

Visit of Didi Sudha to Kazakhstan

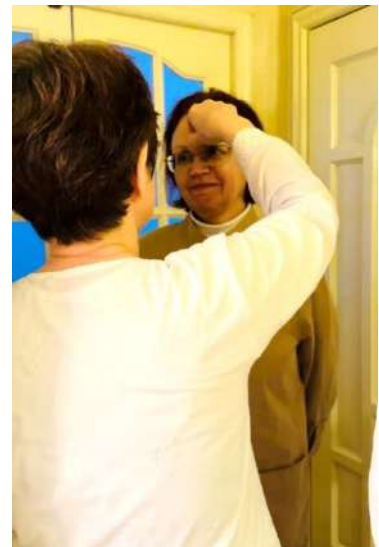


Didi Sudha, Director, Brahma Kumaris, Moscow accompanied by **Sis. Irina Lemeberg** visited Kazakhstan. During 8 days stay in Kazakhstan, Didi visited Astana, the Capital city, Aktobe and Karaganda.



Hearty Welcome to Astana, the Capital of Kazakhstan

Long awaited Didi was heartily welcomed by divine family of Astana with the national traditions of the Kazakh people, combined with the feeling of being in the Golden Age. Precious guests wore national camisoles with ornaments of gold threads, crowns and wreaths of roses. Songs in Kazakh were performed and these songs were dedicated to the greatness of the teacher and the role of the mother. Didi completed the cake-cutting ceremony. There was an atmosphere of happiness and angelic flight. BKs from Pavlodar, Ekibastuz and Zhezkazgan too joined the gathering.





Didi conducted yoga and read the murli as the class was entirely immersed in the heavenly aura of love, peace, and purity.





During the day, sightseeing was organised to the Pyramid – Palace of Peace and Harmony, Central Mosque, Presidential Park, Expo-Astana Congress Centre, Embankment of the Ishim River.



The Pyramid – Palace of Peace



Central Mosque



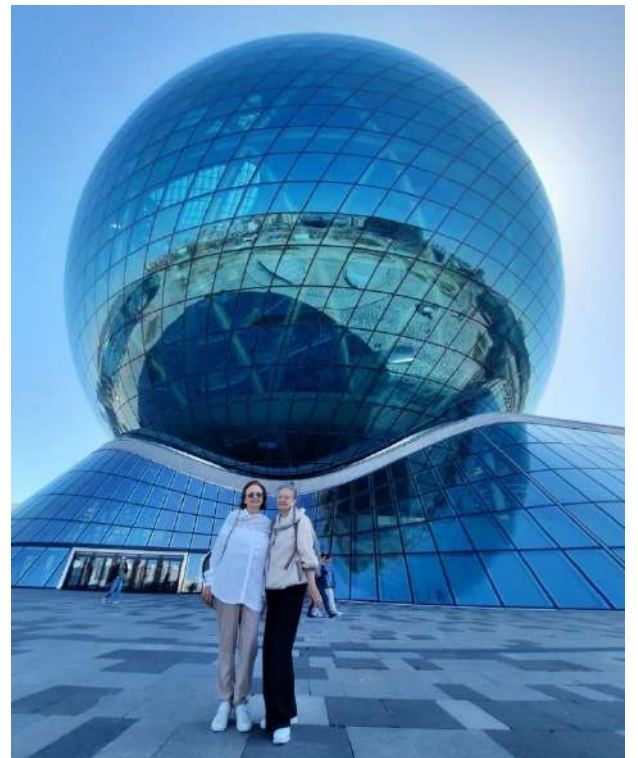
Presidential Park



Expo-Astana Congress Centre



Embankment of the Ishim River



Public Programme in Astana «Healing Power of Spirituality»

The public program for residents of the capital took place in the City Polyclinic of Astana. Almost 60 people, representatives of various social, professional and age groups gathered in the conference hall.



As the listeners entered the hall, they were offered spiritual literature, blessing cards and treated with the famous apples from Almaty.



In the presentation on the theme **"The Healing Power of Spirituality."** Didi revealed 6 principles of spirituality viz; knowledge of the self and true nature, knowledge of relationship with the body, knowledge of eternal relationships with other people, knowledge of the nature of time, knowledge of the law of karma, knowledge of the Almighty and relationships with Him.

Participants showed interest and participated actively. Questions were asked about the difference between spirituality and religion, about how to build relationships with people who have a negative attitude towards us or show anger.





At the end of the presentation **BK Prof. Rosa Abzalova, Chairman, Board of National Association "Primary Health Care", Doctor of Medical Sciences** made comments on the value of spiritual health in the life of every person, regardless of social status, religion and profession.



