

SISTER URMIL
Director
Rajyoga Centre

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SISTER PROFILE

You are a Director of Rajyoga Centre .You started your spiritual journey in 1973 when you were still in school. You are a Postgraduate in Physics from Delhi University.

You possess deep knowledge of meditation & your common sense approach have motivated number of souls to reevaluate their attitudes. Your 30years of exeprience has helped people on the path of personal growth & fulfilment.

You are also a executive member of the Administrative Wing of Rajyoga Education & Research Foundation .

You are also extending your support in making value- oriented programmes.& an executive member of Media Wing of R.E.R.F.

You have travelled to several countries U.K, Germony,France,Switzerland,Holland ,Bangla-Desh, Nepal with the desire to share your views on spirituality.

You have delivered no. of lectures, on a wide range of subjects, in various organisations of repute like HIPA, LIC, Luxor, Hero Honda, Punjab National Bank, Bank Of India, Institution of Engineers & State Bank Of Patiala etc.

You have Organised a series of seminars for people, from all walks of life, covering topics like stress management, Time Management, Relationships, How to be successful in life, Joy at work, Enhancing inner powers through meditation etc.

You have been interviewed on Radio and Television. Your programs have been covered from time to time by private channels like Sony, Zee, Sanskar, Astha, Jagran, Gurgaon Darpan etc.

As a hobby you have prepared number of devotional song cassettes for this Institute.You like creativity in life.

You are also rendering your services at ORC(Om Shanti Retreat Centre,Gurgaon) the largest campus of the Brahma Kumaris in Northern India.