

You are cordially invited to join Five Days' Preksha Meditation Camp

Organized in the Auspicious Presence of

Prof. Muni Mahendra Kumar

Training by Eminent Faculty:

Mr. Arun Zaveri and Mrs. Mayuri Zaveri

Organisers:

K. K. Jain President, J.S.T. Sabha, Delhi	T.K Jain President, ANUVIBHA	Savitri Jindal M.L.A., Haryana
Jodh Raj Baid President J.S.T. Sabha, South Delhi	Arvind Gothi Preksha International	Dr. S.C. Manchanda Retd. Head of dept. of Cardiology, AIIMS
Ashok Sancheti President, T.Y.P., Delhi	Sanjay Choraria, Co-ordinator, T.P.F, Delhi	Dr. P. R. Kucheria Friends Medical Centre, Delhi
Suman Nahata President T.M.M., Delhi	S. R. Surana President Rajasthan Mitra Parishad	Prof. S. K. Palhan Advisor, Centre for Joint Warfare Studies
Swami Dharmanand Director Adhyatma Sadhna Kendra	Kamal Singh Bhutoria Path Finders Trust Delhi	Pradeep Jain President JITO Delhi Chapter
Dr. Dhanpat Lunia Sec. Vidya Bharati School Ghaziabad	Mohit Mahnot President Srijan, Delhi	K.D. Baheti President Vaishya Mahasammelan, Delhi

INSTRUCTIONS :

- Reach venue on 10th November between 6:00 p.m. and 10:00 p.m.
- Fees: Rs. 3300/- including all charges of lodging, boarding, training material.
- Facilities: A.C. Rooms, Wholesome Diet- Breakfast, Lunch, Tea, Dinner.
- Wear loose white clothes.
- Outside eatables and going outside the premises is strictly prohibited.
- Limited seats available. Enroll today.
- Cheques / DD payable Delhi, to be drawn in favour of "Jain Swetamber Terapanthi Sabha", account number 0158101007538, Canara Bank New Delhi, Deen Dayal Upadhyay Marg.

For registration and queries please contact co-ordinators:

Sukh Raj Sethia : 9811099918
Or Vimal Surana : 9810275680
Or Dalam Chand Baid : 9810129735
E-mail: prekshacamp2010@gmail.com

Early bird will get 10% discount if registered on or before 31st October 2010.

Do you want to -

PREVENT & CURE Diabetes, Heart Disease, B.P. Disorder, Asthma, Acidity, Gastric Troubles... ?

BECOME FREE FROM Anger, Fear, Pessimism, Haughtiness, Laziness, Depression ?

DEVELOP Strong Will-power, Optimism, Boldness, Compromising Nature, I.Q., E.Q, S.Q. ?

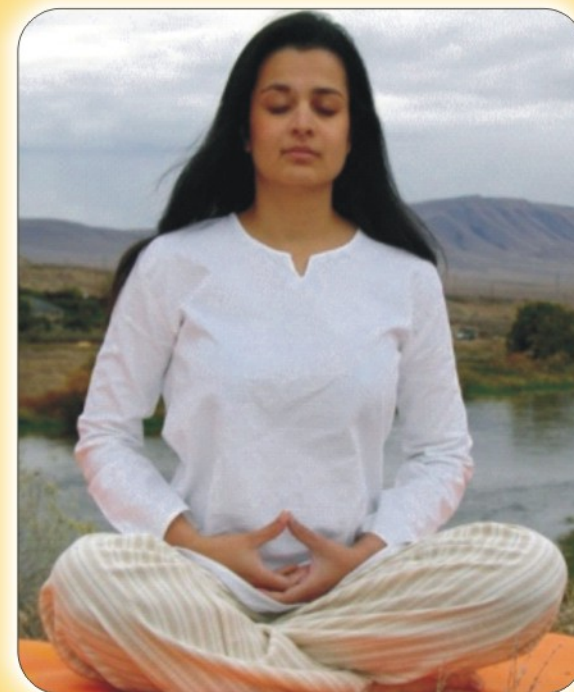
LEAD A LIFE FULL OF Mental Peace, Tranquility, True Happiness, Cheerfulness, Congenial Relations with Spouse, Children, Parents, Friends ?

Then Here is the Solution

**Spare only 5 Days to Learn the Techniques of
Preksha Meditation & Yoga**

at

RESIDENTIAL MEDITATION CAMP
(Based on Scientific Research)



November 11 to 15 [Thu. - Mon.] 2010

Terapanth Bhavan, Adhyatma Sadhana Kendra,
Near Chhattarpur Mandir, Chhattarpur, Mehrauli, New Delhi

WHAT IS PREKSHA MEDITATION (PM)?

