



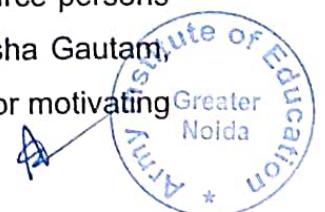
ARMY INSTITUTE OF EDUCATION, Greater NOIDA

Plot M-1, Pocket P-5, Sec. CHI, Greater NOIDA
(Affiliated to GGS Indraprastha University, New Delhi
NAAC ACCREDITED & ISO 9001:2015 CERTIFIED INSTITUTE

REPORT ON SAHAJA YOGA WORKSHOP

DATE: 13 MARCH 2023

The NSS Cell of Army institute of Education, Greater NOIDA had organized a **SAHAJA YOGA WORKSHOP** followed by a Guest Lecture. The resource person for the workshop were Mr. Ram Mohan Gupta, Col. Sanjay Kochhar, Ms. Suruchi Kochhar, and Anisha Kochhar. A self-realization workshop cum guided meditation session was organized by Sahaja Yoga. 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 realize their own potentials. All faculty, student teachers of both the B.Ed. & B.Ed. Spl. Programmers, NSS Volunteers joined the workshop in the morning at 0900 hrs. on 13th March 2023. Sahaja Yoga is a socio-spiritual organization having its base in more than 185 countries across the globe working towards the self-realization and enhancement of self among the masses. The techniques of achieving balanced and stress-free mental state promoted by Sahaja Yoga have 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, Chhattisgarh to name a few Sahaja Yoga society also runs 5 International schools across the globe based on the ideologies promoted by their founder HH Shri Mataji Nirmla 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-realization & kundalini awakening. The workshop was attended by around 150 student-teachers 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. Col. Abhay Rajvanshi (Retd) Registrar AIE in his welcome address welcomed the resource persons and extended gratitude on behalf of the institute for their presence and the workshop on Sahaja Yoga helped the student - teachers their Stress Management through Sahaja Yoga. Mr. Yogesh Kumar, Assistant Professor, AIE proposed a vote of thanks to the resource persons and expressed gratitude for their presence from New Delhi. Dr. Abhilasha Gautam, Principal AIE also expressed her thankfulness to the resource persons for motivating

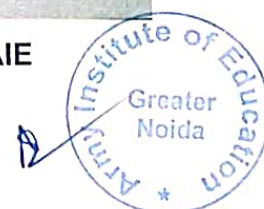


the students and staff and laid emphasis on the importance of Stress Management through Sahaja Yoga an integral part of our daily life.

Learning Outcomes of Workshop on Sahaja Yoga – The workshop helped the student-teachers 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.



Welcome address by Col. Abhay Rajvanshi (Retd) Registrar AIE





Vote of Thanks by Dr. Abhilasha Gautam, Principal AIE



Glimpses of Workshop on Sahaja Yoga

Mr Yogesh Kumar (Asst. Prof. AIE)

In-charge



Abhilasha Gautam
Dr Abhilasha Gautam

Principal, AIE