

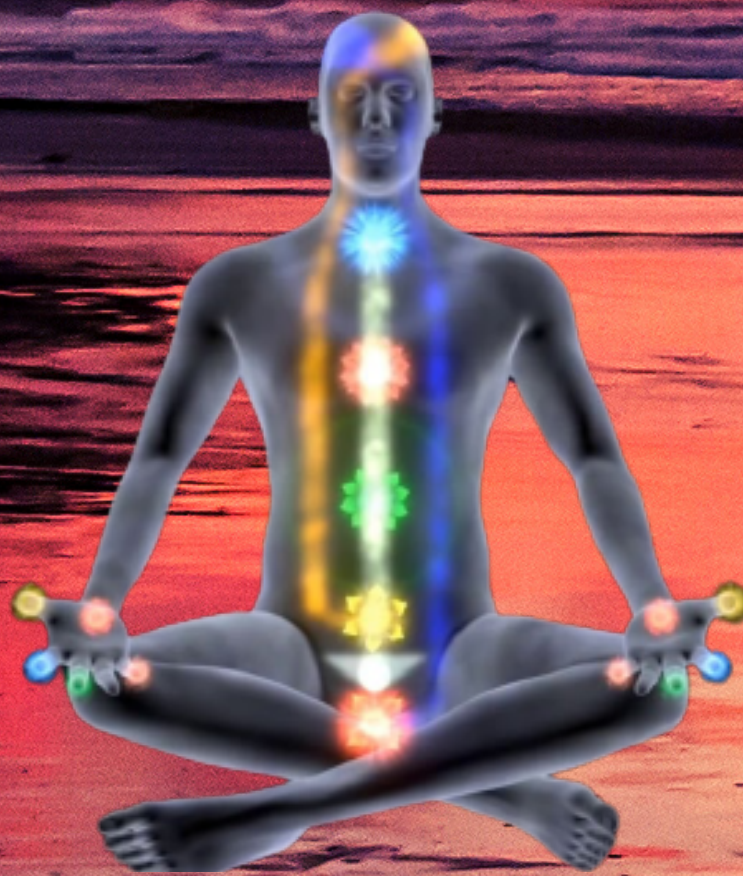
MUZAFFARPUR INSTITUTE  
OF



TECHNOLOGY  
PRESENT

ONLINE STRESS  
MANAGEMENT SESSION

SELF-INTEGRATION THROUGH  
SAHAJAYOGA MEDITATION



FROM TUESDAY 24TH AUGUST  
11:00AM-12:00AM ONWORDS  
ZOOM SESSION

PATRON-IN-CHIEF  
DR. C. B. MAHTO  
PRINCIPAL, MIT MUZAFFARPUR,

[HTTPS://US02WEB.ZOOM.US/J/87275450970?](https://us02web.zoom.us/j/87275450970?)

[PWD=T1DMRNAWRKHMMONWNW9NZ3RJSUMYQT09](#)

[MEETING ID: 872 7545 0970](#)

[PASSCODE: YOGA](#)



**SAHAJAYOGA AAJ KA MAHAYOGA**  
**(A key to unlock the power within)**

**Sahajayoga Objectives:**

1. To equip students with inner peace values, skills and attitudes necessary to become balanced, successful and responsible citizens of the society.
2. To make them aware of the subtle systems and energy centres of human body, soul, inner consciousness and their influences on our physical, psychological, emotional and spiritual behaviour.
3. To develop the holistic approach towards life by more effective cognitive processes.

**Outcomes:**

1. Cool and improved balance in personality..
  2. Improved concentration, focus and memory.
  3. Interpersonal relationship (Pupil-Teacher, friends, family members...)
  4. Reduction in stress.
  5. Balancing ability between demands and resources
  6. Well being in physical, emotional, psychological and spiritual health.
  7. Better power of expression.
  8. Better discretionary powers.
- And many more.....

**Curriculum:**

- 1) Introduction and importance of Sahajayoga.
- 2) Subtle systems “ 3 NAADIs” (Sympathetic and Para-Sympathetic Nervous Systems), their effects on human behaviour and balancing thereof.
- 3) Subtle Energy centres “ 7 CHAKRAS” ( Plexus and sub plexus)
- 4) Kundalini Energy
- 5) A few yogasanas helpful in Chakras clearance.
- 6) Importance of Indian Classical musics and their effects on Chakras
- 7) A few Holistic and medical methods and their effects on human body

**Pedagogy:**

1. Explanation
2. Meditation
3. Self Realisation / Atmanubhooti / Atmasakshatkaar/Baptism
4. Anubhooti
5. Chakra clearing Yogasanas
6. Audio-video techniques
7. Query replies
8. Assessment / Feedback
9. Regular meditation facilities based on feedbacks (Optional)

