

Yuva Realisation Week

(9th Jan – 16th Jan 2022)

Young India, Realised India | युवा भारत, आत्मसाक्षात्कारी भारत

MY LIFE MY MEDITATION

Wellness Through
Sahajayoga Meditation
Introductory Session



Founder of Sahaja Yoga
H. H. Shri Mataji Nirmala Devi

SPEAKER'S PROFILE

1. Krishna Murdeshwar – Introduction and Explanation
2. Adv. Pramod Khiste – Practical Session



Krishna Murdeshwar is an expert Banking Professional with an experience of 12 years in banking industry. He has his expertise in the field of banking and finance management. Currently he holds a LEAD Profile in Deutsche bank, Aurangabad where in he is responsible for enhanced service quality and robust operational efficiency of bank.

Earlier to this assignment he was associated with Axis bank as a Senior Manager and has been awarded with Axis citizenship reward for noble work in the society. He has maintained a consistent career growth over a period and has worked in all the functional areas of the Bank.

On the academic front he holds a Master's degree in Business Administration from ICAI University, Dehradun.

He was a Scholarship holder and ranked 1st in all the semesters of MBA Program in college. He also ranked 1st in BYK college Nashik in the 2 years Vocational Training with Banking honors.

Apart from academics he has been a very active participant in Inter College and Inter School Sports championships. He loves to explore new places and make new friends.

He is practicing Sahajayoga Meditation since 20 years now and believes that youth is the back bone of society and in order to strengthen them he voluntarily participates in spreading awareness of Sahajayoga Meditation.

Advocate Pramod Khiste who is a practicing Lawyer in High Court since 25 Years and is practicing Sahajyoga since 20 years.

He has been working as a lawyer and it requires incredible mental dexterity, sharp critical and analytical thinking skills, impeccable memory, and an abundance of self-assuredness and so he believes that Meditation has improved his ability to perform intellectually challenging professional life with accuracy and precision.

