

## Bio Data - B. K. Usha Didi

Brahma Kumari Usha is a Senior Raja Yoga Meditation teacher and a Management Trainer of the Brahma Kumaris Ishwariya Vishwa Vidyalaya based at the global headquarters in Mount Abu, Rajasthan, India.

With her innate qualities, capabilities and Supreme Father's blessings she has focused her strength and specialty into a meaningful channel. In fact, she is a practical example of "Applied Spirituality".

In 1980 she dedicated herself totally to the Spiritual Service of mankind. Between 1980 and 1992, she was attached to Mumbai and Hyderabad centers. In 1985 - the United Nations International Year of the Youth, she participated in the "Bharat Unity Youth March" extended from Bombay to Delhi and foot marched through a multitude of villages, towns and cities spreading the wisdom of spirituality.

In the path of service she has played a key role in the implementation of Self Management Training Programmes as expounded by Brahma Kumari Self Management Systems.

B.K.Usha has been invited by many industrial groups of India to impart systematic Self Managing Leadership courses for high ranking executives and management staff, thus blending Spiritual dimension with Modern Management philosophy.

Few of them are: General Electric (Hong Kong), Thai Rayon Company (Thailand), Pan Edible Oils (Malaysia), DRDO, Bharat Heavy Electrical Ltd., Hindustan Aeronautics Ltd, IFFCO, KRIBHCO, Gujarat Milk Marketing Federation, AMUL, BSNL, Godrej, Tata Iron and Steel, IPCL, ONGC, Steel Authority of India, GAIL, ELB SCLIFF, NDDB., & HRD Fora's etc ....

She has made thousands of presentations in various Colleges, Universities, Medical Associations, Social Organizations Management Associations and Corporate Sectors.

B.K.Usha's eloquence and her simple and clear approach to spiritual attainments has led her to record lectures and commentaries on RajaYoga for audio-visual presentations. She is fluent in English, Hindi and Gujarati. She has participated in a number of Conferences and Seminars at National and International levels, emphasizing the importance of spiritual values.

She has done a thorough research on the great epics of India - Ramayana and Shrimad Bhagwad Gita and has created a unique presentation the first of its kind in the world. This presentation has been shown within India and abroad relating its spiritual significance and the practical application in the modern lifestyle. Which has attracted and made people realize its importance from a completely different perspective.



Her lectures were shown on Sony Channel and presently they are telecasted on Zee Jagran, Sanskar, Astha, Sadhana Channels and various city cables.

She has also published her book on "Self Managing Leadership" in English and Hindi.

Audio - Visual Management Sessions specially designed and conducted by her, in Corporate Houses, national and multinational institutes and companies include

Stress Management and Relaxation techniques (Meditation practice)	3 Sessions
Mind Management	3 Sessions
Behaviour Management	2 Sessions
Communication Skills	1 Session
Enhancing the Spiritual Quotient	1 Session
Knowing and Managing Ego Problems	1 Session
Anger Management	1 Session
Leadership Attitudes and Abilities	1 Session
Leaders in Challenges and Choices	1 Session
Managing Change	2 Sessions
Sleep Management	1 Session
The Art of Positive Thinking	1 Session
The Science of Meditation	1 Session

Also illustrative Positive Life Style Rajayoga Meditation Sessions conducted in Meditation Camps comprise of the following

- Rediscovering the identity and tapping the innate qualities of the Self to overcome Stress and Anxiety.
- Unveiling the Mystery of the Supreme to overcome Fear and Insecurity.
- The Method, Basis and Stages of the Spiritual Journey to overcome the basic weakness of Anger.
- Understanding the Call of Time Cycle to overcome negative thinking and lead a Positive Life Style.
- The Depths of Human incarnation and Karma to lead a Healthy Life Style.
- The Attainments of 8 spiritual powers to lead an empowered life.

The Practical Application of the Spiritual Significance of Gita in Modern Living" aided by PowerPoint Presentation

Is the science of self-realization and the exact process by which a human being can establish their eternal relationship with God. In terms of pure, spiritual knowledge the Bhagavad-Gita is incomparable. Its intrinsic beauty is that its knowledge applies to all human beings and does not postulate any sectarian ideology or secular view. It is approachable from the sanctified realms of all religions and is glorified as the epitome of all spiritual teachings by the Supreme.

It is a talk between you and God. Arjuna here, is personified as a consciousness of a person who is entangled in relationship and desires. It is within our psyche that the devilish and divine powers are drawn up in array against each other, which is indicated by the Kauravas and Pandavas and it is within our consciousness that this battle has constantly to be fought. The intellect is in no form to judge except to give-up to devil powers. When the mind is tired and not ready to fight the negative powers

"The Practical Application of the Spiritual Significance of Ramayan in the present context"  
aided by Power Point Presentation

Ramayana is an epic which depicts how to conduct human relationships of all types. The ideal behavior of Sri Rama with almost every human relationship has been depicted in this epic.

According to the esoteric explanation of the Ramayana, man himself is the battlefield where a constant war is going on between the good and evil propensities.

Ravana had various forms of which one cannot think of, we see him taking violent forms and action against one who challenges him.

Ravana means negative and impure actions, Conducted by man according to his sanskars. When one believes in taking up a positive path than it is like challenging the negative powers which are influenced over one self....and one has to fight to conquer them. The negative powers which were used will take violent form before taking leave.

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^ ABOUT BRAHMA KUMARIS

Prajapita Brahma Kumaris is a Spiritual educational institution working for over 74 years for the establishment of an enlightened and virtuous society by imparting Spiritual Wisdom, human values and Rajyoga Meditation through its 8500 centers in over 137 countries.

The institution is working at all levels of society to bring about positive changes in the world. The curriculum is based on the recognition of the intrinsic goodness and spirituality of every human being. Rajyoga meditation enables a person to free oneself from mental tension, to attain high degree of mental concentration, to develop positive personality and life style based on wisdom. It also enables an individual to free from drugs and bad habits.

The Institution as a Non-Governmental Organization, is affiliated to the Economic & Social Council of the United Nations and to UNICEF.

For further information please contact:

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