The greeting and gratitude to Didi for her performance was expressed by **Bronislav Buginas, Musician, Honoured Artist of Kazakhstan**, who is engaged in the musical education of children and adolescents.



He was touched by Didi Sudha's Talk on the connection of spirituality, health and human values aimed at the spiritual recovery of society. **Inspired by the meeting with Didi**, as he said, an extraordinary personality, Bronislav Buginas performed the song "About Mom" to his own accompaniment of Dombra in Kazakh. He gave Didi his illustrated author's book for children, "The Mysteries of Dombra" and Didi presented him with a gift, "The Crystal Lotus."



Dr. Raushan, Adviser to the Rector of Karaganda Medical University noted that her clarity of spiritual knowledge, thoughts, gestures and feelings were built into a system. She added: ***"It made me think about true spirituality."***

Representatives of the administration of the City Polyclinic expressed their gratitude to Didi for her interesting and informative performance for the people and, as a sign of gratitude, presented a bouquet of scarlet roses and a national souvenir.



The participants approached Didi, asked questions, shared their impressions and feelings, took pictures with her with happiness. At the end, Didi gifted Almaty apples and the blessings of the "Soul, the diamond" to every participant.





Visit to Aktobe

A warm meeting was held with the Aktobe BK family and with BK Galina from the city of Uralsk, West Kazakhstan region of Kazakhstan.

A lovely Ruh-Ruhan took place; the Brahmins cordially shared their feelings and impressions of the meeting. Didi also expressed joy at being able to meet the Aktobe family many years later. Didi spoke about the program of her stay, stressed the importance of unity in the family and the need of having our own place for progress.



Didi lovingly handed over gifts and toli from the spiritual family of Moscow, and BK Rosa shared gifts and blessing cards from the family of Astana.



Next day, Didi met with cooperative souls who had once attended course on Raja Yoga in Aktobe.



Didi met the Indian students of the West-Kazakhstan Medical University, Aktobe

More **than 500 Indian students** attended the meeting with Didi in the Conference Hall of the University. They greeted Didi with a standing ovation. **Dr. Nadiar Musin, Vice-Rector of the University** introduced Didi to students and highlighted her contribution to peace and spiritual service to humanity.



Didi, as a spiritual elder sister with lot of love, spoke to the students the knowledge about the soul, about the spiritual and moral values of the individual and about the importance of health for themselves and for patients for whom they should become an example. Time and again, Didi spoke in the native language (Hindi) the folk wisdom and sayings as the students from India expressed thanks giving big applaud.

Didi also said that young people from India should be happy to be educated in Kazakhstan, the country of hospitality. The meeting lasted for 1.5 hours. Students were in happy excitement, asked questions, and thanked Didi.



Participation of Didi in the International Scientific-Practical Conference Nursing Reform: Achievements, Challenges and Perspectives

Prior to the conference, Didi met the **Rector of the University**, who expressed gratitude for Didi's consent to participate in the Conference. Didi presented the rector as gift a beautiful wooden elephant - a symbol of hard work, wisdom and calm.



The Rector introduced Didi to the key participants and organizers of the Conference including **representatives from the Ministry of Health of Kazakhstan, Chairman of the Association of Medium Medical Workers of the Aktobe Region and Head of the Department of Public Health.**



The conference was attended **by more than 600 people** from different regions of Kazakhstan, representatives of various associations, experts from Russia.





Speaking at the Conference, Didi Sudha began with a greeting in Kazakh and expressed gratitude for the invitation.



In her report **"The Spiritual Dimension of Health in the Practice of Nursing"** she touched upon issues of the mutual influence of physical health and the spiritual mood of the population in the face of increasing problems.



She spoke about the qualities of the soul, about the Almighty, about the important role of nurses in the health of patients. At the end of her speech, Didi Sudha conducted a short meditation.

Her presentation received a lively response from the audience.

Many were stunned by the brand new approach to nurses' role in patient wellness issues.

The Conference was attended by **Mrs. V.A. Sarkisova, Head of the Association of Nurses of Russia**, who was deeply impressed by Didi Sudha and from her presentation. In her opinion, the nurses lack precisely spiritual knowledge, which would allow the manifestation of greater mercy to patients, benevolent communication, and meditation would serve to restore



the strength of the nurses, given their large loads and stresses.

Didi herself radiates kindness, mercy and benevolence, lightness that work wonders for the transformation of personality, she said.

Mrs. V.A. Sarkisova invited Didi to take part in the international conference of nurses, which is scheduled for the autumn in this year in St. Petersburg, Russia.

