

## *Dr. Nirmala Kajaria*

is the director of the Brahma Kumaris (BKs) Raja Yoga Centres in the Asia Pacific region. Her special area of interest is in the field of self-transformation, personal development and how the human being's mental process can be enhanced through an accurate method of meditation.

A medical doctor and a yogi, Dr Kajaria combines the pragmatic qualities of a doctor with the mystical understanding of Raja Yoga.

She has been practicing Raja Yoga for 46 years, since she first came across it in December 1962 in Mumbai. She continued her medical practice there for another 10 years. During this time she was also running a BK Centre from 1966 to 1971.

Convinced of the practical benefits of meditation, Dr Kajaria decided to incorporate meditation into her treatments. In 1965 she established a clinic specialising in diseases common to Third World countries and discovered that her patients responded much better when their treatment was supplemented with meditation.

“The aim of my study was to help people. I could see that with medicine I could help on a limited level to cure sickness for a short time only. After a while, the patients would come back with the same problem. Medicine could help, but the main cause was psychosomatic.”

“Meditation can help us understand tension and stress and how to manage it, before it gets the better of us. Meditation helps us to learn to control our thoughts in a positive way and to adjust our mental outlook so that the mind and body can regain their proper balance. It also facilitates the development of our talents and virtues for a constructive and creative way of life.”

Eventually Dr Kajaria ceased practicing medicine in favour of meditation. In 1971 she left India for London, travelling throughout the United Kingdom, East Africa and Mauritius during the next seven years. From 1971 to 1974 she lived in London. In 1974 she lived for a few months in Africa, in Zimbabwe & Zambia, and spent 1975 to 1978 in Mauritius.

After having visited Australia in 1975, she returned to live in Sydney in 1978. Since then she has been based in Australia, though her yearly lecture tours in association with Raja Yoga Centres in over 60 countries have taken her to every continent in the world.

As the administrative head of the Brahma Kumaris activities in the Asia Pacific Region, her role spans 15 countries, 72 centres, 56 subcentres and 4 retreat centres in Australia, Bangladesh, Cambodia, China, Fiji, Indonesia, Japan, Korea, Malaysia, Mongolia, New Zealand, Philippines, Singapore, Sri Lanka and Thailand.

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DR NIRMALA KAJARIA

**SPEAKER**

- 1998 TIME FOR CHANGE, TIME FOR STABILITY H.Q. Siam Commercial Bank, Bangkok, Thailand  
INNER HEALING, Australia and New Zealand lecture tour of 24 cities  
STABILITY IN TIMES OF CRISIS, Lecture series in Thailand  
LECTURE TOUR of Caribbean  
FOUR FACES OF WOMAN, George Town, Guyana
- 1999 SECRET OF SILENCE, H.Q. Siam Commercial Bank, Bangkok, Thailand  
Plenary speaker THE SPIRITUALITY NEEDED FOR THE NEW MILLENIUM  
BAHAI CONFERENCE FOR WOMEN, Brisbane, Australia  
LECTURE TOUR of South East Asia and Australia
- 2000 FOUR FACES OF WOMAN, Dubai  
Inauguration of INTERNATIONAL CULTURE OF PEACE, Dubai
- 2001 HEALTH AND WELLNESS, Makati City, Manila, Philippines
- 2002 MEDITATION AS MEDICATION, Manila, Philippines  
HEALING HEART AND SOUL, Health Department, Ministry of Public Health, Bangkok, Thailand
- 2003 BENEFITS OF MEDITATION, Leadership Caractere Development Institute, Phnom Penh, Cambodia  
MANAGEMENT AND LEADERSHIP IN TIMES OF CRISIS AND SOCIAL CONFLICT Seoul Gyeongseong (Seoul Federation of Teachers Associations), Seoul, Korea  
POWER OF CONCENTRATION Dongguk University, Seoul, Korea  
HEALING HEART AND SOUL Mondragon House Ballroom, Makati City, Philippines  
FOUR FACES OF WOMAN, Leura, Australia  
INNER HEALING, Mental Health Department, Ministry of Public Health, Bangkok, Thailand  
INNER PEACE FOR WORLD PEACE, International Day of Peace, Rajvithi Hospital, Bangkok, Thailand  
BENEFITS OF VEGETARIAN DIET, Seminar for Drs and Nutritionists, Institute of Nutrition, Hanoi, Vietnam  
BENEFITS OF MEDITATION IN DAILY LIFE, Seminar for doctors and hospital staff, Traditional Medicine Institute, HCM City, Vietnam  
MANAGING THE STRESS OF BEING A HEALTH PROFESSIONAL, Seminar for psychiatrists, Ear, Nose & Throat Hospital, District 3, HCM City, Vietnam  
STRESS MANAGEMENT, Hanoi Traditional Medicine Institute, Hanoi, Vietnam
- 2004 INTERFAITH GATHERING, Madrid, Spain  
THE INFLUENCE OF THOUGHTS AND FEELINGS IN THE PROCESS OF HEALTH AND ILLNESS, Public Dialogue with psychiatrists, Barcleona, Spain  
EMOTIONAL BALANCE AND OVERCOMING STRESS, Seminar for health professionals, Barcelona, Spain  
HEALTH, WELLBEING AND QUALITY OF LIFE, General Hospital, Valencia, Spain  
POSSIBLE SOLUTIONS TO PSYCHOSOMATIC ILLNESSES, Seminar for health professionals, Valencia, Spain  
THE HUMANIZATION OF LEADERSHIP AND PROJECT MANAGEMENT, Seminar for managers and administration staff, Sagunto Hospital, Valencia, Spain  
SPRINGS OF HEALTH, Health festival, St Petersburg, Russia  
DISEASE: REASON AND CONSEQUENCE, Moscow, Russia  
SUCCESS IN MISSION: SPIRITUALITY INSTEAD OF VIOLENCE Dialogue, Moscow, Russia

