



TECNIA INSTITUTE OF ADVANCED STUDIES

NAAC ACCREDITED GRADE "A" INSTITUTE

Approved by AICTE, Ministry of HRD, Govt. of India, Affiliated to G.G.S.I.P. University & Recognized Under Sec. 2(f) of UGC Act 1956.

INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

TIAS NATIONAL SERVICE SCHEME (NSS) CELL

SELF-FINANCING UNIT* - I



Donate Blood
Save Life



Beti Bachao
Beti Padhao



Health
Camps



Tree
Plantation

Ref:.....

Date:.....

Report

FIT INDIA MOVEMENT

EVENT: SahajaYoga and Meditation

Convener: Mr.Rahul Tripathi, Faculty, TIAS

Participation: Student of BJMC, BBA, BCA, MCA, MBA

Date: 26/02/2020

Venue: Auditorium and Class room, TIAS Building

Timing: 10:00 AM

Learning Objective:

- 1.Sensitizing students and creating awareness amongst them to remain fit and adopt ways to remain fit including healthy food habits.
- 2.To learn students how to do stress management by applying sahaja yoga methods .
- 3.To Improve attention, memory, concentration in the studies.

Report

Tecnia Institute of Advanced Studies has organized the session on the topic of "SahajaYoga and Meditation" for the students of all programmes. Ms. Isha Malakar and Ms. Suman, Trainer from Sahaja Yoga Trust had addressed the session. They have explained to the students about advantages of performing various methods of Sahaja yoga. This method transforms human awareness through techniques that promote a more moral, united, integrated, and balanced self. They told students that hundreds of thousands of people in over ninety countries have experienced the transformation of becoming more peaceful and joyous in life through Sahaja yoga. Self-realization is the foundation of Sahaja yoga. It is based on an experience called the "Kundalini awakening," which can occur within all human beings. After going through the various steps, you should encounter a transformation that makes you a more moral, united, integrated, and balanced person. If students successfully accomplish self-realization, they should be able to feel the divine power sweep over your body in the form of a breeze that passes over your hand and head.

They had explained the functioning of subtle system within the body. The subtle system is made up of nadis and chakras. Nadis, or channels, carry energy throughout the body while chakras, or "wheels," are the centers of energy located in the body. There are three primary vertical channels of energy and seven major chakras. This system can only be activated with a Kundalini awakening. The Kundalini awakening simultaneously cleans and balances the system and enlightens and purifies the chakras. Each chakra has spiritual abilities. The chakras always exist in the body and can never be destroyed but they do not manifest themselves until the Kundalini is awakened. When the Kundalini rises and nourishes the chakras, our bodies automatically become dynamic, creative, confident, and very humble.

They further explained about spiritual abilities of the chakras. Chakras are called wheels because this is where the energy spins with frequency, similar to a galaxy of planets spinning on their axis.

Chakras are located along the spinal cord region and supervise and maintain the perfect operation of the bodily system. What attracts and disturbs the chakras influences their sensitivity and performance. Self-realization will enlighten the central nervous system, allowing you to feel each of the seven chakras.

In the last they had explained about the channels, or nadis. The central channel coordinates the nervous system activities. It is not until the awakening of the Kundalini and its travel through the central channel and out through the top of the head that recognition occurs of the vastness of the subtle system. The left channel is responsible for your state of joy, which is often blocked, covered, or tarnished because of the emotional and physical injuries experienced during your lifetime. The practice of Sahaja yoga is instrumental in removing these tensions and recovering the joy we experienced as small children growing up. The right channel is easily blinded by ego and the need for more power and energy. When this happens, the left channel becomes weak and you take actions that dominate or disrupt the lives of others. Sahaja yoga will remove this negativity and restore balance between the channels and the chakras.

Programme Outcome

1. All the faculty members and students had learnt the various methods of sahaja yoga.
2. They had learnt how to balance the subtle energy in the body leading to the increase in the immunity and improvement in health.
3. They had learnt that the regular practice of Sahaja Yoga can provide them a sense of calm which enables them to cope more easily and effectively with the everyday stresses of life.
4. They had learnt that performing sahaja yoga methods enable them to cure the innumerable diseases which are a result of modern day living. The modern-day diseases such as high blood pressure, heart diseases, mental disorders, diabetes and so on are all a result of all our hectic lifestyle.



Ms.Suman Explaining to the students about various methods of Sahaja Yoga.



Ms.Isha Malakar and Ms.Suman explaining to the students about various techniques of meditation.



Students are practising SahajaYoga techniques as per the instructions of the Instructor of the session.

Summary sheet of Feedback Analysis												
Particulars	Content as per objective	Information practicality	Value addition to the subject	Help in achieving professional goals	Participative and interactive session	Expression of Ideas	Presented useful examples	Thoroughness of content	Speaking and teaching ability	Effectiveness of teaching aids	Responsiveness to questions	Total
Not Acceptable												
below average												
Average	2		5	1		2	4	1		2		17
Good	9	10	8	9	10	9	9	9	10	9		92
Outstanding	9	10	7	10	10	9	7	9	10	9		90

Interpretation of the result:

A careful study of the feedback analysis leads to the following Interpretation:

- Out of 20 feed- back received from the students, Majority of the students with regard to the “Content as per objective”, “Information Practicality”, “Value addition to the subject”, “Help in achieving professional goals”, “Participative and Interactive session”, “Expression of ideas”, “Presented useful examples”, “Thoroughness of content”, “Speaking and teaching ability”, “Effectiveness of teaching aids” and “Responsiveness to Questions” were good.
- They had constructive opinion about the Sahaja Yoga Methods and called it an outstanding experience of their lives.
- The students found the Sahaja Yoga session ,very Productive, Creative and full of Learning Experiences.

