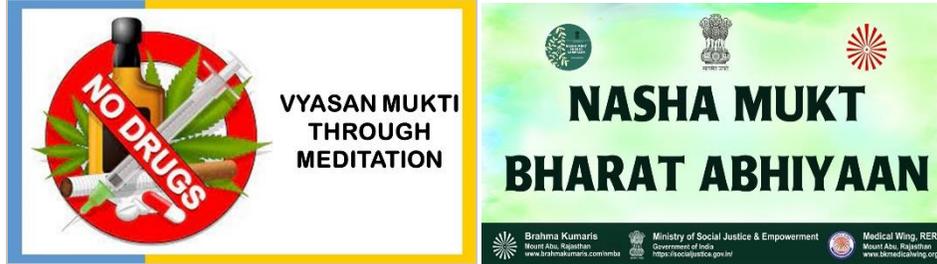
- - ✓ How to connect with your unborn child
 - ✓ Pre-natal yoga and exercise
 - ✓ The importance of pure vibrations and positive stimuli
 - ✓ Cultivating strong states of mind to support the challenges of pregnancy
 - ✓ How to organize your day when pregnant
 - ✓ The importance of equal partnership in parenting
 - ✓ Basic health tips for pregnant mothers
 - ✓ Diet and nutritio
- Freedom From Addictive Habits - Vyasan Mukti Through Meditation



MEDITATION HUB

Krishna Kunj Bungalows, Next to The Capital – 1
Science City Road, Sola
Ahmedabad-380060
www.brahmakumaris.org
sola.amd@bkivv.org
Mobile No: +91 9427419721

**Prajapita Brahma Kumaris
Ishwariya Vishwa Vidyalaya**



Addiction of any kind is a prison that keeps you stuck and unable to move forward with life. When you are under the influence of drugs, alcohol or any other intoxicating substances, your mind and brain are not operating at their best. When you are addicted, you have no power. We offer courses & spiritual workshops to help break these destructive habits and help bring awareness to the root causes that move a person towards addiction. We also teach meditation so that the addicted person can learn to manage their cravings and the root cause that is causing them to move towards the addiction. When a person does not know how to manage their pain or how to find internal pleasure, they often look to stimulants, drugs and other addictive habits to either numb their pain or experience pleasure. Through meditation, an individual can learn coping mechanisms to face pain and techniques that bring inner joy and happiness. The process of freedom from addictive habits includes counselling, awareness and workshops on the following topics: -

- ✓ The impact of any addiction on body and mind
 - ✓ How to build inner strength through meditation
 - ✓ Inner joy and happiness
 - ✓ How to face pain with courage
 - ✓ Self-esteem and self-worth
 - ✓ De-addiction counselling – group and one-on-one
 - ✓ Managing cravings
 - ✓ Breaking the pattern of negative habits
 - ✓ How to resource the self through meditation
 - ✓
- Coronary Artery Disease and Diabetes Management Programmes





MEDITATION HUB

Krishna Kunj Bungalows, Next to The Capital – 1
Science City Road, Sola
Ahmedabad-380060
www.brahmakumaris.org
sola.amd@bkivv.org
Mobile No: +91 9427419721

**Prajapita Brahma Kumaris
Ishwariya Vishwa Vidyalaya**





MEDITATION HUB

Krishna Kunj Bungalows, Next to The Capital – 1
Science City Road, Sola
Ahmedabad-380060
www.brahmakumaris.org
sola.amd@bkivv.org
Mobile No: +91 9427419721

**Prajapita Brahma Kumaris
Ishwariya Vishwa Vidyalaya**



Om Shanti