

Sis. B. K. Savitri Bahen

Brahma Kumaris
Pandav Bhavan, Mount Abu
Rajasthan-307501
Phone: 02974-238261-68
Mobile: 9414152115
Fax : 02974-238951
Email: bksavitripurity@rediffmail.com
bksavitripurity@gmail.com

Om  Shanti

Brahma Kumaris:

A Spiritual Organisation exists to serve and assist individuals in discovering and experiencing their own Spirituality and Personal Growth thro' technique of Meditation and Positive Thinking and to reconnect their relationship with the Source of Power, the 'Supreme Soul'.

*Aim : Serving the people to inspire on values in life.
Joined Brahma Kumaris in 1962*

Qualifications & Experience:

*MA & M.Phil in Economics from Bombay University
Diploma in Higher Education(DHE), Bombay University
Dip. in Education (Dip. Ed-Topper in Bombay University)
16 Years Teaching experience on Economics, Somaiya College and D G Ruparel College, Bombay*

Activities involved

- Faculty and Facilitator for “Academy for a Better World”, Gyan Sarovar
- Aiming to share the “ Values for a Better Society”
- Active integrator in the service of Rajyoga Education and Research Foundation
- Workshops for Administrators Service Wing, Business and Industry Wing, Education Wing, Medical Wing, Jurists Wing, Media Wing, Women Wing, Youth Wing, Scientists and Engineering Wing and Travel and Transport Wing.
- Design Virtue Awareness Course.

Topics and workshops conducted

A) Business-Industry and Public Administration :

- Value-Based Management (Responsibility, Respect, Accuracy, etc...)
- Stress Management
- Relation Management
- Time Management
- Team Spirit, Motivation and Creativity
- Kaizen and 5 'S'
- Self-Esteem, managing Ego, Anger and Conflicts
- Healing the mind through Rajyoga Meditation -Positive Attitude
- Hurry, Worry and Happiness
- Power to face Challenges and Decision Making Power
- Communication Skills
- Success with Satisfaction
- Public Concern and Harmony in Relations
- Productivity, Efficiency and Self Motivation
- Quality Work-Culture and Happy Family Living
- Sense of Commitment and Joy at Work-place

□ Business & Industries :

Hyderabad- Nagararjuna Group of Industries, Chittorgarh-Birla Cement Works, Satna - Satna Cement Works, Abu Road -Lakshmi Cement Works, Modern Insulators Ltd,
Lucknow- Institute of Toxicology Research Centre, Rohtak-Sri Lakshmi Precision Screw Ltd., Sugar Mills, Cuttack- Printing Press, ORC - Gurgaon.

□ In Govt Sectors :

Goa-Metals & Minerals Trading Corp., **Jalandhar, Unnao (UP)** - Dy. Commissioner's Office , **Rewa** - Mineral Dept, Forest Dept, Police Dept, **Farrukhabad** - District Jail , **Lucknow** - North Eastern Railway Senior Officers, Punjab National Bank, **Rewa & Jalandhar** - All India Radio, **Rohtak** - Telecommunication Deptt.

B) Educational Institutions :

1. Living Values Educational Program – 5 Days, e.g., Respect, Peace, Tolerance
2. Exam Fear and Tension Free Life
3. Concentration Power, Interest in Studies
4. Character Building and Personality Development.
5. **Values** - enhancing Academic Performance
6. **Leadership Skills** - Self Confidence, Determination, Courage

Workshops Conducted :

Mount Abu: Gyan Sarovar Academy, Rotary Integrated School, Rewa- Engineering College, Model Science College, B.Ed & M.Ed Training College, Fatehgarh - Army School, St. Antony School, DN Degree College, Lucknow - Lucknow University, Jalandhar - Hansraj Girls College, Abu Road - Railway School, Rohtak - Maharshi Dayanand University, Baba Mastnath Management Institute, Mumbai - DG Ruparel College, Khalsa College, Bhavan's College.

Presented Paper on Value Based Education in Conference at Deharadun(Utr) - on "Challenges and Problems of Higher Education", organized by Lucknow University.

C) Medical Field :

1. Mind, Body and Medicine
2. Impact of Positive Thinking and Psychosomatic Disease
3. Purifying Emotions and Attitudes to Reduce **STRESS**.
4. Meditation and Medicines
5. Self-empowering Through Silence Power

Workshops Conducted:

Satna - Birla Vikas Hospital, **Lucknow** - CSJMM&U, Balrampur Hospital, National Homeopathic College, **Jalandhar** - Ayurveda Medical College, **Rohtak** - Govt Medical College