

Report on the Workshop conducted on "Stress Management Through Sahaja Yoga in Unesco Countries"

The event was organised by Ms.Shelley laul on behalf of St.Teresa School ,Indirapuram in association with the Sahaja Yoga chapter of new Delhi on 3rd May 2017 for the students of classes IX-XII.

Sahaja Yoga is a socio-spiritual organisation having its base in more than 185 countries across the globe working towards the self realisation and enhancement of self among the masses. The techniques of achieving balanced and stress free mental state promoted by Sahaja Yoga have a the roots embedded deep in culture & philosophy , they have been successful in creating a mark for themselves in the education sector in many countries. Apart from being the compulsory yoga program approved and followed by education department of Indian states such as Uttar Pradesh, Madhya Pradesh, Goa, Telangana, Chhatisgarh to name a few,Sahaja Yoga society also runs 5 International schools acroos the globe based on the ideologies promoted by their founder H.H. Shri Mataji Nirmala Devi , where in the education is not only formal & modern in approach but also in coherence with the honing the inner self of an individual child through self realisation & kundalini awakening .

During the workshop five 45 min duration sessions were under the guidance of mentors Mr.Abhinav Gupta, Mr. Gaurav Kapoor, Mr. Prashant Singh & Ms.Shruti Sharma focusing on creating self awareness among the students by making them realise their dormant energy & achieving the state of conscious awareness. The guided sessions helped the students to be in stress free mental state by establishing a connect with the five elements of the cosmos with the five elements present in their body.

The workshop helped the students to attain the state of being in complete harmony with their own self and the cosmic energies around them in a short span of time. The students were also guided towards the coping up with stressful situations through practice sessions to be followed at home. The workshop proved to be helpful for the students as they not only learnt about achieving a balanced and healthy state of mind but also in maintaining a healthy stress free lifestyle.

To whom so ever it may concern

A self realisation workshop cum guided meditation session was organised by Sahaja Yoga in the premises of St.Teresa school ,Indirapuram on 3rd May'17 as a part of British Council program under the guidance of Mr.Abhinav Gupta, Mr. Gaurav Kapoor, Mr. Prashant Singh & Ms.Shruti Sharma. The aim of the session was to create awareness among the students to achieve a balanced stress free state of mind through the awakening of latent energy source , Kundalini within them and making them realise their own potentials.

The event was attended was attended by around 500 students and teachers of the school who not only experienced peace of mind& a state of calm during the workshop but were also guided for continuing the practice in their home also .

We extend our heartfelt thanks to the school management for giving us this opportunity and look forward for further association with the organisation to teach the students the further levels of self realisation meditation sessions.

Warm Regards

Gaurav Kapoor