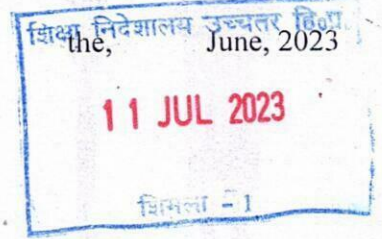


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No. EDN-H(8)A(1)Misc.
Directorate of Higher Education
Himachal Pradesh.
Phone No. 0177-2653120, Fax : 0177-2812882

Dated: Shimla – 171001,



To

Sh. Shivender S Patial,
Shimla Centre Coordinator,
HH Shri Mataji Nirmala Devi Sahaja Yoga Trust BCS, New Shimla,
Shimla, Himachal Pradesh.

Subject:- Regarding conductance of Sahajyog and meditation workshop in various school and colleges of H.P.

Sir,

This is with reference to your e-mail received on dated 12.05.2023 alongwith its enclosures through the Private Secretary to the Hon'ble Education Minister, HP vide U.O. No. PS/Edu/Min./HE/2023-4234 dated 17.05.2023 on the subject cited above.

In this regard, it is submitted that permission is hereby accorded to you for conductance of districtwise workshops on yoga and meditation in schools and colleges of the state as per their schedule and timing. Further, requested to send the district wise report of the workshop to this directorate.

(Dr. Amarjeet K Sharma)
Director of Higher Education
Himachal Pradesh
June, 2023

Enast. No. the Shimla Dated:

Copy for information to:-

1. The Secretary (Edu.) to the Govt. of HP w.r.t abovementioned letter No. and dated please.
2. All the Principal(s), Govt. Degree/Skt. colleges of the State to coordinate with the above yoga and meditation trust and send the action taken report to this Directorate.
3. All the Deputy Directors of Higher Education to direct all the schools under your jurisdiction to coordinate with the above trust and send the action taken report to this Directorate.
4. Supdt. General branch to compile the report of schools and send the same to Govt. of H.P.
5. T.O. IT cell to upload the letter on the Departmental website.
6. Guard File.

Director of Higher Education
Himachal Pradesh

Sahaja Yoga

MEDITATION



Dated - 12.05.23

To,
Hon'ble Education Minister,
E-328, HP Secretariat,
Chotta Shimla
Pin 171002.

Subject: Seeking permission to conduct workshop on 'Wellness through Sahaja Yoga Meditation' for students and faculties/Teacher's.

Dear Sir/Madam,

We write in reference to the directives issued by government of India through its Ministry of Human Resource of Development Department of Higher Secondary School Education and Literacy vide letter date 4th April 2020 (Annexure-I) for mental well-being of students during and after COVID-19 outbreak.

The Sahaja Yoga Meditation Center of India is an organization promoting a way to improve health and wellness through meditation particularly in present and post Pandemic situation. Considering the benefits of SAHAJ YOGA to improve moral values and ethnics through inner transformation that leads to improve productivity of teachers and students by enhancing concentration, retention, agility and ability at mental, emotional and physical level, the ALL INDIA COUNCIL FOR TECHNICAL EDUCATION has permitted the inclusion of Sahaja Yoga in student induction program and faculty program (Annexure-II).

Apart from AICTE, two prominent educational entities of government of India has approved the inclusion of Sahaja yoga meditation in institution under its control i.e.

- a) Kendriy Vidyalyay Sanghtan (Annexure-III)
- b) Jawahar Navoday Vidyalyay (Annexure-IV)

Also, Sahajyoga sessions are being conducted at IIT, IIM, AIIMS, DU, DPS, Amity and many leading Institutes of the country. Appreciation letter from IIM, Indore has been attached for your reference please Annexure-V. Further, the founder of Sahaj Yoga-Shri Mataji Nirmala Devi has been recognized worldwide by several prestigious Institutions for her selfless work and for the remarkable results achieved through spiritual teachings on Sahaj Yoga. Few of them are listed and enclosed as Annexure-VI.

With the above background, we request you to please provide us an opportunity to conduct 45 mins of Sahaja Yoga Meditation Workshop for the faculties and students of Schools/Colleges falling under HP Government.

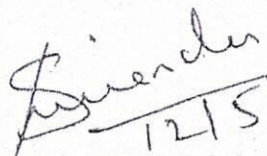
1. The major advantages of this Workshop are as under:-
2. It will be conducted free of cost.
3. It provides enhanced physical and psychological well-being.
4. Improved decision making and creativity.
5. Ability to cope with stress and isolation.
6. It will inculcate good habits, values amongst the students of HP.

The typical agenda for training students and teachers on Sahaj Yoga Meditation technique is enclosed as **Annexure-VII**. The same can be tailored to suit the needs.

In view of all above, I request you to provide us this opportunity of bringing out a much required change in the society by showing our future generation the right direction, true knowledge and strength of Indian culture. **This would also help the Government gain popularity amongst the masses of the State.**

Accordingly, I request you to provide us with an umbrella consent letter/order for conducting such workshops in various Schools and Colleges of the State Government through out Himachal Pradesh State. I would once again emphasize that these workshops shall be conducted free of cost by our district coordinators through out the State.

