



Sinhgad Institutes

# Sinhgad Technical Education Society RMD SINHGAD TECHNICAL INSTITUTES CAMPUS

(Approved by AICTE & Affiliated to Savitribai Phule Pune University, Pune)

Off.: S.No.111/1, Warje, Pune-Mumbai Bypass Highway, Pune -411058.

Phone: 020-29996622/33E-mail: [principal.rmdssoe@sinhgad.edu](mailto:principal.rmdssoe@sinhgad.edu) Website: <http://www.rmdstic.sinhgad.edu>

## Department of First Year Engineering



# SAHAJA YOGA

TODAYS MAHA YOGA



7. Sahasrara  
Integration



6. Agnya  
Forgiveness



5. Vishuddhi  
Collectivity



4. Anahat  
Love/ Security



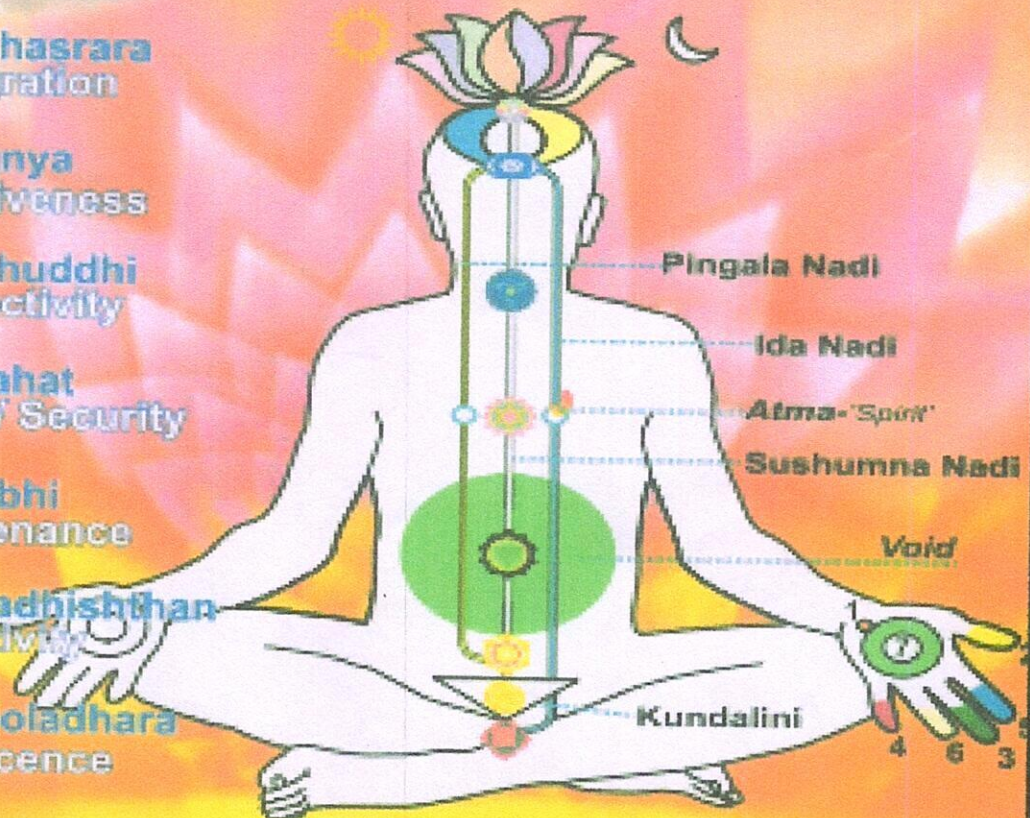
3. Nabhi  
Sustenance



2. Swadhishtan  
Creativity



1. Mooladhara  
Innocence



*Experience the Joy and Peace  
of Self-realization*

Visit our website:  
[www.sahajayoga.org.in](http://www.sahajayoga.org.in)

Sahaja Yoga programs  
are always free



## NOTICE

All FE students are hereby informed that **SAHAJA YOGA** is scheduled on 15<sup>th</sup> to 17<sup>th</sup> May 2023. The Details are given below

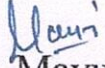
Title: **Sahaja Yoga**

Date: 15<sup>th</sup> to 17<sup>th</sup> May 2023

Time: 8.30 a.m. to 10:00 a.m.

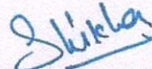
Venue: F.E. Seminar Hall

Mode: offline

  
Mrs. Mayuri Patil

PBL Coordinator



  
Dr. Shikha Saxena

F.E. HOD

HEAD

Dept. of First Year Engineering  
RMD Sinhgad School of Engineering  
Warje, Pune - 411 058.





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**ACTIVITY REPORT**

Sr. No.	EVENT DETAILS	
1	Name of Event	Sahaja Yoga
2	Institute Name	RMDSTIC
3	Date, time and Venue of Event	Date:15 <sup>th</sup> to 17 <sup>th</sup> May 2023 Time: 8.30 a.m. to 10:00 a.m. Venue: F.E. Seminar Hall
4	Participants	FE Students and Faculties of FE
5	Objective	It helps students to focus on the body's abilities at the present moment.
6	Program Coordinator	All First Year Staff members.
7	Program Committee Members:	Mrs. Mayuri S.Patil







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### BRIEF REPORT OF THE ACTIVITY

The **SAHAJA YOGA** program was successfully conducted in RMD STIC for first year Engineering (F.E.) students, all the teaching and non teaching staff. Around 350 students of First -Year Engineering of the RMD STIC had participated in the yoga session. The event was also attended by Principal Dr. V.V. Dixit sir, Academic Dean Dr. Sharad Mulik sir, all the Head Of Departments and all faculty members.

