

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

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

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

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.


(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, 11nd 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