PRESENTATION OF ORDER "ARDAQ" FROM THE PRESIDENT OF THE NATIONAL ASSOCIATION «PRIMARY HEALTH CARE»

Didi Sudha was invited to the Conference by **Prof. Tolebay Rakhypbekov**, **President of the National Association "PRIMARY HEALTH CARE**. He visited



Madhuban and is closely acquainted with the Spiritual University. In his opinion, the role of nurses today remains underestimated in our society, and therefore their professional potential is not fully used. However, the importance and role of nurses could be significantly higher if we add to their activities an understanding of the human soul, the role of the Creator and spiritual and moral values.

He presented Didi Sudha the "Ardak Order",

which is awarded to outstanding politicians of Kazakhstan and foreign figures serving the people in the name of the republic's prosperity and innovation.



The word "Ardak" is associated with action and activity, continuous forward movement. Ardak (translated from the Kazakh of the pioneer, freedom and independence)



PHOTO OF DIDI WITH CONFERENCE PARTICIPANTS



Didi with the participants of the Conference and TV interview



Didi said she represents the World Spiritual Organization, which spreads the spiritual universal values needed by every person and in every profession around the world.

She spoke about her meeting with Indian students, where she stressed: "How important



it is for a future doctor to be healthy and happy himself to give health to others."

Link to the interview:

<https://www.instagram.com/p/CrfFVHANeg9/?igshid=YmMyMTA2M2Y=>

The Concert in honour of the 20th Anniversary of the Association of Nurses of the Aktobe Region Photos:



Feedback from the participants of the Conference

Dr. Aset Kaliev, Rector of the West Kazakhstan Medical University said, "I am deeply impressed by the meeting with Ms. Sudha Rani Gupta. There is so much kindness and radiant purity in her. I see how happy Indian students are to be able to communicate with her.

Mrs. Ludmila Ermukhanova, Head of the Department of Public Health, West Kazakhstan Medical University drew attention to the fact that Didi brought spiritual priority over material, and that health lies not only in the absence of illness, but also in spiritual balance.

Dr. Ainagul Nauruzbayeva, representative of the Ministry of Health emphasized how Ms. Sudha made a special impression, noting that the body and soul are closely interrelated, and also inspired nurses to apply such important qualities in their work: knowledge, purity, peace, love, happiness and strength.

Visit to Karaganda

PARTICIPATION IN EXPERTS MEETING

"Fair Kazakhstan: Moral Dimensions" at Karaganda Medical University

The visit to Karaganda began with a meeting with the Rector of Karaganda Medical University.



The meeting of experts took place in the Senate meeting hall of Karaganda Medical University. More than 100 people took part in it, including representatives of the medical profession, public figures, social workers, psychologists.

Participation of Didi aroused so much interest in Karaganda that the meeting room could not accommodate everyone. As the Chairman of the meeting noted, this hall has never been as crowded as on this day.



Prof. V.B. Molotov-Luchansky, Deputy Chairman of the Regional Assembly of Peoples of Kazakhstan delivered a welcoming speech.

With great interest the participants listened to the reports on the moral, spiritual development of a young generation, formation of the person, unity of the peoples of Kazakhstan.

It is noticeable that the speakers already openly recognize the impact and role of the spiritual component in public life.

Didi's speech on "Spiritual and Moral Guidelines of the Individual: the Ways of Knowledge"

With special attention and inspiration, Didi's report on the topic "Spiritual and Moral Guidelines of the Individual: Ways of Knowledge" was met.



Among the listeners were those who inspected, many photographed the presentation on their gadgets.

Didi's performance created magnetism and captivated all listeners.

Didi not only smoothly fit into the channel of ideas voiced in the reports of other speakers in the meeting, but also deepened them, supplementing previous

messages with new colors of spiritual knowledge.

Waves of amazing discovery, admiration and delight sporadically swept through a lively audience.





Speakers in their reports referred to the statements of people's enlighteners, poets and philosophers of the Kazakh people Abai Kunanbaev and Shakarim Kudaiberdiev.

In one of the reports, **the golden formula of the founder of ethnopedagogy** Gennady Volkov was given, which many speakers touched in one way or another:

***Without memory, there is no tradition.
Without tradition, there is no culture.
Without culture - no upbringing.
Without upbringing, there is no spirituality.
Without spirituality, there is no personality.
Without personality - no people.***

All the speakers were filled with enthusiasm, a desire to understand and change the world for the better. The experts' meeting lasted for about two hours. In conclusion, Almaty apples were offered to all participants, blessings "Soul, the diamond" were distributed and certificates were awarded.



Meeting with Indian students of the Karaganda Medical University

After the conclusion of the experts' meeting, Didi's meeting with Indian students was organized in the large lecture hall of the Medical University.