**SAHAJA** Yoga is a type of yoga developed in 1970 by Shri Mataji Nirmala Devi. It teaches Self-realization through the awakening of kundalini energy. Self-realization is achieved through a specific type of meditation. One of the core principles of Sahaja Yoga is that each practitioner becomes their own guru.

The term comes from the Sanskrit **Saha** meaning "with" and **JA** means "born." The Sahaja Yoga defines it as "spontaneous union with the Self." The goal of Sahaja Yoga is Self-realization, which is the connection of the inner self with an eternal Spirit that is the source of peace, joy and true knowledge This technique is described as a natural awakening that does not require any conscious effort.

Sahaja Yoga believes that in addition to the physical body, humans have a subtle body made up of energy channels and energy centers. Through Sahaja Yoga meditation, the yogi gains awareness that Absolute Truth can be felt through this energy system. The growth of awareness then happens effortlessly, creating mental, emotional and physical balance. The competition is all about the enhancement of the students.

The main objective of the session is to overcome students from Stress and Anxiety. It also helps stay calm and Non-reactive.







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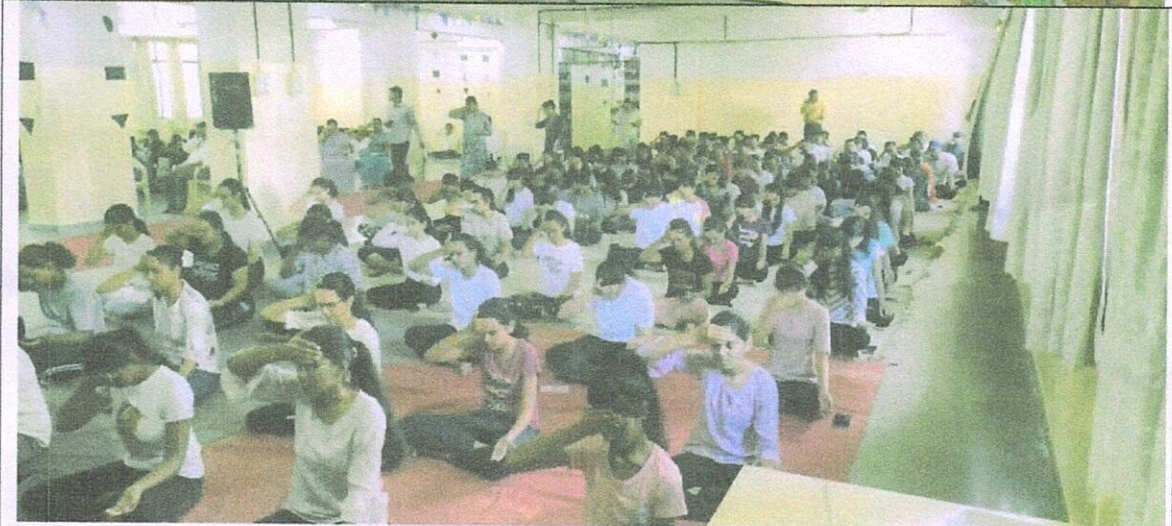
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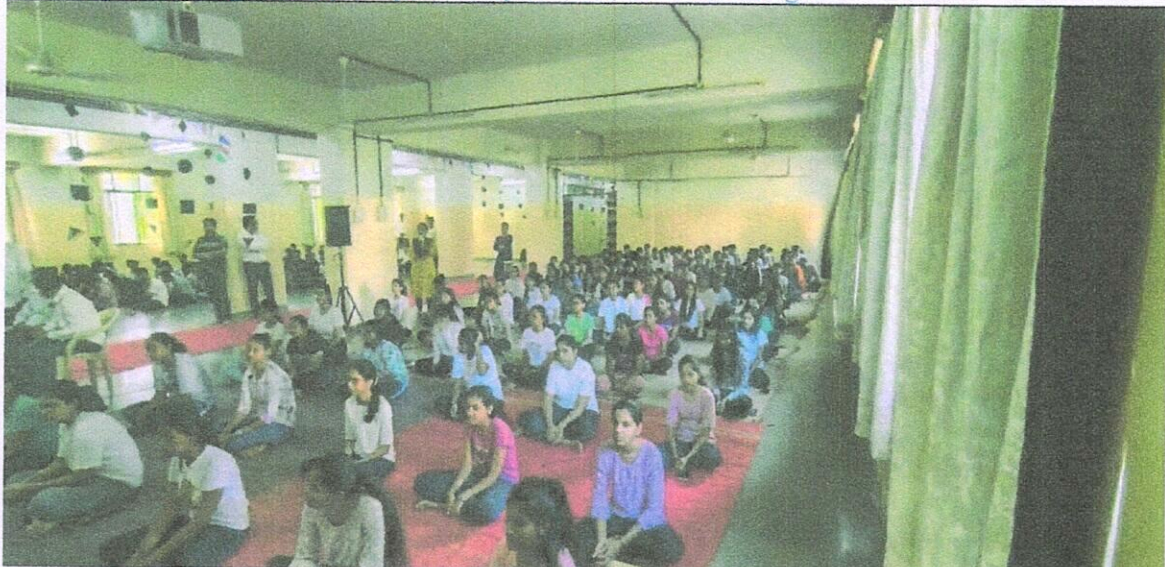
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## Glimpses of the Event:



Students following the steps explained by team of SAHAJA Yoga.







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Sir explaining about the benefits of Meditation and Yoga

## Program Outcome

The session is all about the enhancement of the students. The main objective of the session is to overcome students from Stress and Anxiety. It also helps stay calm and Non-reactive.

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PBL Coordinator

Dr. Shikha Saxena  
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