



Madurai Kamaraj University

(University with Potential for Excellence)
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Centre for Educational Research



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Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya

Education wing
Rajyoga Education and Research Foundation



Jointly organized one-day International Conference
"Challenges of Academicians in the Present Context"
on 7th October, 2023 at Shakti Sarovar Tapovan Retreat Centre,
Anjukulipatti, Dindigul

Conference Report

Organizing Secretaries

Prajapita Brahma Kumaris, Sub-zonal Head Quarters, Madurai.
Dr. M. Rajeshkumar, Assistant Professor, CER, MKU, Madurai.

Organizing Committee

Dr. B. Padma, Associate Professor, Department of Education (DDE),
MKU, Madurai.
Dr. R. Annadurai, Director i/c., CER, MKU, Madurai.
Dr. B. Kannan, Assistant Professor, CER, MKU, Madurai.





A one-day international conference on "Challenges of Academicians in the Present Context" was organized by the Centre for Educational Research of Madurai Kamaraja University in collaboration with Prajabitha Brahma Kumaris Ishwariya Viswa Vidyalaya. The event took place on 7th October 2023 at Shakti Sarovar Tabovan Retreat Center near Dindigul. The inaugural function of the international conference started with a welcome dance by Smt. Mala Raja@ Meenakshi, Artistic Guru, Om Prasannalaya Dance & Music Academy Madura, Chennai, and Mrs. Archana Shyam, Artistic Guru, Kamalalaya Natya Kendra, Chennai. Followed by Rajyogi BK Jayakumar provided a concise overview of the Brahma Kumaris organization and the theme of the conference in his address. He noted that such international conferences are typically held in urban settings, but this one was intentionally situated in the rural area of the Dindigul district. This choice allowed for the participation of students, teachers, and parents from rural communities.



He emphasized the benefits of rising early in the morning, explaining that waking up at 4 o'clock provides access to pure O₃ from the ozone layer and imbues one with positive energy from the atmosphere. Additionally, he highlighted the significance of the pituitary gland's heightened activity during the early morning hours, which positively impacts both physical and mental well-being. Jayakumar stressed the importance of cultivating mental strength to explore and uphold values, advocating for the practice and adherence to guiding principles, along with making incremental lifestyle adjustments. He also shared that over the 83-year history of the Brahma Kumaris Institute, forty thousand sisters and seven thousand brothers have dedicated themselves to spiritual service across approximately 7000 branches spanning 140 countries. He emphasized how this widespread reach aids in addressing the day-to-day challenges encountered in life.



Furthermore, he urged attendees to strive for the betterment of families and students, acknowledging the numerous challenges present in today's world. He underlined that the conference was organized to realize that peaceful, loving, and joyful lives are attainable, even in the face of adversity. Next sister Asha requested all the dignitaries to light the Tamilnadu Heritage lamp. Next BK. Senthamarai sister welcomes the dignitaries on the dais and off the dais, followed by BK. Pandiamani, the Director of the Value Education Programmes in Mount Abu, Rajasthan, elucidated the conference's theme, emphasizing that the teaching profession often fixates solely on students' academic achievements. He highlighted that the National Education Policy (NEP) of 2020 places a significant emphasis on teaching methodologies and proper documentation. Mr. Pandiamani asserted that instilling values in the younger generation during their college years is crucial, advocating for a fusion of learning and value-based education. He underscored the prevalence of negative messages from the internet and stressed the importance of spiritual education in guiding individuals away from such influences. According to him, Brahma Kumaris' education serves as a means of alleviating stress and anxiety, though he acknowledged a decline in retention rates in the present period. In his address, Mr. Pandiamani encouraged the audience by affirming that everyone encounters numerous challenges in life, but also expressed confidence in the ability to overcome them.



Succeeding speaker BK Sushma Didiji, Subzonal Director, Brahma Kumaris, Jaipur, Rajasthan elaborated about Guru, Guru means one who takes darkness to light this is our Indian culture. Teachers are not merely teachers, teachers are the foundation of our nation, society and the whole world. Wherever you go like family, society, politics, economy and the whole globe everyone faces challenges and pressures. Challenge and pressure it is the life don't think, if there is no pressure and challenge in one place after our cremation. Challenges actually, gives energy to work so let us try to think in a new way to face welcome to challenges, pressures and tensions then we can have happiness in our daily life. We need a power of positivity then we have courage and happiness in our lives.



The presidential address given by Rajyogi Dr. Mruthyunjaya, Executive Secretary & Chairman, Education wing, Mount Abu, Rajasthan spoke in detail about teachers, he believed teachers are the

first gurus, first mentors and first life makers. Teachers are the builders of the nation and shape their students in the classroom. Already we have an education conference at Mount Abu, 40 Vice chancellors participated in that conference and 1000 educationists around the country and all over the world participated. In India, different kinds of universities are there but only one university created the act of divine that is Brahma Kumaris Ishwariya Vishwa Vidyalaya. What is taught in Mount Abu is the same thing is disseminated simultaneously in 147 countries irrespective of age, language region and culture everyone receives this wisdom to increase happiness in our life. In his speech, he stressed challenges are life-making opportunities, we must accept the challenges and convert it into excellence and make them as the glory and beauty. Balance our emotions and stress and Brahma Kumaris gives the individual a safe zone, a cheerful zone not a fearful zone. Newspaper, Tv and Media provide communalization of everything. He stressed the teachers to produce human beings like Gandhiji and Buddha and also stressed everyone gets pure consciousness through yoga and meditation.



