



Om Shanti Retreat Centre An Introduction

'A gift from God to all the spiritual aspirants, who wish to enliven their minds with the waters of knowledge and experience, to harness the eternal stability that lies within and to re-energize their inner powers and learning to pur them back at work, while taking some time off to be in the midst of serenity'.

These words provide an apt description for the Om Shanti Retreat Centre (ORC), which is the newest educational campus of the Brahma Kumaris in north India. It is a sprawling 28-acre complex built in peaceful, sylvan surroundings, located 70 km away from the hustle and bustle of the national capital New Delhi. The ORC is a unique learning center of excellence that provides higher education in the art of living as well as training and experience in the ancient science of Rajyoga.

Besides having a serene and soothing atmosphere conducive for learning and retreat, the ORC also provides state-of-the-art facilities, including seven 200-seat Seminar/ Training Halls, an 800-seat auditorium, meditation halls, residential accommodation for 500 guests/trainees, and dining facility for 1,000 persons, where satvic vegetarian food is prepared by Brahmchari Rajyogis. The campus will soon conclude the on-going construction work for a 2,200-seat auditorium, an art gallery, a research center, library, Peace Park and a Children's Educational park.

The courses, seminars and lectures offered by the ORC aim at re-defining excellence by developing a holistic personality of individuals and through them their organizations. The main focus of this new project is to rejuvenate the voice of values across disciplines whether it is business, education science, media, jurists or even politics. This is in confirmation with the universal recognition of living values being the key to a sustainable future.

The institution is a recognized Regional Resource Centre for Education in Human Values of the Ministry of Human Resource Development, Government of India, for primary and secondary education. It is also recognised by

the University Grants Commission as a Centre for Value Education for university/college teachers. The institution has a memorandum of understanding with the Karnataka Open University for conducting certificate, diploma and degree courses in value education in distance mode.

As a basic tenet of the Brahma Kumaris philosophy, fees are not charged for any of the educational programmes or community services. The activities are financed by voluntary contribution by beneficiaries or their sponsors.

Some of the courses offered at the ORC:

-  **Living Values - An Educational Programme**
-  **Values and Leadership**
-  **Self Development Leadership (SDL)**
-  **Stress Management and Right Thinking (SMART)**
-  **Personality Development & Positive Change in life (For Youth)**
-  **Self-Orientation Workshops (SOW)**
-  **The Art of Happy Living**
Values in Family Life
-  **Your Effective Self (Yes)**
-  **The Eight Powers of the Spiritual Traveller**
Values for a Successful Life
-  **Inner Dimensions - The Power to Succeed**