Yours Sincerely,


12/5/23

Shivender S Patial

Shimla Centre Coordinator

HH Shri Mataji Nirmala Devi Sahaja Yoga Trust BCS, New Shimla,

Shimla (H.P)

BRIEF WRITE UP ON SAHAJYOGA

Background

Founded in 1970, by two times Nobel Peace Prize nominee, and an United Nation World Peace Award receiver, 'Shri Mataji Nirmala Devi'. Sahaja yoga Meditation is a simple, time-honoured technique. It helps reduce stress and increase wellness. It brings better focus and helps people become more centred and better balanced. It is practiced by 1000s of people over 150 countries and Sahaja Yoga is always taught free of cost.

Benefits of Sahaja Yoga

Long term practice of Sahaja Yoga has shown to provide enhanced physical and psychological well-being, more effective cognitive processes (memory, analysis, evaluation), improved decision making and creativity, increased interpersonal effectiveness, ability to cope with stress and isolation, improvement in productivity, etc.

Workshops delivered

In India, over 500 workshops on 'Stress Management through Sahaja Yoga' have been conducted during the past decade across several organizations such as Tata Consultancy Services, ICICI Bank, Bank of America, Citibank, Morgan Stanley, KPMG, Times Now, etc. (to name a few), schools / colleges / universities (for e.g., IIT, AIIMS, etc.), government and administrative offices, judiciary (e.g., Bombay High Court), scientific organizations, NGO establishments, etc. Supporting documentary proofs are attached for your ready reference please.

Procedure to be followed

The session/workshop may be conducted physically at your school/college. During the session we will introduce the founder of meditation technique and the necessary informative background. Further, kindly allow the display of mandatory informative charts and photograph of **Dr. Nirmaladevi Srivastava** (The founder of the science of Sahaja Yoga worldwide known as Shri Mataji) so that the process of Sahajyog meditation is known in a very simple manner.

International Sahaja Yoga Research Centre
presents

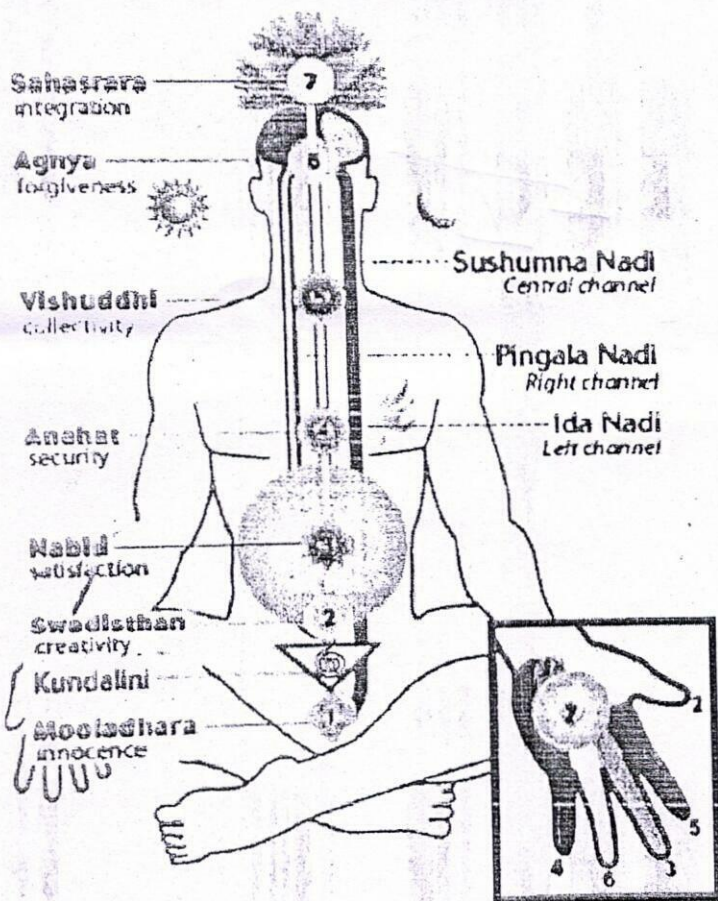
Sahaja Yoga Meditation

for Improved IQ, EQ, SQ, and Stress Management

through

Awakening of Inner Power

The Subtle System



"... You cannot know the meaning of your life until you are connected to the power that created you..."

Experience it NOW!!!

Sahaja Yoga is a unique scientific method of meditation discovered by H.H. Shri Mataji Nirmala Devi. It is the spontaneous union of individual consciousness with the all pervading divine power through the awakening of the Kundalini. It is practiced by millions across the globe in more than 130 countries for improved physical, mental and emotional being.

Benefits of Sahaja Yoga

In addition to excellent stress relief with improved EQ, IQ, SQ through regular meditation (15 minutes twice a day), we become automatically very dynamic, creative, confident and at the same time very humble, loving and compassionate. It is a process which starts to develop by itself when the Kundalini (our inner power) rises and starts to nourish and heal our Physical, Mental and Spiritual being

How much does it cost?