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Yoga is India's gift to the World and is perfect exercise for keeping good health, mental well being and to create peace & harmony in our lives.

Keeping up with the spirit, celebrations of the 5th International Day of Yoga, A special program on Yoga was organized on **Thursday 20th June 2019, 2- 4 pm.**, in the campus.

Following was the content of the program ...

- Sahaja Yoga for Reduction of Stress
- Practical Experience - Sahaja yoga Meditation
- Yoga-asanas to reduce Stress, Increase concentration

Sahaja Yoga

Sahaja Yoga is not merely philosophical, but an experience first and philosophy later. It is a simple system in which Self Realization i.e., the union with your Divine Self takes place spontaneously. The process of Kundalini awakening. Sahaja yoga can be practiced by everyone irrespective of one's caste ,creed, race, religion and nationality,etc. Sahaja Yoga is now practiced worldwide, in as many as 90 nations. Sahaja Yoga is based on experience and not philosophy. Based on Vibratory Awareness which can be attained after Self Realization and establishment in Sahaja meditation, the seeker can judge for the truth. It has no rituals, no do's and don'ts but the practitioner of Sahaja Yoga automatically gives up all bad habits and starts leading a Dharmic life. One light enlightens another, in the same way one can enlighten many.

Day to Day Benefits of Sahaja Yoga

1. Sahaja Yoga meditation is very easy and any one can do it along with his profession and family life.
2. People from all walks of life can derive benefits, irrespective of their religion, caste or creed.
3. Health improves. Physical diseases relating to Heart, diabetes, blood pressure, stomach ailments, and also other mental illnesses due to stress, tension, worries, as also insomnia, depression, fits, and many other psycho somatic diseases have been easily cured.
4. Natural cure from various addictions.
5. Improvement and harmony in family life and social relations.

6. No need for any sort of rituals, penances, fasts, asceticism or physical deprivations.
7. Progress in studies due to improvement in memory.
8. Latest artistic talents get fully developed.
9. We become courageous and confident.
10. Peace, contentment and joy are hallmarks of Sahaja Yoga.
11. It is an entirely scientific technique with no scope for blind faith.
12. Self Realization through Sahaja Yoga is entirely free.

