



We are with you

PROGRAMS

PROJECTS

QUANTUM

FOR YOU

The Journey of 4 Decades

[Home](#)



In 1973, Mahajataq started writing regularly on psychic and extrasensory phenomena in the then monthly Dhaka Digest. Later his writings were regularly published in different dailies and periodicals. The articles on ESP and telepathy published in weekly Bichitra in 1975 created a stir. In 1974, communication was established between the different parties interested in psychic and extrasensory phenomena in Bangladesh. Consequently in 1976, Bangladesh Federation of Astrologers was established. Late Syed Ali Imam was elected the Chairman, Shahid El Bukhari Mahajataq, Secretary General, Late T Ahmed Vice President, Faruq Chowdhury and Syed Mahub Alam Joint Secretaries and Dr. Fazlur Rahman Treasurer.

The initiative expanded with several research projects, seminars, symposiums and other activities. The seminars were attended by late Justice B A Siddiqui, late Mujibur Rahman Khan, editor of the Daily Ittefaq Anowar Hossain, Dr. Mizanur Rahman Shelly, renowned author Rahat Khan, Professor Zillur Rahman Siddiqui, Late Dr. Muhammad Monsur Uddin, Dr. Ashraf Siddiqui, Dr. Enamul Hoque, late journalist Sanaullah Nuri and others. Their participation in these seminars played an important role in spreading awareness about psychic and extrasensory phenomena.

The practice of yoga, meditation and psychic matters took a new dimension in 1980 when Mahajataq resigned from the post of news editor in Daily Azad and established an office in Shantinagar. This office turned into a hub for research and discussion on matters related to society, culture, religion and philosophy. Some of the most illustrious intellectuals of our society came to join these discussions. They include National Professor late Dewan Mohammad Azrof, late Begum Sufia Kamal, journalist late Obayed-UI-Hoque, Professor Rafiqul Islam, late Shahabuddin Ahmed, Mohammad Mahfuz Ullah, Mizanur Rahman, late poet Abdus Sattar, late M A Mohaimen, poet Rabiul Hussain, Panna Kaiser, poet Al Mahmud, late Asadul Hoque, late Abdul Halim Chowdhury, Kamal Lohani, artist Kamal Ahmed, poet Belal Chowdhury and many other great personalities.

Especially mentionable are those who exchange opinions about meditation and related practices are late shilpacharya Kamrul Hasan, late artist Rashid Chowdhury, late Dr. Akhlaqur Rahman, Dr. Kazi Mufizur Rahman, Obaid Jaigirdar, late Dr. S M Salahuddin, late actor Akhter Hussain, late Dr. Snah Alam, and engineer Shafiqur Khairan.

In 1983, Mahajataq established the Yoga Meditation Center with the goal of popularizing meditation. Professor M U Ahmed, the prominent psychiatrist, was Mahajataq's biggest supporter in these endeavors. Those who took lessons in meditation from Mahajataq during that period include Dr. Kazi Mofizur Rahman, late shilpacharya Kamrul Hasan, artist Rashid Chowdhury, and Dr. Fazlur Rahman.

In 1986, the Yoga Meditation Center became Yoga Foundation. The research on meditation and mind control processes and the quest to develop a simple and easy method picked up new pace. In every stage of research Mahajataq received whole hearted support and cooperation from Madame Nahar Al Bukhari. The result of these endeavors is "Quantum Method", the science of living for modern times.

[Home](#) | [About](#) | [Contact us](#)

Mail

[Sign in](#)

Late artist Rashid Chowdhury and shilpacharya Kamrul Hasan designed Quantum Method's logo.

Research and practice on every technique of Quantum Method continued quietly. Each technique was tested scientifically. By the 90s it was a proven and tested mind control method. Mahajataq decided to gradually introduce the technique to the masses.

In 1992, Mahajataq started to write about relaxation and meditation in the Daily Ittefaq, the Monthly Upoma Digest and other dailies. From 1993, he wrote regularly in the Self Development section of the Monthly Rohoshyo Magazine.

In 1983 Yoga Meditation Center was established with the goal of popularizing meditation.

After a decade of research and testing the **1st Batch of Quantum Method** was held in Hotel Sonargaon on 7th January 1993. This would be the first step of a long journey. Language hero late Saleh Uddin Kaiser chaired the concluding ceremony.

On 1st January 1993 a new horizon opened up with the publication of the **first ever Bengali meditation cassette**. National Professor Dr. Nurul Islam was present as the chief guest at the publication ceremony held at the Public Library Auditorium.

On 7th January, 1994, a Quantum Utsab (Quantum festival) was held in the ballroom of Hotel Sheraton celebrating a decade of meditation practice and a year of Quantum Method Course. National Professor Dr. Nurul Islam was present at the program as the chief guest.

