

राजपूताना राईफल्स रेजिमेन्टल केन्द्र The Rajputana Rifles regimental Centre दिल्ली छावनी - ११००१० Delhi Cantonment - 110 010

TO WHOMSOEVER IT MAY CONCERN

STRESS MANAGEMENT THROUGH SAHAJA YOGA MEDITATION

- 1. Lt Gen VK Kapoor (Retd) and his group from NOIDA have been conducting monthly Sahaja Yoga meditation programmes lasting over two days for all JCOs and Other Ranks proceeding on retirement free of cost. Every batch since 16 Mar 2007 has been given self realization and taught how to meditate at home. They have taught 14 batches of strength varying from 50 to 100 JCOs ad OR each, so far. The feed back that we have received is so positive that we have no hesitation in saying that we will continue the programme in the future too.
- 2. The maximum benefits that have accrued as a result of Sahaja Yoga meditation lie in the field stress management, reduction of anxiety and worries and a general feeling of peace and contentment among the practioners of this technique of meditation. In this regard I have no hesitation in recommending adoption of this meditation technique by the Army to reduce combat related stress.
- 3. I feel that the Army as an institution could consider giving Sahaja Yoga Organization an opportunity to carry out Stress Management Programmes for all ranks in the field formation and static establishments. They do not charge any money to conduct this programme.



(Deepak Khurana)
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