

NEW DELHI MUNICIPAL COUNCIL  
PALIKA KENDRA: NEW DELHI  
EDUCATION DEPARTMENT

No. D-18 /DEO(B)/Edn/2018

Dated Feb. 28, 2018

C I R C U L A R

**Sub: - Moral Development of Children through Inner Transformation by Sahaja Yoga in easy-to-do total 9 sessions during zero/yoga period**

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As per approval of the Competent Authority/Chairperson, NDMC H.H. Shri Mataji Nirmala Devi Sahaja yoga Trust is allowed to organize their Workshop for all NDMC & Navyug Schools during the month of April, 2018 with the mutual co-ordination with the HOS of each school as convenient to both regarding dates. The workshop will be organized in 6 Sessions of 35-40 Minutes each per day for students & 3 Session of 30-35 minutes for teachers in Zero Period

2. The agenda of Six Session Yoga Program for Students (30-45 min. each) is given below:

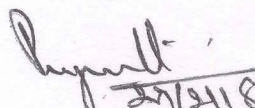
Session I	<ul style="list-style-type: none"><li>• Introduction to Sahaja Yoga</li><li>• Awakening of the inner Energy</li></ul>
Session II	<ul style="list-style-type: none"><li>• Balancing</li><li>• Introduction to the subtle system</li></ul>
Session III	<ul style="list-style-type: none"><li>• Raising energy and Protecting oneself</li><li>• How to Meditate everyday</li></ul>
Session IV	<ul style="list-style-type: none"><li>• Introduction to the Founder and Science of Sahaja Yoga</li><li>• Vibratory awareness for everyday decision making</li></ul>
Session V	<ul style="list-style-type: none"><li>• Personality improvement</li><li>• Self-evaluation</li></ul>
Session VI	<ul style="list-style-type: none"><li>• Sahaja Yoga Meditation in everyday life (benefits of regular meditation)</li><li>• How to help others do meditation</li></ul>

3. The agenda of Three Session Yoga Program for Teachers (30-35 min. each) is given below:

Session I	<ul style="list-style-type: none"><li>• How to solve one's physical, mental and emotional problems through meditation</li></ul>
Session II	<ul style="list-style-type: none"><li>• How to improve productivity and inspire students</li></ul>
Session III	<ul style="list-style-type: none"><li>• How to improve personality and approach towards work and life</li><li>• How to help others gain from meditation</li></ul>

4. All HOS of NDMC & Navyug Schools may ensure proper discipline during the whole program & also co-ordinate with the representatives/volunteers of Sahaja Yoga.

5. Sh. Vijay Pal, Dy.Education Officer (B) from NDMC & Sh. Nischal Kapoor from Sahaja Yoga will be the Nodel Officers for this programme.

  
27/2/18

(R. P. Gupta)

Director (Education)

To

1. ALL HOS of NDMC & NAVYUG SCHOOLS.
2. H.H. Shri Mataji Nirmala Devi Sahaja Yoga Trust, C-17,  
Qutub Institutional Area, IInd Floor, Behind Qutab Hotel, N.D.-16

Copy to

1. All DEOs
2. PS to Secretary for information please
3. PS to Chairman for information please