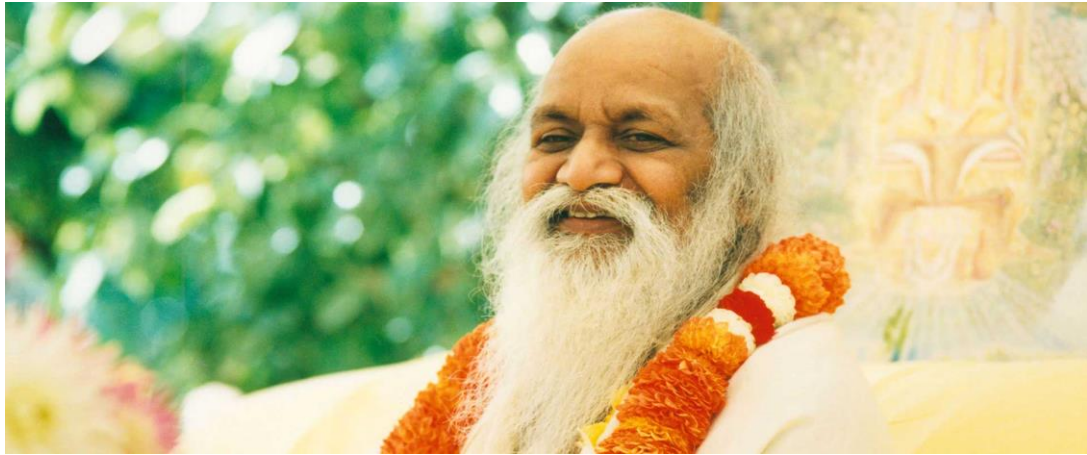


Transcendental Meditation for Performance Enhancement

Transcendental meditation is a simple, natural, and effortless meditation technique that was developed and introduced by Maharishi Mahesh Yogi Ji.



This technique has been adopted all over the world to improve the quality of life as well as enhance performance in different spheres. Here's how TM helps in performance management in various fields.

Academics

TM helps in facilitating consciousness-based education. With the regular practice of TM, students reach a state of restful awareness when they are at their optimal state of learning. On practising TM, students become stress-free yet alert which helps in better assimilation of learning. Regular practice of TM helps the mind to function at its full potential which enhances the academic performance of students. This practice also helps in gradually decreasing absenteeism, dropouts, performance-related stress, etc.



Sports

In order to be successful in any kind of sport, players need excellent focus and mind-body coordination, and this kind of coordination can only come from rigorous training of the mind. Transcendental meditation helps in harnessing higher levels of consciousness, thus enhancing the practitioner's intelligence and mindfulness. This further helps in enhancing the performance levels of the sportsmen.



Military Operations

Military operations need a lot of focus and training. Also, military personnel are subjected to very tough situations wherein their mental readiness is put to test. In order to effectively deal with such tough situations, military personnel are also encouraged to practice TM on a regular basis. With the help of [transcendental meditation](#), military personnel can reach out to the source of thoughts and find peace and even solutions to many tough situations.



About The SRM Foundation of India

The SRM Foundation of India is a non-profit organisation that was established with an aim to oversee transcendental meditation and consciousness-based education activities in India. The organisation has centres all over the world where people can learn TM and benefit from this amazing process.



Transcendental
Meditation®

Website: <https://indiatm.org/>