

# BK HITESH

Meditation Instructor  
Spiritual Guide

## SOCIAL SERVICE AND SPIRITUAL EXPERIENCE

- Practising RajYoga Meditation from Brahmakumaris Spiritual University.
- Experience in travelling India and Abroad and conducting workshops on different topics and all segments of people.
- Part of "Mera Bharat Swarnim Bharat" All India campaign of 3 years to spread awareness about peace, happiness, meditation under Youth Wing, Brahmakumaris.
- One-o-One Mentoring: Teaching meditation to numerous world ranking Indian sportspersons
- Serving at Brahmakumaris Headquarters, Mt. Abu. and Satopradhan Vision, Amritsar.

## RESEARCH

- How food affects the mental state.
- GPS for Happiness
- Effect of mind on eating habits
- How to improve overall lifestyle
- What makes us happy and what takes away our happiness.
- Holistic benefit of meditation
- How to use meditation to heal mind, body and other souls
- Breaking the addictions.
- How to fall in Love with GOD

## SKILLS

- Technical Skills
- Public Speaking
- Team Work
- Creative Thinking

## QUALIFICATIONS

B.TECH,  
MECHANICAL ENGINEER  
CITM,  
FARIDABAD

## CORPORATE EXPERIENCE

6 years

+919205495747

bkhiteshmadhuban@gmail.com

Brahmakumaris Spiritual University,  
Shantivan, Abu Road, Raj.

