

# Who is BK Shivani?



World renowned spiritual speaker BK Shivani is a practitioner and teacher of Raja Yoga meditation, as taught by the Brahma Kumaris worldwide. Her pragmatic approach to spirituality in daily life has brought more than 110 million views on her [YouTube Channel](#) and over 2.5 million followers on her [Facebook page](#).

She has touched and helped transform the lives of millions through diverse platforms of public talks, interactive workshops, retreats, seminars, corporate training sessions, blogs, radio and TV shows. She has toured all over India as well as the UK, USA, Asia Pacific, Africa and the Middle East, speaking on a wide spectrum of themes such as Emotional Intelligence, Leadership Skills, Parenting and Relationships, Self-Realisation and the Practical Technique of Raja Yoga Meditation.

Her TV series of conversations with film actor Suresh Oberoi was adapted into a 2015 book *Happiness Unlimited: Awakening with Brahma Kumaris*, which is No.1 bestseller in Amazon India's *Religious and Spiritual* section.

BK Shivani completed an electronics engineering degree at Pune University in 1994 as a gold medallist, and then for two years lectured at a College of Engineering in Pune. She has said:

*"Studying engineering has taught me to think logically. Education is always helpful."*

BK Shivani is married and lives near Delhi.

A recipient of Woman of the Decade Achievers Award (2014) by ASSOCHAM'S Ladies League for her Excellence in Empowering Spiritual Consciousness and appointed goodwill ambassador for the World Psychiatry Association (2017). More recently, on the UN International Women's Day in 2019, BK Shivani was the recipient of the highest civilian honour for women in India, the Nari Shakti award, by His Excellency Ram Nath Kovind, the President of India.

In 2018 BK Shivani also toured Australia, New Zealand, West Coast USA and Canada .

BK Shivani, is now a world renowned meditation teacher and is coming to the UK during the month of June for the International Yoga Day. Meditation is at the core of the Brahma Kumaris and we will hold three events in the UK in Leicester, Manchester and London.

International Yoga day is a mass phenomenon globally and to experience peace in daily life is becoming more and more necessary as the world becomes more chaotic and uncertain. We wish for London to experience peace and learn how to meditate and experience peace of mind.

During BK Shivani's visit 10 years ago, the events organised by the Brahma Kumaris attracted 10,000 in 14 venues across UK. This time the event in The SSE Arena, Wembley holds approximately 11,000 so will be the ideal venue to reach out to those in and around London and parts of UK.



## **Sister B. K. Shivani**

### **BK Shivani - Biodata 1:**

Sister BK Shivani is a Senior Rajyoga Teacher who has been studying spiritual knowledge and practicing the ancient technique of Rajyoga Meditation, as taught by the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Mount Abu. She conducts motivational courses through seminars and television programmes.

BK Shivani completed her Electronics Engineering graduate degree as a Gold Medallist from Pune University in 1994, and then served for two years as a lecturer in Bhartiya Vidyapeeth College of Engineering, Pune.

Since 2007, she has been on-screen in India and abroad through the presentation of practical spiritual understanding on the TV programme '*Awakening with Brahma Kumaris*', which is being aired daily on Aastha channel in India, the United Kingdom and USA from a total of 160 countries in all 5 continents. The programme is also being aired daily on Zee TV in USA, Asia Pacific and the Middle East.

Her TV shows and interactive training programmes and workshops present a logical yet natural and comfortable way of adopting spirituality in life; all are offered as community service.

BK Shivani has travelled all over the Asia Pacific, UK, USA, Canada, Africa and UAE and other countries conducting workshops and Live Television and Radio programmes.

She speaks on a wide spectrum of themes such as: Stress Free Lifestyle, Leadership Skills, Emotional Intelligence, Art of Right Thinking, Living Values, Exploring Inner Powers, Self Management, Harmony in Relationships and the Practical Technique of Rajyoga Meditation.

BK Shivani conducts programmes in different corporate houses and organisations.

## **BK Shivani - Biodata 2:**



- Sister BK Shivani is a senior faculty associated with the Brahma Kumaris organisation. She is a software engineer by profession and has lead by example. She has maintained a clear balance between spiritual service and professional responsibilities and speaks from the heart. Her experience oriented talks full of practical examples have inspired thousands to adopt a spiritual lifestyle. She is a noted speaker on Peace of Mind and Aastha Channel.
- Shivani Verma (born in Pune in 1972), better known as Brahma Kumari Shivani or Sister Shivani, is a Brahma Kumaris teacher at the Brahma Kumaris World Spiritual Organisation. She completed an electronics engineering degree at Pune University in 1994 (as a "gold medalist"), and then served for two years as a lecturer in Bharati Vidyapeeth College of Engineering, Pune.
- She conducts motivational courses through public seminars and television programs. Since 2007, she has become increasingly well known in India and among the Indian diaspora for her leading role in the television series Awakening with Brahma Kumaris, which aired daily on Aastha channel and Peace of Mind Channel.
- Her TV series of conversations with Suresh Oberoi was adapted into a 2015 book Happiness Unlimited: Awakening With Brahma Kumaris.
- BK Shivani travelled in India and elsewhere, including the UK, United States and Canada, appearing at charitable events ranging from the promotion of organ donation to parenting programs, as well as Brahma Kumaris events. She is a goodwill ambassador of the World Psychiatric Association. In 2014, she was awarded 'Women of the Decade Achievers Award' by the ASSOCHAM Ladies League "for Excellence in Empowering Spiritual Consciousness".



### **BK Shivani - Biodata 3:**

**Shivani Verma better known as Sister Shivani** is an Indian spiritual teacher and inspirational speaker. She is commonly known as Brahma Kumari Shivani. Moreover, Sister Shivani also a Senior Rajyoga Teacher and Motivational Speaker of the Brahma Kumaris World Spiritual Organisation. She conducts various motivational courses through public seminars and television programs.

#### **Shivani Verma's Early Life and Education:**

Recalling her early life, Shivani Verma was born on *March 19, 1972*, in Pune, India. She is native of Pune with Indian Nationality and follows Hinduism. Ms. Verma is a gold medalist from Pune University. She graduated from Pune University with a degree in Electronics Engineering.

#### **Shivani Verma Career:**

During her early days, after graduation with a gold medal, Mrs. Shivani worked for few College of Engineering, located at Pune. Moreover, she served as a lecturer. From her early age, Sister Shivani used to visit Brahma Kumaris with her parents. And, she decided to visit the workshops of Brahma Kumaris when she was just 23.

There she started working as the back-end production of Brahmakumari television esentations for *Sony TV*, and later on, in the absence of her seniors, she started answering the questions from viewers. Then, the television program named “Awakening with Brahma Kumaris” was launched, where Sister Shivani co-hosted it along with Kanupriya. Now, Shivani conducted different motivational courses through public seminars and television programs and travels to India, for various charitable events as well as for the promotion of the Brahma Kumaris.

Besides all this, Sister Shivani has appeared on various spiritual television programs such as Rajyoga Meditation, Self Management, Happiness Index, Emotional Intelligence, Life Skills, Giving up Addiction, Relationships, Inner Beauty, Practical Spirituality, Being Bliss, Being Love, Being Bliss, Being Shakti, Being Divine, God's Revelations, Depression, Living Values, Forgiveness, Wisdom of Dadi Janki, Disaster Management, Soul Connection, Going Beyond, Happiness Unlimited and Healer Within.