The main attraction of the Quantum Utsab of 1994 was the publication of the Quantum Method book. The first 5 editions were all sold out within the first year. It went on to become the most widely read Bangla nonfiction. In 2000, Quantum Method was modified and published in the light of the experience gained from completing 100th batches of the Quantum Method Course.

The second and third Quantum Utsabs were held on 6th January, 1995 and 21st March, 1997 respectively.

Special programs were held in Dhaka and Chittagong to commemorate the completion of 50 batches of Quantum Method Course. Gurujee guided the Quantum Graduates through a special meditation in the Patenga sea beach.

Quantum Method course started its journey in Chittagong in August 1994. In 2008, the 275th batch was also held in Chittagong. Another milestone was reached.

On 12th December, 1996 an art competition was organized in memory of artist Rashid Chowdhury. Children's activist Rokonuzzaman Khan Dadabhai, prominent intellectual Dr. Anisuzzaman, artist Aminul Islam, former secretary Kazi Fazlur Rahman and other illustrious personalities graced the program with their presence.

Quantum Foundation was established in 1996 with the goal of giving its self development and welfare services a more institutionalized form. All of its self development programs are designed towards the ethical and spiritual revival of its members, which is essential for building a great humane society.

An essay competition on "Monchhobi: Bangladesh 2025" was organized on 3rd July 1998.

The 100th Quantum Method Course was held in August 1999. For the first time in the Indian subcontinent, a modern meditation course reached the 100 mark. A huge number of participants attended the 8 batches of the 100th course (i.e 100A, 100B etc.) from August to December at a special concession fee.

The 150th batch was held on 25, 26, 27, and 28th October 2002. This was the first course to be held on 4 consecutive days.

In 2002, Quantum Method took its first step in the international arena with a **4 day seminar on meditation in London**. Two more seminars were held in London in 2006 and 2008 respectively.

The 200th batch was held in Rajshahi on 15, 16, 17 and 18th April, 2005. Mahajataq accomplished the rare feat of developing a course and teaching it 200 times. **The 200th Course Sharok (souvenir)** was published on 1st November, 2005 to commemorate this occasion.

The 250th batch was held in June 2007. Another milestone was thus reached in the spreading of Quantum's message.

In the middle of 2008, Quantum Method Course took a new turn. The course venues, both in and outside of Dhaka, were changed as bigger venues were needed for accommodating the large number of participants. **The 273rd batch, held in July in Dhaka, was the first to be held in a bigger hall** at Kakrail, the IDEB hall.

Since 1993, workshops on different topics have been organized regularly. More than 2000 graduates participated in the workshop at the Bashundhara City Grand Hall in 2008.

Since 1999, the foundation has been organizing Quantayon-E-Khatme Quran every Ramadan. In 2009, 3000 Quantum Graduates from all around the country participated in a total of 45 hours of Quantaion in 8 days and listened to the Quran and its translation. In 2009, 3300 people participated in the 2 day Akheri Doa program.

Proggaion was a 3 hour program comprising of discussion, meditation, and question/answer. The program first started in 2006 with the name Monthly Graduate Joint Meditation. It was later renamed Graduate Proggaion and was held in the first Wednesday of each month. Quantaion-E-Jalali was program combining Quantaion, listening to the Quran and group healing. In 2009 Proggaion and Quantaion E Jalali was merged together and a new program called Progga Jalali started. Since October 2009, Proggya Jalali and Shoggya Jalali have been held separately for the graduates and the pro-masters respectively.

Since 1993, Gurujee and Majee has been hosting a get together on the morning of Eid-UI-Fitr. People of all ages attend this meeting with their family members. 7,500 people joined this get together in 2009.

The year 2009 can be termed as the year of that Quantum took flight. A wave Quantum Method courses swept over the nation. Within the first few months of 2009, the course was held in many new places including Cox'sbazar, Sunamgonj, Bogura, Comilla and Habigonj. All the courses were vibrant with a large number of participants.

The completion of 300 Quantum Method Courses was an outstanding accomplishment in the history of meditation practice. For the first time in the world the developer of a meditation or self-improvement course conducted 300 courses himself. The historic 300th course was held in July. 'Choloman (dynamic) 300' was held in a new venue in the very next month. Then in October started the '300-Uchchash' (Quantum Wave) Courses with took Quantum Method to even greater heights.

In this journey of 3 and half decades, our main strength has been our belief. We believed the apparently impossible to be possible. Scarcity of resources or abundance of obstacles did not slow us down, rather generated new pace in our work. Instead of creating conflict, we found alternate ways. Our foundation was strengthened even more by our attitude of gratitude and patience. As a result, thousands of people now see Quantum as a beacon of hope.

[Log in](#) to post comments

Copyright © belongs to humanity