HEALTH AND SPIRITUALITY Panelist with specialist health professionals, Kobe, Japan  
THE PEACE EXPERIENCE, Tokyo, Japan  
WILL TO BE WILL, Parramatta Town Hall, Sydney, Australia

- 2005 SPIRITUALITY FOR MODERN TIMES, Fremantle, Australia  
FREEDOM FROM FEAR, Subiaco Arts Centre, Perth, Australia  
THE KEY TO SOLIDARITY, My Garden Hotel, Pattani, Thailand
- 2006 PEACE, RELIGION AND GOD, Colombo, Sri Lanka. Lecture tour of Sri Lanka  
LECTURE TOUR of Korea: Seoul, Busan and Daegu  
WORLD CONFERENCE OF RELIGIONS FOR PEACE, Delegate in Womens' Assembly, Kyoto, Japan  
THE ROLE OF WOMEN IN TODAY'S CHANGING TIMES, Principal speaker Womens' conference, Labasa, Fiji  
Inauguration of LIGHT A CANDLE FOR PEACE, a programme for building a culture of Peace in Thailand, in seven provinces of Thailand  
MEDITATION AND INNER HEALING, Thai Privilege Health Care Co. Ltd, Bangkok, Thailand  
SELF MASTERY, Cholrasdornamrung school, Chonburi province, Thailand  
LANGUAGE OF THE HEART, Kampaengphet Rajabhat University, Jan Kampaengphet province, Thailand  
INNER BEAUTY, HEALTHY CITY, Prince's Royal College, Chiangmai, Thailand
- 2007 EXPERIENCING LIBERATION IN LIFE, Seoul, Korea  
Delegate, SYMPHONY OF PEACE PRAYERS, Mount Fuji Sanctuary, Tokyo, Japan  
THE GREATNESS OF HUMANITY, panellist at public talk, Kobe, Japan  
LETTING GO OF THE PAST, St Vincent's Hospital, Melbourne, Australia  
HEALING HEART AND SOUL, Wellington, New Zealand. Lecture tour of New Zealand
- 2008 INTERFAITH DIALOGUE with Buddhist monks, Wat Bo, Cambodia  
MEDITATION AS MEDICATION FOR THE NEW MILLENNIUM, Department of World Religions, Dhaka University, Bangladesh  
STRESS MANAGEMENT FOR MEDICAL PRACTITIONERS, Khaleda Zia Medical College, Dhaka, Bangladesh  
HEALING HEART AND SOUL for doctors, Sarowardy Hospital, Dhaka, Bangladesh  
INNER STRENGTH, STABILITY and COURAGE, Perth, Australia  
BEING A JEWEL OF CONTENTMENT, Indian Embassy, Tokyo, Japan  
SPIRITUALITY AND CREATIVITY, Yokahama, Japan  
POWER OF WOMEN, POWER OF PEACE, Government House, Pattani, Thailand

#### **CO-ORDINATOR**

- 2000 CALL OF THE TIME DIALOGUE, Kuala Lumpur, Malaysia  
CALL OF THE TIME DIALOGUE, Melbourne, Australia

1997-2008 Annual international PEACE OF MIND RETREAT, Mt Abu, India

#### **AWARD**

- 2006 AUSTRALIA DAY ACHIEVEMENT AWARD for a high level of voluntary service to the community, Ashfield Municipal Council, Sydney, Australia.