



### **MEDITATION HUB**

Krishna Kunj Bungalows, Next to The Capital –  
1  
Science City Road, Sola  
Ahmedabad-380060  
www.brahmakumaris.org  
sola.amd@bkivv.org  
Mobile No. : 01 0427410721

**Prajapita Brahma  
Kumaris Ishwariya**



- Divya Nagri Project – Holistic Slum Upliftment Programme



The Divya Nagri is a project is an initiative by the Brahma Kumaris across India. The 'Divya-Nagri' undertakes to target the slums and shanties and attempts to bring qualitative reforms by practically educating them in cleanliness, education, adult literacy, skills training, educational excursions, celebration of festivals etc. The project is running successfully in 21 cities of India

The focus of this project is as follows: -

- ✓ Education and Exposure

We will focus on supporting the children of the slums with moral education, augment their basic educational skill and expose them to art skills such as drawing, painting and music. The aim is also to expose these children to educational excursions that are otherwise out of their reach. (The Children impacted by the Divya Nagri project in Navrangpura were taken to an excursion to ISRO for example). Education and basic literacy skills can also be provided for men and women in the slums who are interested in becoming literate. We will partner with government and other NGOs to ensure that these children and adults get access to the education that they often remain distant from

- ✓ General Hygiene and Etiquette

These sessions will educate the entire slum community about the benefits of maintaining cleanliness, personal hygiene and social etiquette which allows them to have more access to respect and services when they interact with the world

- ✓ Health Support

From time to time, The Brahma Kumaris will partner with the local medical community to organize camps to provide medical education and awareness as well as basic health checks.



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These health campaigns will be focused on the dangers to health of habits such as alcoholism, tobacco chewing, drugs etc.

#### ✓ Good Money Habits and Financial Stability

We will also have sessions to teach the young adults as well as adults about the importance of saving and how to have personal accountability for their income. We will also partner with government departments to make sure they are adequately informed about government schemes that are available to them for savings

#### ✓ Vocational Skills for Subsistence

Where possible, we will partner with local organizations to teach some vocational skills such as sewing, carpentry, art and craft so that there can be an income generating skill within the community

## 1) The Mind Spa



The Mind Spa will comprise of the following: -

- a) Use of light and sound to create an immersive sensory experience to awaken individuals to the importance of self-development and paying attention to our mental health as well give a real time experience of inner peace
- b) Use of Virtual Reality Technology to take individuals on a visual inner journey to support positive thinking and strengthening the mind and the emotions



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- c) Use of audio in the form of guided meditations and music to enhance full body and mind relaxation as well as use of visuals and videos to support care for the mind and the thoughts
- d) Use of creative and science-based methods to help individual to be aware of their stress levels
- e) Information leaflets and resources to support individuals to take care of their mental health