

SESSION ON SAHAJ YOGA

CLASSES VII TO IX

Welspun Vidya Nandir organized a session on the topic of “Sahaja Yoga and Meditation” for the students of Grade VII, VIII and IX on 27th, 29th and 30th of January '23, at the Welspun Memorial. The teachers also attended the session. Major Amar Singh Chandel and other trainers from Sahaja Yoga Trust addressed the session.



Sahaja Yoga focuses on the unique method of meditation, leading to the awakening of inner power through "Self Realization." This process aims to transform individuals into moral, integrated, balanced, and peaceful beings.

Major Amar Singh Chandel addressed the audience, discussing the "Ideas of Growth" and highlighting the importance of understanding the roots and achieving inner balance in the modern world. He emphasized caring for the subtle system and explained the significance of the three parts of the nervous system.



The session included a meditative experience where students and teachers actively participated in self-relieving activities. Major Amar Singh Chandel's insights on utilizing the divine presence for personal betterment added depth to the session.

The session was productive, creative, and filled with valuable learning experiences. The combination of theoretical knowledge, practical activities, and meditation contributed to a holistic and enlightening event for both students and faculty.

A report from W.V.M.