**Web resources:-**

1. Amrut.org
2. Freemeditation.com

**Contact details:-**

SN Prasad, Sahajayoga Program Co-ordinator, Bihar  
9334485430/7004832417 ,sahajayogameditationbihar@gmail.com

# SAHAJA YOGA MEDITATION

Feel The Energy Within

FUTURE



SUN CHANEL  
ACTION

SHREE MATAJI NIRMALA DEVI

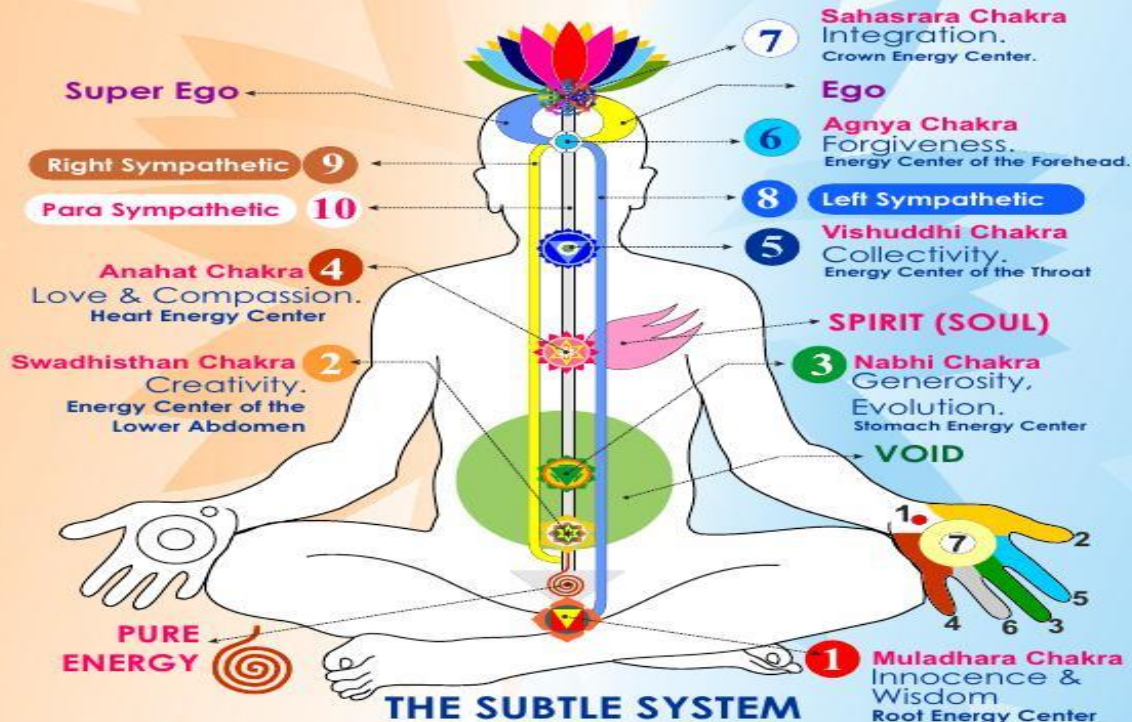


FOUNDER OF SAHAJA YOGA



PAST

MOON CHANEL  
EMOTIONS



1



2



3



4



5



6



7

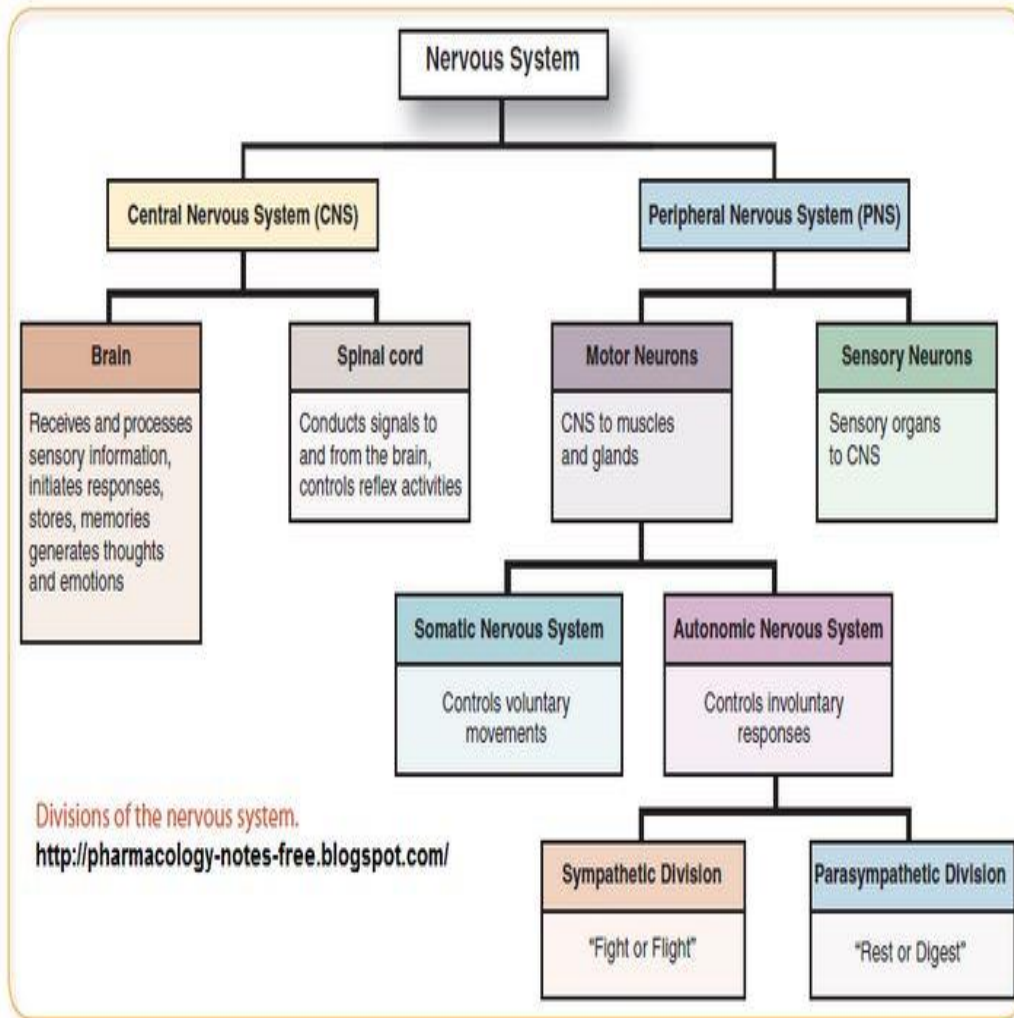
- 1. Pelvic Plexus → Innocence
- 2. Aortic Plexus → Creativity
- 3. Solar Plexus → Satisfaction
- 4. Cardiac Plexus → Security
- 5. Cervical Plexus → Diplomacy

- 6. Optic Chaisma → Forgiveness
- 7. Limbic Area → Integration
- 8. Left Sympathetic → Past
- 9. Right Sympathetic → Future
- 10. Para Sympathetic → Present

Entirely  
**Free**  
of Charge

[www.sahajayoga.fr](http://www.sahajayoga.fr)





# **COURSE CONTENT & PROGRAM SCHEDULE**

## **SAHAJAYOGA MEDITATION SESSIONS**

**07 Days 01 Hour per day**

### **Aim :**

- \* Commencement of the developmental measures, schemes to manage physical and mental stress in students that have been observed due to specific circumstances and working styles of modern times.
- \* Implementing the concept of this program by channelising the internal residual energy through Yoga and meditation to achieve balanced and dynamic personality.
- \* To achieve the objective of quality work by availing the actual quality and skills of the students.

### **Formation of the Session:**

- ❖ Knowledge of content in each session
- ❖ Yoga and meditation
- ❖ Brief exchange of experiences.

Lecture No.	Day	Topics to be covered in the course	Duration	Learning Outcome/Questions to elicit