Professor Harikumar Pallathadka, Vice Chancellor of Manipur International University, Rajyogi Dr. Girish Patel, Vice President of the

Medical Wing at Mount Abu, and Laura Recio, a Facilitator of Value Education from Venezuela, have been honored guests at the international conference. In her address, Laura Recio highlighted the Brahma Kumaris organization's role in universalizing spirituality, emphasizing the equivalence of values and spirituality. She emphasized how educators impart values through their teachings and advocated for the attainment of concentration through meditation.

Sister Uma, the coordinator of the Madurai Brahma Kumaris sub-zonal, provided insights into the identity of God and his connection to us. She also facilitated a meditation session that allowed the participants to have a firsthand experience of meditation.



Dr. M. Sivakumar, Chairperson of the School of Business Administration at Madurai Kamaraj University, delivered a special discourse on the dichotomy between education fostering knowledge and spirituality cultivating wisdom. He highlighted the challenges faced by both teachers and students, pinpointing technology as the primary hurdle for educators. In today's world, the dominance of

Artificial Intelligence, blockchain technology, Cybersecurity, Cloud computing, Data Science, and e-commerce is undeniable. The potential for Artificial Intelligence to substitute teachers and the emergence of robot-led classes is a growing reality. Moreover, he emphasized the role of Emotional Intelligence in shaping values, noting the pervasive influence of social media in our lives and the substantial challenge it poses. Managing social media has become a significant hurdle for all individuals. Dr. Sivakumar also stressed the serene connection between nature and inner peace, asserting that proximity to nature induces tranquility as it embodies a divine essence. Followed by Dr. L. Radhakishnan, Registrar In-charge at Gandhigram Rural University, discussed India's poverty situation in 1969. In response, the Indian government introduced the Green Revolution, which successfully addressed numerous challenges.



During his speech, Dr. Girish Patel, Vice President of the Medical Wing at Mount Abu in Rajasthan, emphasized the importance of emotional well-being and comprehensive development. He addressed several key points, delving into the diverse nature of thoughts and highlighting how they can differ from person to person. He categorized challenges as negative experiences while presenting opportunities as positive ones. Dr. Patel discussed how adopting a certain approach can help eliminate negative emotions. He advised against expecting acceptance from others.



Drawing attention to the intricacies of our physical makeup, Dr. Patel highlighted the complex behavior of the trillions and trillions of atoms in our bodies, which resemble waves. He added that this phenomenon poses no threat to our health. Additionally, he underscored that once our basic needs are met, the pursuit of compassion becomes crucial. In his speech, Dr. Patel also shed light on the functioning of the brain, specifically mentioning that it secretes 5000 chemicals, with only five to six being of particular importance. Lastly, he addressed the concept of the "right thinking chart," which he discussed in detail.



Brahma Kumari Gothai Dhinakaran highlighted several key points during her session. Firstly, she emphasized the significance of detoxifying our social media usage. In a world that is increasingly reliant on technology, individuals need to take regular breaks from the virtual world and engage in activities that promote mental and emotional well-being. Furthermore, Dhinakaran stressed the importance of detoxifying our minds, particularly about managing tension, stress, negative emotions, and negative thoughts. She emphasized the need to actively cultivate positive thinking patterns and maintain a balanced mental state. Another crucial aspect discussed was the value of grandparents and their influence in our lives. Dhinakaran highlighted the importance of cherishing and seeking wisdom from our elders, as their experiences and knowledge can provide valuable insights and guidance.



Dhinakaran also advocated for individuals to actively seek positive speech for at least 10 minutes every day. This practice helps to counteract the negative impact of excessive exposure to social media and promotes a more optimistic and enriching mindset. Moreover, Dhinakaran addressed the potential dangers of technology, particularly the addiction that can arise from the use of artificial intelligence and social media. She emphasized the need to exercise self-control and be mindful of how these technological advancements can affect our behavior and well-being. Lastly, Dhinakaran provided

insights and techniques on how to master our minds. By understanding the workings of our minds and learning effective strategies to navigate through challenges and setbacks, individuals can attain a greater sense of control and inner peace.



At the closing ceremony, distinguished leaders from multiple institutions in and around the Madurai and Dindigul districts took part and shared their perspectives, and various important topics were discussed. These include the importance of teachers staying updated with the latest knowledge and trends, as it enables them to educate and inspire students effectively. Additionally, teachers were reminded of their role in creating a positive attitude among students, which helps them overcome challenges and strive for success. The discussion also emphasized the need to avoid constantly criticizing others on platforms such as mobile, WhatsApp, and social media. Instead, individuals should focus on personal growth and positivity. Furthermore, it was highlighted that it is important to educate ourselves about the potentially harmful effects of excessive exposure to mobile devices and electronic gadgets on our health. The impact of mobile devices on children's academic performance was also acknowledged. Excessive usage of mobile devices among children has been linked to decreased academic performance, highlighting the importance of finding a balance between screen time and productive activities. The discussion also touched on the benefits of regular

meditation for enhancing thoughts and bringing about positive life changes. Furthermore, it was emphasized that desires originate from the mind, highlighting the importance of cultivating positive and constructive thoughts to lead a balanced life. Lastly, the importance of recognizing our common humanity and viewing others as brothers and sisters, despite our differences, was discussed. This fosters a sense of unity, love, and respect towards one another, acknowledging that we are all God's children.







