

## Bio-Data of Sister Deepa

### EDUCATIONAL QUALIFICATION:

She is a Bachelor of Commerce graduate, from Mumbai University.

### PRESENT LOCATION:

- She has been associated with the Brahma Kumaris Institution since childhood. She has dedicated her life for this institution since last 25 years, serving Society at large to impart spiritual knowledge and teach Rajyoga Meditation.
- At present she is rendering her services at Brahma Kumaris Vile Parle Center, at Mumbai.

### PRESENT ACTIVITIES:

Has given many lectures and conducted workshops at different forums on Self Development and Rajyoga Meditation

### PROGRAMS CONDUCTED AT VARIOUS INSTITUTES:

- Educational Institutes

Dahanukar College, NMIMS, Sardar Patel College of engineering, D.Y. Patil College, N.M. College etc.

- Social Institutes

Lions club of Juhu, Rotary club of Bombay Airport, Inner wheel club, Rotract club, Jaycees club of Bardoli, etc.

- Medical Institutes

She is actively involved in counseling activities at BSES MG Hospital- Andheri and is a regular faculty at CME forums.

Faculty in Values in Health care -A special program for Medical Professionals.

Faculty for NIMS and CARE Hospital in Hyderabad.

- **Business Institutes**

She has conducted leadership and self development Programs at Atul Ltd. , Valsad, Parle Products (Mumbai), Godrej & Boyce Co. - Locks Division, Mumbai, Silvassa Industries, Reliance Industries, Bharat Petroleum (Refinery), Hindustan Petroleum, Central Bank of India Training Institute (Mumbai), Larsen & Toubro, Powai Mumbai, Sterlite Industries, Hindalco, Jindal, and many more.

- **Banking Institutes**

Regular Faculty at SPBT College for Dena bank and Central Bank. SBI, Canara and Axis Bank.  
Bombay Chartered Accounts Society.

- **Other Institutes**

Army War College Mhow, MP.  
Central Institute of Fisheries Education, Mumbai

### **INVOLVEMENT IN SPIRITUAL FIELD:**

- She has also conducted several Workshops and programs at the National conferences, Dialogues at Mount Abu
- She conducts Rajyoga Meditation courses and provides counseling to youth and individuals

### **LIST OF TOPICS**

- Self Managing leadership
- Stress Management
- Positive Attitude for Success
- Self Orientation Workshop
- Personality Transformation
- Conflict Resolution through Meditation
- Balancing Relationships and Responsibilities
- Leading by Values- A Balancing Act
- The Art of Happiness