



Usha Jevan

Board Member
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Meditation Teacher
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Community

Usha Jevan is a humanitarian, who is well respected as an inspirational and motivational speaker in the city of Durban, South Africa. Her clarity of thought and words of wisdom have supported many individuals on their journey of personal development. For two decades, Sister Usha has shared her insights with youth, women, the elderly, prisoners, people with disabilities, patients receiving palliative care, NGO colleagues, health care professionals and educators.

Meditation

Embarking on her spiritual journey with the Brahma Kumaris since 1986, Usha Jevan has steadily progressed to become an acclaimed teacher of Raja Yoga Meditation and facilitator of positive thinking, stress management and inner leadership workshops. She has 25 years experience of helping people live happier, more fulfilled lives. Since 1992, Sister Usha has been the Regional Co-Ordinator of the Brahma Kumaris activities in KwaZulu Natal, South Africa. Sister Usha is also an Executive Director of the South African Board of the Brahma Kumaris World Spiritual University in South Africa.



The Environment

In 2010, Usha Jevan joined the dedicated team of the Brahma Kumaris Environmental Initiative, which was developed in order to meet the need for a higher environmental awareness within the international BK community, and also to add the inner dimension to discussions at the UN Climate Change conferences. Sister Usha was part of the Brahma Kumaris delegation that actively participated in the UN conferences on Climate Change in Cancun, Mexico in December, 2010. During the recent environmental awareness campaign that was being conducted by the South African Interfaith Community Sister Usha's proactive nature and amiable personality led her to offer a valuable contribution in the build-up to COP17. She was therefore elected to become a Board Member of the Southern African Faith Communities' Environment Institute in October 2011. Sister Usha was the host to the international Brahma Kumaris delegation for COP17 in Durban 2011 and she also participated in the conference proceedings.

