

Transcendental Meditation

Transcendental Meditation developed by Maharishi Mahesh Yogi, is a meditation practice in the form of a silent mantra. Research proves that the TM has proven to be effective in relieving stress and anxiety, improving the function of the brain and cardio vascular health, overcoming depression and insomnia, etc., The TM will also help an individual to become calm, flexible and a pleasant team worker in both personal and professional life.

The initiation of Transcendental Meditation practice for all our teaching and non-teaching staff was done by Shri T C Perumal (Disciple of Maharishi Mahesh Yogi), Secretary, Transcendental Meditation Center, Chetpet, Chennai, on 28th September.

Everyone of us in the campus were briefed on the TM process and practical sessions were conducted individually for all the staff in the school.