Preksha means inner perception. In this technique, one learns to concentrate his mind on the subtle aspects of one's own consciousness through the practice of preksha and brings about desirable changes via contemplation, colour-visualization and auto-suggestions.

HOLISTIC APPROACH

The true path to better living should not only include proper nutrition, clean air, and physical exercise, but also prevention and elimination of the very roots of psychosomatic diseases – stress, negative thinking and destructive emotions.

Preksha Meditation is a tool that helps relieve and reduce the effects of physical and mental stress and eliminate emotional tensions and disorders by enhancing emotional maturity.

WHERE DID IT ORIGINATE?

PM was practiced by sages and seers centuries ago, and the art was passed on from generation to generation through the Indian tradition of knowledge and wisdom. It was discovered from the ancient wisdom and corroborated with modern scientific theories by ACHARYA MAHAPRAGYA JI, an internationally known Jain Saint, who has co-authored with Dr. A.P.J. Abdul Kalam the famous book **"THE FAMILY AND THE NATION"**.

HOW DOES THE TECHNIQUE WORK?

Medical research has revealed that emotional state of a person is directly connected with the Limbic System and Neuro-endocrine system. Emotional tensions can disrupt the complex and delicate balance of numerous hormones secreted by the different endocrine glands in the body, which ultimately cause various physical and mental diseases.

PM works by gradually leading the practitioner to experience deeper levels of his/her consciousness and remove stress and emotional tensions hidden in the subconscious mind. It enhances emotional maturity and harmonizes the neuro-endocrine secretions which represent the emotions, urges, and feelings, and thereby cure psychosomatic diseases.

COURSE CONTENTS

Medium of Language : English / Hindi

POWER POINT PRESENTATIONS ON

THEORY

- Motivation (outline)
- Mental Concentration
- Total relaxation (Kayotsarg)
- Body Mechanism
- Mind Mechanism
- Emotional Mechanism – Endocrine Glands
- Aura (Abhamandal) - Kirlian Effect
- Comprehensive Health (Physical, Mental, Emotional)
- Scientific Explanation of PM :
- DVD Picture : "The Incredible Human Machine" (by National Geographic Institute)

WORKSHOP

- Goal Achievement
- Emotional Intelligence
- Healthy Relationship
- Yogik Exercises
- Pranayam
- Relaxation
- Meditation
- Interactive Sessions
- Personal Counseling

FEEDBACKS

The Preksha Meditation course material was well presented and definitely enlightening. The workshops were very effective. It widened my mental horizons... made me relax and stay mentally alert at the same time.

- Dr. C.D. Vachharajani, M.D., Mumbai

Preksha Meditation has helped me increase my self-confidence, mental stability, and mind concentration. The main achievement is that my anger has reduced drastically.

- Mr. K. Balchandran Menon, Mumbai

I was suffering from depression since last three years in spite of having a well-to-do family – educated children and a loving husband. I often had suicidal thoughts and had planned to end my life many times. After learning and practicing meditation exercises I am out of depression and enjoying my life again. I have laughed again after several years.

- Mrs. Ranjan, Housewife, Mumbai

I had chronic pain and was interested in gaining some control over my health problems when I came to the workshop. After regularly practicing PM for about two weeks the pain has lessened considerably and I feel great. Thank you!

- Mrs. Cher L. Couch, USA

RESIDENTIAL MEDITATION CAMP

(Based on Scientific Research)

REGISTRATION FORM

Name : _____

Gender: Male Female Date of Birth : (DD/MM/YY) ____ / ____ / ____

Address : _____

City : _____ Pin : _____

Phone No. : Cell Phone _____ Other _____

E-mail : _____

Education qualification : _____

Profession : _____ Known Languages : _____

Have you attended the similar camp in past (if yes detail) : _____

Object of attending the camp : _____

Registration fees: Rs.3300/- . **Early bird will get 10% discount if registered on or before 31st October 10.**

I am enclosing a cheque / DD number _____ for amount Rs. _____ of

the bank _____ dated _____

How to register: Please send this registration form duly filled with the amount by cash/ cheque or DD (payable Delhi), in favour of "**Jain Swetamber Terapanthi Sabha**" by post to Shri Sukhraj Sethia, C/O Shri Ramesh Goyal, C-14, Green Park New Delhi-110016. Or you can email the registration form details to prekshacamp2010@gmail.com and deposit the amount in any Canara bank account number 0158101007538

For more information please do not hesitate to contact mobile 9811099918
or Email prekshacamp2010@gmail.com