



PMC हिन्दी MEDITATION OUTREACH INITIATIVES

Building a Nationwide Movement
for Inner Transformation

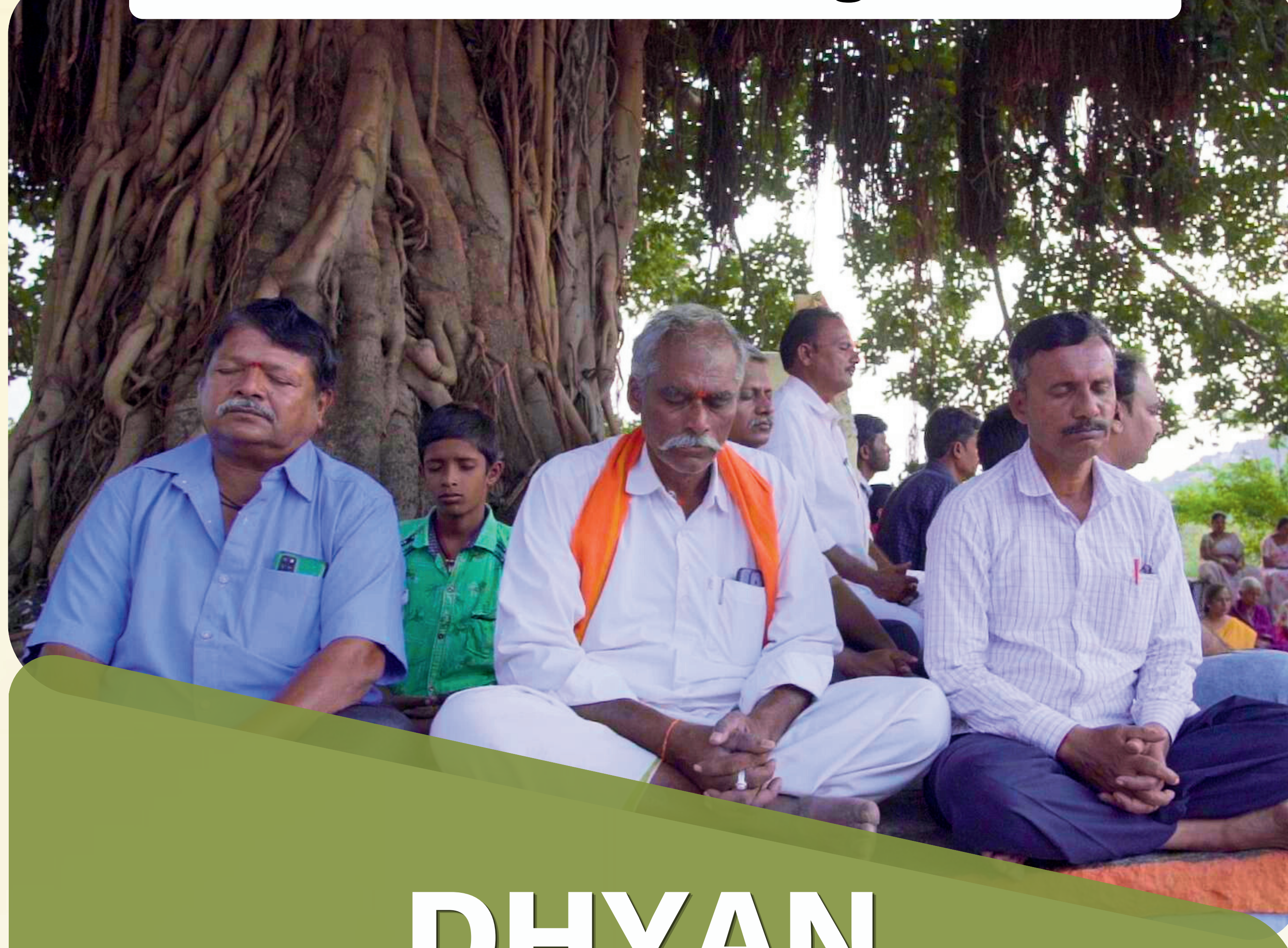
School Wellbeing & Life Skills Program



JAGRUT YUVA

A structured SEL-based mindfulness program designed to build focus, emotional resilience and responsible decision-making among students.

Rural Mental Wellbeing Initiative



DHYAN GRAMEEN

A community outreach initiative bringing stress management and well-being practices to rural communities.

100,000

Students
Impacted

16+

Cities
Covered

70+

Districts
Covered

500,000

Rural Population
Engaged

1,500+

Physical Sessions
Conducted

8

Jails
Adopted

5000+ Hrs.

Spiritual Science
Content Produced

1 Million

Reached Through
Digital Initiatives

 **YouTube /PMCHindi**



PMC APP
in 11 Languages



Jio TV
Channel: 1109

Prison Rehabilitation & Behaviour Transformation Program



PROJECT AZAADI

A prison reform initiative designed to enable behavioural transformation among inmates through self-awareness, emotional regulation and constructive life direction.

24x7 Meditation TV & PMC APP



DIGITAL LIBRARY

A digital spiritual science platform designed to enable inner transformation through access to practical wisdom & meditation.

Join the Movement

Registered under Societies Registration Act
Darpan ID: DL/2023/0354022



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