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Journey so far, at a glance...

Paroksh Sharma Sujay, or **Acharyamitra**, as he is fondly called by his loved ones, began his fascinating journey in **1996**. The love of Yoga found its inception at the **Siddh Samadhi Yoga** camp followed by the Advance **Meditation Course**. He continued his studies and Yoga abhyas in the following years till the interest, devotion, curiosity and passion for Yoga took him to **Kaivalyadhama**, the oldest Yoga Ashram to study the varied aspects of ancient yet scientific knowledge of Yoga and the yogic practices. During his stay at the ashram, he compiled a book named "**Yoga Saar Sudha Sangrah**".

His days as a successful and highly respected Yoga Practitioner continued for quite a while as he travelled through the various cities teaching Yoga to the school children and people through conducting different workshops and camps. He courteously provided the ancient Yoga knowledge to the international clientele working with The Oberoi group of Hotels, at The Oberoi Vanyavilas for over two years.

The relationship and dedication for the Yogic sciences was powerfully backed by the intense drive to work for the wellbeing and interests of the community at large, particularly the youth, highly unacquainted with the benefits of the mind and body practices. This yearning to becoming a medium for the spiritual renaissance drew him to Lakshya, where he has been working as the Yoga Acharya and mentor since 2008. Other than listening patiently to his students and the teachers at Lakshya, he has been conducting different workshops and sessions for the institute, a popular and regular one being Sambhav, Reaching Heights, a five day retreat at Kaivalyadhama, Lonavala.

The journey continues as love radiates from the hearts that have come together with him to tread on this path and contribute, howsoever little that they can, to the world.

AACHARYAMITRA

Lakshya
Forum for Competitions

**ABOUT
AAROHAN**

Aarohan offers programs aimed at enhancing inner capabilities thereby increasing our productivity & growth.

An individual's best performance comes only when his physical, mental, emotional and spiritual aspects are in perfect synchronization with each other. To cope up with the pressure of competitions and to give a balanced performance in their examinations, a strong mental strength is needed.

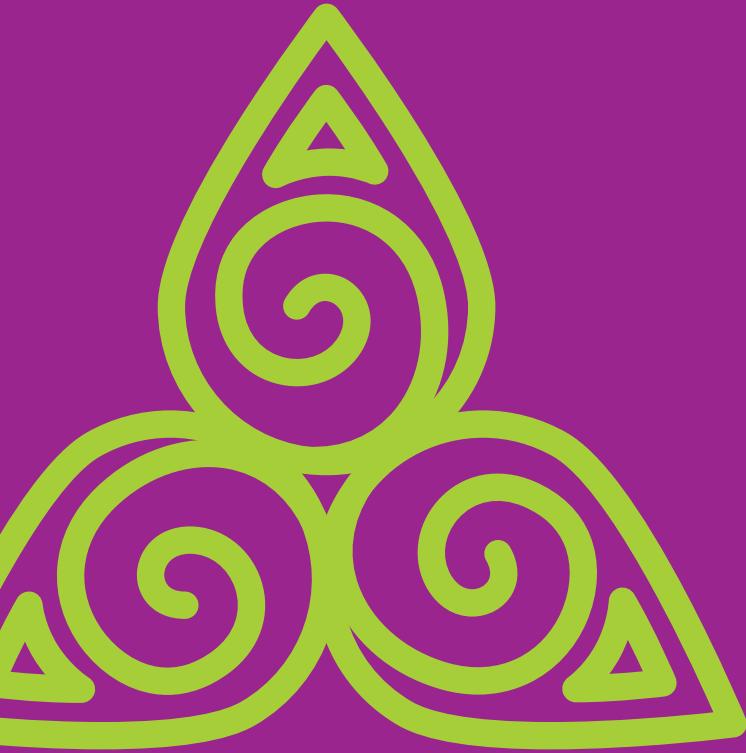
To make a student mentally charged and physically willing to take up the challenges of life , a special wing has been introduced:

AAROHAN... Rising Above !

These programs are based on traditional Yoga techniques& Indian Classical Wisdom monitoring physical, mental, emotional & spiritual aspects by organizing the following sessions separately for students, parents and the team :

Offerings

- Counseling Sessions
- Yoga Workshops For Fitness, Concentration & Memory
- Stress Management Workshops
- Meditation Sessions
- Retreat
- Celebrations



COUNSELING SESSIONS

“Courage doesn't happen when you have all the answers. It happens when you are ready to face the questions you have been avoiding your whole life.”

ANUBHUTI *(Personal Counselling Sessions)*

This program includes individual counseling sessions of students with Aacharyamitra. Students can openly discuss their problems and get an optimized solution to them.

SANCHAR *(Group Counselling Sessions)*

“The aim of argument, or of discussion, should not be victory, but progress.”

Under this program, a group of students can come, talk, share & find solutions to their issues.



YOGA

“Yoga teaches us to cure what need not be endured and endure what cannot be cured.”

SANSKAR *“For 11th class students”*

This includes Basic Yoga Workshops of 3/5 days for 11th Batches. Workshop will include Aahar discipline, basic Yoga asanas & breathing awareness.

“Memory is a way of holding onto the things you love, the things you are, the things you never want to lose.”

SMRITI *“For 12th class students”*

This is a memory enhancement workshop for 12th Batches. Workshop will include Pranayams, Pranav Jaap, Meditative practices.

