

## Programme of Conference

### Self Care & Compassion - BK Shivani, Delhi

Most sought after International Speaker and Electronic Engineer

### Passion & Compassion - Dr Ashok Mehta, Mumbai

Senior Cancer Surgeon, Nanavati Max Super Speciality Hospital, S L Raheja Hospital Mahim & HCG Cancer Hospital, Colaba

### Calm in Crisis - Dr Reena Tomar, Delhi

Professor of Pathology at Maulana Azad Medical College and Lok Nayak hospital, New Delhi

### Creating a conscious Future - Dr Mohit Gupta, Delhi

Professor of Cardiology and Intervention Cardiologist, GB Pant Hospital, Delhi

### Experience of Meditation - BK Shreya, Mumbai

Senior Rajyogi Teacher, Borivali

### Soul consciousness - Dr Sachin Parab, Mumbai

Professional counsellor and Corporate trainer, Life coach

### Emotional Healing - Dr Girish Patel, Mumbai

Author, Motivational Speaker, Psychotherapist

### Compassion Fatigue - Dr Ramjayam, Bangalore

Scientist at Centre for Consciousness Studies, NIMHANS, Bengaluru

### Cultivating Values - Dr Manoj Matnani, Pune

Consultant Pediatric Nephrologist, KEM Hospital, Pune

### Emotional Safety - Dr E. V.Swami, Mumbai

Teacher, Counsellor and Consultant with a clear focus on creating a value based society.

### Experience sharing

**Dr Shubhada Neel** - Gynaecologist & Medical Director Neel Hospital, Panvel (Raigad)

**Dr Ratan Rathod** - Interventional Cardiologist, Fortis Hiranandani Hospital, Vashi, Navi Mumbai

**Dr Sunil Kowli** - General & Laproscopic Surgeon, S L Raheja Hospital Mahim

**Soul Healing Music Interlude - BK David, Australia** Artist & Musician

**Stage Coordinator - BK Shreenidhi** TV Anchor, Peace of Mind & Awakening



Scan this QR Code  
For Online Form.

Registration is FREE  
but mandatory  
CME Credit hours  
applied for.

### Conference Secretariat

Ms. Hetal Shah - 9769476547

Email: rejuvmedimind@gmail.com

[www.brahmakumaris.com](http://www.brahmakumaris.com)

[www.jankifoundation.org](http://www.jankifoundation.org), [www.vihasa.in](http://www.vihasa.in)

[www.ghrc-abu.com](http://www.ghrc-abu.com), [www.bkmedicalwing.org](http://www.bkmedicalwing.org)



## 2nd National Conference

# Rejuvenating Medical Minds

Theme of Conference

*Passion &  
Compassion*



**Rejuvenate Yourself with  
Peace, Mercy, Happiness & Divine Powers  
through Rajyoga Meditation**

**Date: Sunday 22nd Jan 2023 | Time: 10.00 am to 6.00 pm**

**Venue: Shanmukhanand Hall, Sion, Mumbai**

Organised by:



Medical Wing (RERF)



Global Hospital  
& Research Centre



Association of Medical  
Consultants, Mumbai



IMA Mumbai West

Sponsored by: **Watumull Sanatorium Trust**

## About Conference

**Dear Colleague,**

*Happiness, love and a divine connection is what we experience as we invite you to participate in Medical Conference on “**Rejuvenating Medical Minds**”.*

*This conference is specially meant for medical and nursing professionals. Theme of this conference is to share the techniques of healing the self and others through passion and compassion.*

*Unconditional care and commitment towards our patients are natural to all of us in the profession. We are often so busy taking care of others that we do not have time to take care of our own selves. As a result, we invite stress, fatigue, burnout and depression into our life. This conference is all about taking care and healing the one whom we have ignored the most - **our own self!***

*Self care is a spectrum of knowledge, skills and attitudes which empower us towards total wellness-physical, mental, social and emotional. Meditation and self reflection enhance a sense of well-being, increase empathetic engagement among the doctors and cultivate a kind and non-judgmental attitude towards self and others.*

*Bk Shivani, international celebrated speaker will join with senior medical professionals to share scientific and simple spiritual tools which will shift our instincts from busy to easy; anger to patience; irritation to compassion; stress to happiness. As we make this **paradigm shift in our consciousness**, life will become a celebration. We are certain that you will feel relaxed, recharged and rejuvenated.*

*With greetings of love and peace,*

### The Organisers



**Dr Ashok Mehta**  
President, Medical Wing  
Conference Chairman



**Dr Sachin Parab**  
Conference Joint Secretary  
Medical wing & Conference Secretary



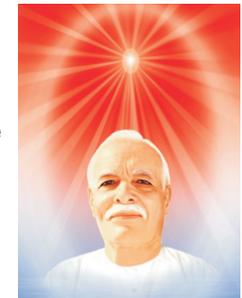
**Dr Banarsilal Sah**  
Executive Secretary  
Medical Wing

## Brahma Kumaris

Brahma Kumaris is a spiritual movement dedicated to personal transformation and world renewal. Founded in India in 1937, Brahma Kumaris has spread to over 135 countries worldwide. As an international NGO, it has extensive impact in many sectors. However, their real commitment is to help individuals transform their perspective of the world from material to spiritual. It supports the cultivation of a deep collective consciousness of peace and of the individual dignity.

It not only helps people explore their inner resources through Rajyoga meditation but also helps individuals to develop their highest level of personal integrity and the attributes of leadership.

Affiliated to the United Nations as an NGO, having a consultative status with Economic and Social Council (ECOSOC) and UNICEF, the institution has organized major international projects during the last two decades. It has been awarded a Peace Medal, an International and 5 National Peace Messenger Awards by the United Nations. It renders services to various segments of the society and professionals through its 20 wings.



## Wings of Rajyoga Education & Research Foundation (RERF)

Administrators, Art & Culture, Business & Industry, Education, IT, Jurists, Media, Medical, Politicians, Religious, Rural Development, Scientists & Engineers, Security Services, Shipping, Aviation & Tourism Services, Social Services, Sparc, Sports, Transport & Travel, Women's, Youth.

## Medical Wing

The Medical Wing has over 2200 members. It promotes healthy lifestyle, positive thinking, stress management, de-addiction programmes (antitobacco and antidrug activities), holistic health education and values in healthcare. The Programmes of lifestyle modification for prevention and regression of coronary artery disease and diabetes have been popular. Divine mother and baby project is promoted in pregnant women.

## Global Hospital & Research Centre Trust - GHRC

GHRC runs General Hospital in Mount Abu, Trauma Center & Eye Hospital in Abu Talheti, General Hospital in Mumbai and a clinic in Baroda- incorporating spiritual values.

## Janki Foundation and VIHASA

Janki Foundation is a UK based charity dedicated to positive human development and whole-person healthcare: an approach that considers the needs of patients and doctors at all levels of body, mind and spirit.

Its programme Values In Healthcare – A Spiritual Approach (VIHASA) with number of learning tools including reflection, listening, appreciation, meditation, visualization, creativity and play is used for personal and team development. VIHASA was launched in India by Former President Dr APJ Kalam in 2005. This facilitated experiential programme based on appreciative inquiry is conducted **FREE**. Online training in VIHASA is also being done.