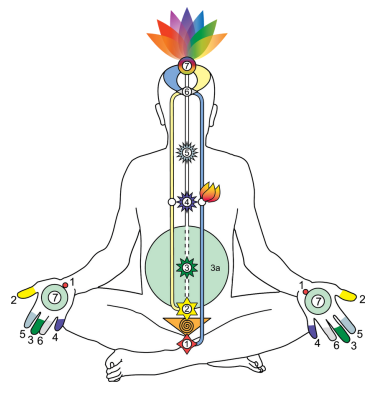


सहज योग - समस्याएं अनेक | समाधान एक

Sahaja Yoga - Several Problems | Single Solution



The Zonal Education Officer, Pulwama Dist.
Dept. Of Education, Government of Jammu & Kashmir, India.

Respected Sir,

Greetings from '**Sahajis**' all over the world.

Let us introduce you about '**Sahaja Yoga Meditation**' .

It is an Activity / Exercise to be performed every day, 10 mins in the morning & 10 mins in the evening to get connected with divine power the Almighty.

The world is slowly recovering from the COVID-Pandemic & normalcy is getting built up gradually, amidst the **Stress and Disorganization** that has crawled down within all of us during this crisis. To regain the peace of mind and lead a peaceful life amongst all, we need to practice these exercises.

The benefits of this meditation are as below: (For all age groups , religions - students in particular)

1. Always maintains a positive state of mind
2. Better concentration and retention of memory
3. Positive Energy is sustained throughout the life span.
4. Good decision making capacity is developed & tremendous grasping power is generated.
5. Very good results in Students with remarkable progress in academics
6. Good Development in IQ (Intelligence Quotient) , EQ (Emotional Quotient) & SQ (Social Quotient) essentials of future.
7. Rapid cure from any existing ailment with good well-being of person practicing this meditation

These activities / exercises are practiced in more than 120 countries all over the world. We visit different locations in our country and try to transfer the knowledge to those who are interested to seek the same.

In view of above , we have a humble request to you to grant us the permission to conduct this program in all the schools of your esteemed district.

Thanking you in anticipation.

With warm regards,

[Authorized Signatory]