“If there's a single lesson that life teaches us, it's that wishing doesn't make it so.”

SANTULAN *“For 12th class passouts”*

This is a Yoga Workshop on Life Management Skills for Droppers Batches. Workshop will include Aahar discipline with understanding body type with Ayurveda, Concept of Swara Yog, Chanting , Asanas, Cleansing & Breathing practices.

“Obviously, the highest type of efficiency is that which can utilize existing material to the best advantage.”

SAMARTHYA *(Mechanism of efficiency)*

This is a workshop for 8th, 9th & 10th batches for increasing their efficiency.

DE-STRESS WORKSHOP

MEDITATION SESSIONS



Student life is very pivotal as many things are at stake for the children. They have to cope up with the pressure of competitions and also give a balanced performance in their examinations. Through our past experiences we have realized that the years unfold on a very stressful note for them and only those having strong mental strength can live upto the expectations.

We have following programs to relieve the stress of students:

- EIP : Efficiency in Performance
- RYB : Recharge Your Body
- GPS : Guidelines Providing Success

SHIVOHUM

It is an Energizing Session to keep stress free, improve metabolism & functioning of Brain.

DHVANI: Musical Meditation

- Play the Moments
- Pause the Memories
- Stop the pain
- Rewind the Happiness

Session includes science of Music to relax and meditate

ANUSHTHAN

"He alone teaches who has something to give, for teaching is not talking, teaching is not imparting doctrines, it is communicating."

Guru Poornima celebrations with chanting of hymns and mantras.

SHUBHAM

"The more you praise and celebrate your life, the more there is life to celebrate."

Vasant Panchami day is dedicated to knowledge, music arts, science and technology.

DISCOVER YOUR CHILD (DYC)



THE ESSENTIALS OF HAPPINESS (TEH)

CELEBRATIONS

"A Parenting Workshop"

We spend years studying to be successful in our careers. But how much time do we invest in preparing to be a parent? More likely, not that much. That is why we give you a chance to understand the finer nuances. To help your child ignite his/her immense potentialities and take him/her to the path of success.

"Workshop for Parents & Teachers"

A special offering for parents and teachers for enriching their daily lives with energy, contentment and fulfillment. 2hrs workshop includes de-stressing by getting aware of fundamentals of life and energizing with meditative techniques.



SAMBHAV

"Yesterday is history, tomorrow is mystery and today is a gift. That's why it's called the present.

This is a Retreat program for boys held in Lonavala. It aims towards increasing the mental strength and will power among the students. It enriches a child's daily life by making him explore and investigate his ideas, inner resources of wisdom, courage, inspiration & awareness.

SHAKTI

"Never go backward. Attempt and do it with all your might. Determination is power."

This is a Retreat program for girls held in Rishikesh. It provides power to the mind, awakens the potential of a child & also learn practical tools to enhance one's well-being.

SADGAMAYA

"Destiny is not a matter of chance, it is matter of choice; it is not a thing to be waited for, it is thing to be achieved.

Sadgamaya is a 4 day retreat organised in Rishikesh for the passing out students in june to enrich their routine life.

"Tension is who you think you should be.
Relaxation is who you are.

This program is for 9th & 10th batches held at Rishikesh. The retreat is to facilitate basic Yoga life style among the students. It would be a residential program where students will follow a strict schedule & Yogic practices to enhance the required qualities to be a sincere student.

RETREAT

RRC

"Relax, Rejuvenate & Celebrate"



- Increases confidence, concentration, stability of mind i.e,
- Overall personality development.
- Definitely reduces physical, mental & emotional stress.
- Increases enthusiasm & strength.
- It creates a positive vibe , preventing any negative influence & helps regain inner strength.
- Restores youthful energy into constructive work.
- Enhances better memory & discipline of mind.
- Attainment of perfect equilibrium and harmony.
- Promotes self- healing.
- Removes negative blocks from the mind and toxins from the body.
- Enhances Personal power.
- Increases self-awareness.
- Helps in attention focus and concentration, especially important for children .
- Reduces stress and tension in the physical body.
- Improves immunity.

BENEFITS



Glimpses of Yoga, Meditation, Spiritual Wellbeing and Counselling sessions.

TESTIMONIALS

"I can never forget the things that I learnt in this tour and in fact even if I try to replicate it again, I can't. They all have deep significance that raised my consciousness level and improved my life from the base"

- Abhishek Aggarwal-Studies Computer Science and Engineering at IIT Delhi, Co-Founder-Routofy.

"In the moments of distress, when all the effort being done came to doubt, Paroksh Bhaiya came as the balancing force & reassured the faith in ourselves and our hardwork. He reminded us well in the value of believing in ourselves which happens to be the driving force of humanity"

- Apaksh Gupta, B.Tech, PEC
Managing Direction at GMT Hospitality LLP

"His every move is simply elegance personified. Students of every emotion are magnetized towards him... that's the bold personality of Paroksh Sir whos got the Bluetooth that connects hearts. Every ode sung in praise of your priceless virtues falls short in expressing your greatness sir... I love you Paroksh sir more than tongue can tell and words can express"

- Manik Mahajan, ICAI
Industrial Trainee at JPMorgan Chase
Anmol Mahajan, IIT, Delhi