

BIODATA – SISTER MEERA



Designation

Director, South East Asia, Brahma Kumaris World Spiritual University.

Oversees the University's branches in Malaysia, Singapore, Thailand, Indonesia, Sri Lanka and Burma

Previous Posts

Ms Nagananda has been holding key positions in the Brahma Kumaris in the last 20 years including:

Regional Director, Caribbean Region. Based in Guyana	1978-1981
Director, Services and Studies, South East Asia	1981-1987
Director of Service and Studies, Australia and New Zealand	1987-1992

Education

Bachelor of Science (Chemistry), Mysore University, India

Master of Mind-Matter Relations, Brahma Kumaris World Spiritual University, India.

Research

Continues to do intense research in the field of mind-matter relations.

Specialities

Able to teach and train others to teach Raja Yoga meditation, positive thinking, self management, organisational development, the arts of life and other life skills and life long learning subjects.

- ❖ Able to deliver deep and thought-provoking lectures and talks on any topic, especially those related to the mind.
- ❖ Able to communicate effectively with people of all levels.
- ❖ Able to present complex issues and subjects in a simple, logical and clear manner.

Presented paper on Mental Health Meditation and Medicine during Mental Health Convention 1997-98 Perak, Malaysia and also in Hind World Hindu Conference, Colombo. Symposium on Living Values 1995, Sri Lanka

Experiences (International)

Toured many countries in 1986 for the International Year of Peace project "Million Minutes of Peace" to promote peace and goodwill. The project won six Peace Messenger Awards from the United Nations.

Was actively involved in organising "Global Co-operation for A Better World", the follow-up to Million Minutes of Peace project which involved getting feedback from peoples in 122 countries on the better world they would like to live in. The outpouring from the peoples of the world has been compiled into a book called "Visions of a Better World". The project was a peace messenger initiative dedicated to the United Nations and co-ordinated by the Brahma Kumaris.

Has travelled extensively to speak on themes focusing on self development skills, value based education, mastery of time and life and Raja Yoga meditation at innumerable organisations from temples to prisons, health organisations and educational institutions to rehabilitations centres.

Has participated in several radio and television programmes and given several interviews to the press and media.