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# SAHAJ YOGA & MEDITATION

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GOVERNMENT OF GUJARAT

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SPEAKER



**DR MONALI UMAP**

Leading Pediatrician Maharashtra



# SAHAJA YOGA & MEDITATION EVENT

SAHAJ YOGA AND MEDITATION QUALIFIED TRAINERS



**AKSHAYA BONDE**

Business Management Leader



**DR. ARPITA ENGINEER**

MD (Skin & VD)



**DR. ASHVIN DAVE**

Ph.D (Finance), MBA-Finance,  
AFM - IIMA, IICWA, B.COM



**MAHESH DHANDEKAR ADV**

LL.B. PG.DIP . Cyber Law

**DATE:** 29TH January, 2024 (MONDAY) | **TIME:**

03:00 PM TO 05:00 PM

**VENUE:** AUDITORIUM HALL, B J MEDICAL COLLEGE, AHMEDABAD.

**FOR REGISTRATION  CLICK HERE**

**DR HANSA GOSWAMI**

DEAN, B J MEDICAL COLLEGE  
AHMEDABAD

**DR MINAKSHI PARIKH**

PG DIRECTOR, B J MEDICAL COLLEGE  
AHMEDABAD

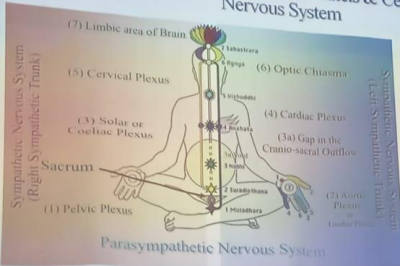
**DR RAKESH JOSHI**

MEDICAL SUPERINTENDANT  
CIVIL HOSPITAL, AHMEDABAD





## Manifestations of the Energy Channels & Centres in our Nervous System



- The subtle system has three channels and seven chakras
- The left channel and right channel corresponds to the sympathetic nervous system
- The central channel corresponds to Parasympathetic nervous system
- The seven chakras corresponds to the plexuses



## Stress Relief : Using Sahaja yoga Meditation

Dr. Monali Umaj  
 Sr. Medical Superintendent  
 HAL Hospital, Nashik Division & Honorary consultant  
 Paediatrician at AF Hospital

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