In the full hall, **about 300 students** in white coats and caps were waiting for her.

Students greeted Didi standing with applause, and then listened in complete silence to her Talk. They enthusiastically perceived her words, answered questions and expressed the genuine joy of the meeting.

Didi gave the students practical instructions, spoke about tolerance, about the importance of maintaining balance in all aspects of human life: relationships, nutrition, serving the mind and body, serving yourself and others, about the importance of good sleep and personal hygiene. The spiritual aspects of her performance were related to body health.



Many kind words and statements from teachers and leaders of the University were heard about Didi. Dean of the foreign faculty Kasym expressed deep respect for Didi and said: "*I am delighted with the communication with guests from Moscow. How do you, Ms. Sudha, have so much energy, positivity and light?*"

According to the ancient tradition of Kazakhs, as a very important guest, in the presence of students, a beautiful handmade velvet chapan with national patterns was presented to Didi. The students were delighted and applauded. Video link: <https://openinapp.co/l4n8d>



At the end of the meetings at the Medical University, the participants exchanged impressions, gave valuable and positive feedback.

Deputy Chairman of the Karaganda Assembly of Peoples of Kazakhstan expressed gratitude to Didi for her participation and stressed the importance of spirituality and moral values in relations between various confessional-ethnic segments of the population.

The Rector of the University emphasized the special role of the spiritual component in public life in general and in the formation of the professional potential of students, future doctors.

Students of the spiritual university from other regions of Kazakhstan: Astana, Pavlodar, Ekibastuz, Almaty took an active part in the meetings in Karaganda:



On the Completion Ceremony of Didi's visit



The solemn program in connection with the completion of Didi's visit to Kazakhstan was opened by BK Sis. Rosa, who summed up the results of the events and emphasized Didi's significant contribution to the Health Ministry in Astana, Aktobe and Karaganda regions.

The host of the program BK Sis. Maigul invited to the ceremony in the form of a humoristic congratulations "Bharatvasi from different states: from Kashmir, from Bengal, from Gujarat."



To joyful applause, BKs stood up and represented their states.

All performed the song "Goodbye, until new meetings!"

After the celebration, there was a presentation of divine gifts from Didi for all BKs. **Baba's children were happy to receive selected gifts** with such subtle taste.



In conclusion, Didi was invited to wear outfits and jewellery that were presented at conferences.



Bro. Arman and Sis. Rosa dressed Didi in a national costume and laid a crown decorated with gold ornaments.

Celebration continued in the "Imperial Hall" (living room), where a concert program, a festive dinner and a vegan orange and carrot cake awaited everyone.

Br. Arman performed the song "Mom" in Kazakh to the sounds of Dombra, and with Sis. Oksana danced the Kazakh dance.

Smiles glowed on all faces, and hypersensitive happiness in the eyes. All together held a ceremony to cut the birthday cake.



BK's feedback about Didi's visit to Kazakhstan

Natalia (Almaty): "Thank you to the Brahmin family for a wonderfully organized meeting, for the warmth of all souls. Thanks to Didi for lectures revealing the secrets of self-development - simple, deep and always of interest to such a respected public. For me, this is an example of service and dedication! Thanks to Sister Rosa for her sensitivity and ease of communication. "

Oksana (Ekibastuz): "Meeting Didi is a truly grandiose event in my life. The happiness was to touch the great soul and feel all of us circling and praising and enjoying ourselves on our Baba's carousel. "

Alma (Pavlodar): "Meeting with Didi Sudha and sis Irina became very important in my fate. I was filled with the light, joy and love of Baba. Didi's drishti sparked gave me the feelings of closeness to Mama and Baba. I found myself back in the Golden Age. I thank our sisters and brothers of Astana Center for love and hospitality! "

Elena (Pavlodar): "After meeting with Didi during these 3 days, I received strength, filling with peace of mind, sweet happiness, a deeper understanding of the Baba's Shrimat."

Gulzhan (Astana): "I was especially impressed by Didi's lightness of the character and at the same time the greatness of her soul. Her influence on me is that I want to change even more intensively. "

Prof. Tolebay (Astana): "In the world, many people think that spirituality is belonging to any religion or the revival of national arts and is often connected with artists, poets, writers. And Didi conveyed to the audience a true understanding of spirituality, the consciousness of the soul, the role of the Creator, love for God, service to the Highest, that each soul can become a beloved child close to God. While being with Didi, I feel that Baba's Drishti is still with me".

DEPARTURE FROM KAZAKHSTAN TO MOSCOW ASTANA INTERNATIONAL AIRPRORT