1	1	Introduction & Importance of the course	60 min.	<b>Why Sahajayoga Meditation is important?</b> A holistic approach for complete development. Importance of the course as to how to find out our own shortcoming and develop it through complete well being.
2	2	Subtle System- Three Channels 1 <sup>st</sup> energy center 2 <sup>nd</sup> energy center	60 min.	<b>Introduction to the three channels</b> detail description, their importance and limitations. <b>Introduction to 1<sup>st</sup> energy center</b> – pelvic plexus, their importance, qualities <b>Introduction to 2<sup>nd</sup> energy center</b> – Aortic plexus, their importance, developing the qualities of creativity, stable and concentrated mind, dynamic personality

Lecture No.	Date	Topics to be covered in the course	Duration	Learning Outcome/Questions to elicit
3	3	Subtle system – 3 <sup>rd</sup> energy center 4 <sup>th</sup> energy center 5 <sup>th</sup> energy Center Protection Of Subtle System	60 min.	<p><b>Introduction to 3<sup>rd</sup> energy center</b> - Solar plexus, their importance, developing the qualities of generosity, contentment, self-respect and faith for human values and diseases associated with it. Feedback and changes in the self-development.</p> <p><b>Introduction to 4<sup>th</sup> energy center</b> – cardiac plexus, their importance, qualities and diseases associated with it. Enhancement of our immunity, confidence, sense of responsibility within. Feedback and changes in the self- development</p> <p><b>Introduction to 5<sup>th</sup> energy center</b> – cervical plexus, their importance, developing the qualities like Communication skills, Collective / Team Work skills and diseases associated with it. Feedback and changes in the self-development</p> <p><b>Procedure of protection of subtle system</b></p>

