

SAHAJ YOGA MEDITATION WORKSHOP FOR MEDICAL STUDENTS & FACULTY

BACKGROUND-

Meditation is a practice in which an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. Meditation may significantly reduce stress, anxiety, depression, and pain, and enhance peace, perception, self-concept, and well-being.

One of the techniques for meditation is Sahaj Yoga meditation. Sahaja yoga or "spontaneous union with one's self," was created by Shri Mataji Nirmala Devi in 1970 to bring self-realization to the masses through meditation. It enables people to experience the reality of their own energy. This method transforms human awareness through techniques that promote a more moral, united, integrated, and balanced self. Practitioners claim that hundreds of thousands of people in over ninety countries have experienced the transformation of becoming more peaceful and joyous in life through Sahaja yoga.

Date – 13/10/2023

Time- 4pm – 6pm

Venue- Lecture Hall 1

Beneficiaries- First year MBBS students (2023- batch)

Session was conducted by- Dr. Shailesh Kumar,

Gold Medallist in Behavioural Psychology,

Dr. Sc from Govt.of Maharashtra

Practising Sahaj Yoga Meditation since 22 years

Orientation and method to do Sahaj Yoga meditation was taught to the medical students.

Benefit-

- 1) Relieving the stress of newly admitted students
- 2) Help the students to deal with new curriculum and its stress effectively
- 3) New generations is facing the problem of attention deficit. Sahaj Yoga meditation and its practice help to relieve to solve problem related with attention deficit.
- 4) Help to focus on task with more efficiency.



