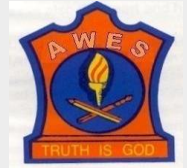




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AIE ORGANIZES WORKSHOP ON **MINDFULNESS AND INNER TRANSFORMATION THROUGH** **SAHAJ YOGA**

The workshop on **Mindfulness and Inner Transformation through Sahaj Yoga** was organized by Army Institute of Education on **04 Sep 2019**. The workshop commenced with presentation of sapling and memento by Dr. Tania Gupta, Principal, AIE to Ms. Alka Gupta from the Sahaj Yoga International Centre. Ms. Alka along with her team discussed the meaning of mindfulness and explained the technique of remaining the same through practice of Sahaj Yoga. The six chakras of body were explained by Ms Alka Gupta and she highlighted that life energy rises through the “sushuma” that is central channel, which nourishes and enlightens the subtle energy center.

Dr Tania Gupta, Principal AIE highlighted the importance of teachers to be mindful in their classroom and in their professional life. She asserted that practice of meditation calms and elevates positive energy within all. Therefore, each one must practice sahaj yoga.

The workshop was concluded by Vote of thanks by Mr Rahul Kumar, Assistant Professor (Physical Education and Sports). The workshop was extremely pragmatic to help the staff and student-teachers learn the art of being calm and develop patience, improve physical health, sound sleep and improve inter-personal relations. It focused on helping the individuals in introspection and become aware of one’s emotions while dealing in real world.



Principal AIE felicitating Ms. Alka Gupta (MD), BAFEL



Ms. Alka Gupta taking Practical Session



Presentation by Ms. Alka Gupta and Team on Sahaj Yoga



Glimpses of the Workshop

