

## B. K. Shivani

BK Shivani is a Rajyoga Meditation Teacher who has been studying spiritual knowledge and practicing the ancient technique of Rajyoga Meditation, as taught by the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Mount Abu, for the past 12 years. She conducts motivational courses through seminars and television programmes.



BK Shivani completed her Electronics Engineering graduate degree as a Gold Medallist from Pune University in 1994, and then served for two years as a lecturer in Bhartiya Vidyapeeth College of Engineering, Pune.

Since 2007, she has been on-screen in India and abroad through the presentation of practical spiritual understanding on the TV programme *Awakening with Brahma Kumaris*, which is being aired daily on Aastha channel in India, the United Kingdom and USA from a total of 160 countries in all 5 continents. The programme is also being aired daily on Zee TV in USA, Asia Pacific and the Middle East.

Her TV shows and interactive training programmes and workshops present a logical yet natural and comfortable way of adopting spirituality in life; all are offered as community service.

BK Shivani has travelled all over the Asia Pacific, UK, Africa and UAE conducting workshops and Live Television and Radio programmes.

**She speaks on a wide spectrum of themes such as: Stress Free Lifestyle, Leadership Skills, Emotional Intelligence, Art of Right Thinking, Living Values, Exploring Inner Powers, Self Management, Harmony in Relationships and the Practical Technique of Rajyoga Meditation.**

BK Shivani conducts programmes in corporate houses, some of the many organisations that have benefited over the past 6 years are:

- Maruti Suzuki India
- The Escorts Group
- GE Energy
- Ericsson
- Jet Airways & Singapore Airlines
- Sony Entertainment Television
- Airtel Mobile Services
- Ranbaxy Laboratories Ltd.
- L&T Ltd.
- Indian Oil Corporation
- Airport Authority of India
- Asian Paints
- Indian Armed Forces