

Project Dhyaan

Project Dhyaan is all about spreading Peace, Love and Happiness around; about empowering people to have this for their entire lives on their own.

In the rushing around of today's fast-paced world, the connection with one's self is getting lost. In the midst of competition, pressure and desire to do well; we have started to lose ourselves. We have started to lose our relationship with self. If this continues, over a period of time, all we will find is a world full of people with everything in life yet emptiness within! Project Dhyaan is about restoring this connection to self, giving people the power to have peace within and to find love and happiness.

Project Dhyaan begins with kids – by making meditation a part of morning prayers in as many schools as possible anywhere and everywhere in the world. Meditation is and has been one of the most powerful sources to connect within. The benefits also include:

- Decreased stress, tension, depression,
- Strengthened immune system, improved health
- Improved confidence and concentration
- Peace of mind, optimism and self-worth
- Better results in curricular and co-curricular activities

Empowering kids with such a positive source will turn out to be one of the best gifts they can ever receive in their lifetime. Let us give this gift to them.

Here are some ways in which **you** can contribute:

1. Find people/organizations knowing meditation and/or having an interest in teaching it in schools for free. Once the project gains momentum and reaches out to more and more schools, we would like to expand it to all groups of people – old age homes, colleges, companies etc.
2. Find people/organizations in touch with various schools. Talk to them to take up Project Dhyaan.
3. Contact schools and inspire them to make meditation a part of morning prayers.
4. Create awareness about Project Dhyaan via people you know in your neighbourhood, friend circle, organization, newspapers, radio etc so that interested people can get in touch with us.
5. Make a list of schools and pass it to us.

Project Dhyaan is not a product of any organization. Project Dhyaan is not of people who started with this idea. Project Dhyaan is for everybody. Anybody who contributes in one way or the other automatically becomes a part of Project Dhyaan. There are no formalities in becoming a part of this project. **Think of this project as your own and start making a difference around.** Feel free to contact us.

Love & Happiness:
Avani Shah
(M): 9322663658
(R): 28980523/6791
avani_inava@rediffmail.com

You have already made a contribution to the cause by reading so far.

Thank you.