

## **Empowering Success with Inner Peace: BK Sister Shivani Inspires Kolkata at ICC's Exclusive Interactive Session on Balance and Well-Being**

**Kolkata, 15<sup>th</sup> February 2025:** Indian Chamber of Commerce (ICC), in collaboration with its Ladies Study Group (LSG), hosted an exclusive session with BK Sister Shivani, Nari Shakti Puraskar awardee and renowned spiritual and motivational speaker, on Saturday, 15<sup>th</sup> February 2025, at The Lalit Great Eastern, Kolkata. The session, themed "Balancing Life, Success and Soul Empowerment," focused on achieving harmony between professional success and inner well-being. Distinguished dignitaries in attendance included Parthiv Vikram Neotia, Vice President, Indian Chamber of Commerce; Minnie Juneja, President, Ladies Study Group (LSG); and Dr. Rajeev Singh, Director General, Indian Chamber of Commerce.

While delivering the welcome address, Parthiv Vikram Neotia, Vice President, Indian Chamber of Commerce, said, "Today, we are honoured to welcome BK Sister Shivani, a visionary leader and spiritual mentor. A recipient of the Nari Shakti Puraskar, India's highest civilian honour for women and an ambassador for the World Psychiatric Association, she has empowered millions with her insights on emotional intelligence, resilience and spiritual well-being. In a world where success is often measured in financial terms, Sister Shivani reminds us that true success lies in inner peace, ethical leadership and self-mastery. Through 'Awakening with Brahma Kumaris,' she has transformed perspectives on emotions, relationships and mindful living. As the Indian Chamber of Commerce approaches its centenary, we reflect on the evolving definition of leadership—one rooted in mindfulness, integrity and purpose."

Alluding to the theme of the session, BK Sister Shivani, Nari Shakti Puraskar awardee and renowned spiritual and motivational speaker, said, "We are all in the common pursuit of happiness, peace and love. We want these things but the truth is, true happiness isn't something external that we acquire. It's an internal state, shaped by how we respond to life's events. Success is not about external achievements alone; it lies in cultivating happiness, love and peace within yourself and your surroundings. It's crucial to recognise the difference between mere achievement and genuine success because society often prioritises the former over the latter. I believe content is like an emotional diet; what we watch, read and listen to directly impacts our thoughts, feelings and actions, ultimately shaping our destiny. Both content creators and consumers have a responsibility in shaping the media landscape. We must critically examine our consumption habits and reject content that promotes negativity, such as violence, fear and excessive consumerism. Instead, we should make a conscious shift towards consuming content that fosters positive emotions and well-being. When it comes to work stress, I see it as a result of an imbalance in our priorities. We need to disconnect from work after office hours and prioritise our family and personal well-being. I urge you to prioritise 'self, family, work' rather than the conventional 'work, family, self.' This shift can lay the foundation for a fulfilling life and a successful career. For instance, after hearing this message, Motilal Oswal implemented a company-wide policy to disconnect from work after 8 pm, reflecting a commitment to employee well-being. I also want to highlight the importance of deep sleep. Our current lack of sleep is often due to consuming stimulating content before bed. I recommend disconnecting from devices and consuming positive content before sleep to promote restful and rejuvenating sleep. Meditation is another key practice to cultivate inner peace and improve intuitive decision-making. I encourage you to learn meditation techniques and incorporate them into your daily routine. When it comes to families, emotional resilience is crucial. I believe we should strive to become 'powerhouses' of emotional strength, providing stability and support to our loved ones during times of crisis. A single person's negativity can affect the entire family dynamic, so practicing gratitude and

acceptance within relationships can create significant positive changes. Finally, I urge each of you to make a conscious decision to prioritise well-being and embrace a year of personal transformation. This transformation starts with your choices—particularly your approach to content consumption and how you prioritise yourself, your family and your work. I challenge you to become leaders of change, advocating for a more balanced, fulfilling way of life."

Delivering the vote of thanks, Minnie Juneja, President, Ladies Study Group (LSG) said, "The wisdom shared has both been inspiring and transformative, reminding us of the delicate balance between ambition and success. In today's fast paced world, where stress and mental burnout have become all too common, the session serves as a guide to navigate life with greater clarity."

Commenting on the occasion, Dr. Rajeev Singh, Director General, Indian Chamber of Commerce, said, "The contemporary world is not alien to the pressures it bestows. Striking a balance between life, ambition and spirituality is becoming an ever-growing challenge. The need of the hour is to wield tools that are part of our inner-self and imbibe positive habits in order to lead a life rich with happiness, peace and spiritual wisdom."