

POORNIMA K



Poornima is a Professional public speaker with a sound experience in discoursing philosophical, spiritual, devotional and

personality-development aspects of human life. Poornima has a sharp inclination in spirituality and this led her to the feet of H.H. Pujyasri Muralidhara Swamiji, who graciously accepted her as his disciple. Inspired and guided by Sri Swamiji, Poornima undertook a detailed study of the Srimad Bhagavatam. Inspired by the Bhagavatam, she went on to study the Ramayana, the Bhagavad Gita, and the life story and teachings of innumerable saints of the Bhakthi tradition.

Spurred on by the peace and tranquility borne out of the joy of singing and reading about the Divine glory of the Lord, she desires to share this with the world.

LIFE AND IDEALS

Poornima is an Engineering graduate. She was working as a Software Engineer in a Multinational company at Chennai.

Inspired by the teachings of Sri Swamiji, Poornima quit her



job and she decided to dedicate her life for propagating the lofty ideals of spirituality to the world.

She believes all religions lead to the same goal of realizing the truth within, resulting in Universal brotherhood and Happiness.



Poornima strongly believes that Spiritual awareness should begin as early as the early childhood years and that definitely makes a difference.

DISCOURSES AND SPEECHES

Poornima lectures on a spectrum of topics like Srimad Bhagavatam, Srimad Ramayana, Srimad Bhagavad Gita, Tiruppavai, Universal aspects of Spirituality, Unfolding Everlasting Bliss, Success in Life, Lives of great saints, etc. Apart from lecturing on classical Indian epics and Puranas, she has also lectured on Practical Meditation, Devotion in modern times.



She has traveled across the globe and has delivered lectures in several countries like **Australia, Indonesia, USA, New Zealand, Malaysia and Singapore.**

CORPORATE TRAININGS



POORNIMA K

Poornimacan conduct extensive practical trainings and workshops on techniques for positive introspection and self-improvement through Practical and simple meditation.

Happiness, Stress Management and Practical meditation workshops is a daylong program which helps participants understand Happiness and helps them love their work to be more productive.



YOUTH EDUCATIONAL PROGRAMS

Poornima truly believes that today's children have tremendous energy and enormous potential, enough to win over the world and much of it has gone untapped.



This and her abiding love for and interest on children encouraged her to provide group and personal discussion sessions to children and young adults. To this end, she has conducted numerous lectures, seminars and retreats for children and youth in schools and colleges. She talks on 'Happiness and Success', 'Conflict Management and Acceptance' with young adults.

Her experience in this arena spans from the top-notch Indian school down to economically poor and socially backward children



She has the incredible skill of getting down to their level and successfully communicating lofty ideals for happy life and successful career in their language. She has also conducted Spiritual and developmental workshops for children.

"The informal session by Poornima not only imparted spiritual skills but also important life skills through eye-opening and meaningful anecdotes and stories with never a dull moment."

-Ms.Sunitha Padmanabhan (Principal, Asan Memorial Higher Secondary School)

CONTACT DETAILS

Email / Handphone number :
poornik79@gmail.com ; +91 98407 27831