4	4	Subtle system— 6 <sup>th</sup> Energy Center 7 <sup>th</sup> Energy Center Yogasanas helpful in activating subtle energy centres.	60 min.	<b>Introduction to 6<sup>th</sup> energy center</b> - optic chiasm, their importance, qualities and diseases associated with it. Feedback and changes in the self- development <b>Introduction to 7<sup>th</sup> energy center</b> – Limbic area, their importance, qualities and diseases associated with it. Feedback and changes in the self- development. <b>Physical exercise to improvise all energy center</b>
5	5	Foot Soaking	60 min	<b>Natural treatment for purification</b> – Demonstration of purification treatments on the basis of natural elements, participation of teachers during the demonstration.
6	6	Importance of music	60 min	<b>Effects of music on brain and body</b> - Balanced flow of energy in the physical anatomy and the subtle system, all round development of personality.



7	7	Common ailments & remedies, Medical approach	60 min	<b>Liver Diet-</b> Some simple treatment by using easily available material. The Gross Human Body, its relations with the Subtle Body common ailments & their remedies
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You are welcome to call,

SN Prasad

Sahajayoga Program co-ordinator,

Patna, Bihar.

Mobile-9334485430. Email - [sahajayogameditationbihar@gmail.com](mailto:sahajayogameditationbihar@gmail.com)



## सहजयोग आज का महायोग



हम अपने शरीर से तो परिचित हैं, परन्तु अपनी अपार सूक्ष्म शक्तियों के भण्डार से पूर्णतः अपरिचित हैं। सहजयोग ध्यान विधि से, हम अपनी सूक्ष्म शक्तियों को सहजता पूर्वक जान सकते हैं, उनसे जुड़ सकते हैं और उन्हें जगाकर बहुआयामी व्यक्तित्व के स्वामी भी बन सकते हैं। अपनी सूक्ष्म शक्तियों के श्रोत से सहजता पूर्वक जुड़ाव ही सहजयोग है। यह योग अनायास, प्रयासरहित और जीवंत रूप में होता है। अपने श्रोत से जुड़कर, ध्यान करने, यानी सहजयोग विधि से ध्यान करने के असंख्य लाभ हैं।

इनमें से कुछ निम्नांकित हैं :-

१. शारीरिक, मानसिक, भावनात्मक “सम्पूर्ण” स्वास्थ्य में सुधार।
२. रोग प्रतिरोधक प्रणाली में मजबूती।
३. चिंता, तनाव, क्रोध पर नियंत्रण।
४. सारे काम (पढ़ाई, एक्स्ट्रा करिकुलर एक्टिविटी इत्यादि) को एकाग्रचित होकर आनंद के साथ निष्पादन।
५. कठिन विषयों को आसानी से समझने एवं याददाश्त वृद्धि में सहायक।
६. हीन भावना से छुटकारा एवं बेहतर आत्मविश्वास की प्राप्ति।
७. बुरी आदतों से आसानी से छुटकारा।
८. स्वयं एवं अन्य के प्रति सम्मानजनित भावनाओं और व्यवहार में प्रगति।
९. प्रभावशाली कम्युनिकेशन।
१०. जीवन शैली में सकारात्मक परिवर्तन।



११. संतुलित व्यक्तित्व ।

१२. आंतरिक सूक्ष्म , सुषुप्त एवं छिपी हुई ईश्वरीय शक्तियों की जागृति एवं अनुभूति ।

१३. विश्व निर्मल धर्म के तहत वसुधैव कुटुम्बकम् एवं विश्व बंधुत्व की भावनाओं को जगाकर, अपने व्यावहारिक जीवन में उतारने में सहायक ।

१४. व्यक्तिगत चेतना को सामूहिक चेतना के नए आयाम में रूपांतरित करने में सहायक ।

१५. जाति, वर्ग, वर्ण , लिंग, नस्ल , धर्म, क्षेत्रीयता, भाषा जैसी विभाजनकारी दुष्प्रवृत्तियों पर सहजता से लगाम ।

तो फिर, इंतज़ार किस बात की ! आएं हम सब मिलकर, अपने आप को सहजयोग के इस मिशन से जोड़कर , स्वयं को सहजता पूर्वक पहचाने और अपने व्यक्तित्व को संतुलित एवं निखार कर अपने परिवार, समाज, देश तक ही सीमित न रहकर, बल्कि विश्व पटल पर धरोहर रूप में उभरे ।



Achieve a peaceful, balanced, joyful and multidimensional personality with Sahajayoga.

आपकी सेवा को आतुर ,

हम सहजयोगी जन

You may call

SN PRASAD

9334485430, 7004872117

Email – [sahajayogameditationbihar@gmail.com](mailto:sahajayogameditationbihar@gmail.com) , website – [biharsahajayoga.org](http://biharsahajayoga.org)