



Girish Jha MA, BS, APA (member), RYT-500

39+ years of teaching, training, research, mentoring people – diplomats, technocrats, engineers, doctors, students, men and women.

Evolve and help everyone to evolve

What we do?

We help people:

Achieve well-being

Manage Pain (anxiety, stress relationship, addiction challenges) &

Discover peace, happiness, wisdom and love within YOU

The source and the inspiration:

Eastern wisdom is 6000 years old having 3000 texts/teachers. It includes yoga, mindfulness, Ayurveda and allied sciences. It aims at discovery of subjective reality unlike science aims at discovery of objective reality. Both streams aim at truth and complement each other.

Are you ready?

Anyone 18 and above and ready to take a journey to self-discovery aims at inner peace, happiness, wisdom, love and truth.

Time and Transformation

Normally a single session runs for 60 minutes includes brief, talk on the principles, practice, sharing, discussion, indication of progress, Home practice tips

Day/ Duration/Time

Decided mutually and depends on the challenges you are facing in your life.

Location

In person / online / individual / group sessions

Girish Jha, MA, BS, Member, APA has been teaching, mentoring, and promoting wellness for patients seeking proven results without the reliance (and costs) associated with pharmaceuticals. He has been offering services in the field of mind-body, non-pharmaceutical, well-being and illness management programs for the last 38+ years. He has helped improve the quality of life for patients suffering from psychological disorders (ADHD, PTSD, and anxiety) and physical disorders (including Muscular Dystrophy, various forms of cancer, and debilitating pain). His patients come from all walks of life (technologists, engineers, public servants, politicians, diplomats, teachers, adolescents, and even medical doctors). He guides patients to move from the state of P.A.I.N. to one of PEACE (which can lead to improved PROSPERITY). P.A.I.N. covers the mind, body, and spirit for patients. The impact from P.A.I.N. can cover one or more of the following symptoms: anxiety, anger, panic, grief, chronic pain, physical pain, asthma, obesity, under achievement, family conflict, lack of self-esteem, and even transsexual issues. He has studied world religions, eastern psychology, thousands of traditional practices, under the tutelage of 50 Himalayan masters, in addition to his formal education in physics, chemistry, psychology and physiology.

United Nations Drug Prevention Program (UNDP) De-addiction & HIV rehabilitation program, Manipur Prison, India

Designed and delivered mental well-being and rehabilitation program to 123 prisoners/addicts, suffering from HIV and substance abuse.

International Health Exchange (UN) – complementary well-being program for doctors working for Ministry of health, Mongolia-

Greystone park psychiatric hospital, NJ– designed and delivered program on applied mindfulness to the staff members.

Workshops, intensives and specialized programs - relationship problems, anxiety, depression, healing cancer, asthma, physical pain and many more challenges.

Contact info@girishjha.org 609-447-5421

Know more about programs www.girishjha.org

Download practices at www.girishjha.net

DETAILS OF GIRISH JHA' S JOURNEY

- Head of practices, Applied mindfulness and healthy living at Brightstems inc
- Speaker-Master Lecture Series at Princeton University
- Director and Professor, Applied mindfulness & wellness from eastern wisdom at GirishJha LLC
- Speaker and guide, Stress mgmt. program, Greystone Psychiatric Hospital , NJ
- Mentor/Coach- Overcoming Opioid addiction at Girish Jha Freedom from Mind
- Motivational speaker and guide -eastern wisdom well-being at Tripura Yogasharam Trust
- Motivational speaker and guide- Manage stress through applied mindfulness and yoga at IBM India Pvt Ltd
- Project Coordinator -Applied mindfulness, Motivational Speaker at High Altitude Medical Research Center, India
- Former Teacher at ITM Campus
- Former Speaker and guide- eastern wisdom and applied mindfulness at New York City
- Former teacher and speaker at Namaste wellness center, St Mary Hospital
- Former Teacher and Speaker, Wellness and Applied mindfulness at Namastemedispa, PA
- Former Coach- speaker- Wellbeing at PIYAS
- Former Founder & Chief Mentor- Program design, delivery on Applied mindfulness, corporate wellness at PIYAS, India
- Former Chief Mentor, Guide, Motivational speaker-Design and delivery of corporate Mindfulness at PIYAS,
- Former Researcher -Applied mindfulness/meditation & Wellness from the eastern wisdom at Central Research Institute of Yoga (Now MDNIY)
- Former Program Officer, Applied mindfulness and well-being programs from eastern wisdom at MDNIY
- Former Teacher and speaker- applied mindfulness, yoga and eastern wisdom at ICCR, Jakarta, Indonesia
- Former Teacher- Mindfulness, wellness, eastern wisdom at Indian Mission, Jakarta
- Former Program Head - Yoga Therapy, Wellness & Mindfulness at International Health Exchange - Mongolia
- Former Senior Project Director -Applied mindfulness and well-being approach at • United Nations Drug Prevention Program (UNDPP)
- Former Speaker and Guide- Youth Stress Mgmt. at Government higher secondary school , Delhi
- Former Guide and Educator - Applied Mindfulness, Wellness, Youth Stress mgmt. at Government School
- Former Teacher- Mindfulness/ Meditation & wellness at Vishwayatan Yoagashram
- Former Student wandering monk -learning eastern wisdom from many masters at Laxman Kutir- Master disciple tradition
- Former Studying eastern wisdom-applied mindfulness from ancient texts at Shakti Sadhana Kendra
- Former teacher of applied mindfulness -compassion, loving kindness at Manage pain, discover peace
- Studied Research Methodology in practices of eastern wisdom & mindfulness at SVYASA Yoga University Bangalore
- Studied Psychology- eastern and western, mindfulness at Jain Vishwa Bharati Institute, India
- Studied Bheem Yoga, traditional mindfulness at Swami Shaktisheshwarananda, Ujjain, India
- Studied Naturopathy at All India Nature Cure Foundation
- Studied Applied mindfulness from ancient texts from eastern wisdom at Swami Garib Dasji- Tantra Master
- Studied Yoga Teacher Training at Swami Dharendra Brahmchari
- Studied Philosophy- eastern from ancient texts of mindfulness/ meditation at Swami Laxman Das Avadhootji - Himalayan Master
- Studied Philosophy at Vishwayatan Yoagshram , India aided by Ministry of Health , India