

SAHAJA YOGA

**17TH OCTOBER
2024**

**ORGANIZED BY: ASANA CLUB, VENUE: FST
AUDITORIUM, TIMINGS: 2:30PM - 3:30PM**



EVENT OVERVIEW

On October 17th, 2024, the Asana Club of ICFAI Tech organized a transformative session on Personality Development, conducted by the Sahajayoga Trust of Telangana. The session took place at the FST Auditorium from 2:30 PM to 3:30 PM. Focused on personal growth and self-discovery, the session introduced participants to the powerful Sahajayoga meditation technique, aimed at unleashing inner potential and enhancing well-being.

ICFAI Foundation for Higher Education
(Deemed-to-be University under Section 3 of the UGC Act, 1956)

ASANA CLUB

IcfaiTech
Faculty of Science & Technology (FST)

SAHAJA YOGA
Strengthen Your Mind & Body!

📍 FST Auditorium

Thursday, 17th Oct, 2024
FROM
2:30PM TO 3:30PM

Asana Club invites you to a Personality Development session to unleash the inner potential of individuals through Sahajayoga Meditation Technique.

EVENT HIGHLIGHTS

The session commenced with an introduction to the principles of Sahajayoga, which integrates meditation with self-realization. The Sahajayoga Trust instructors guided the participants through a series of meditation practices designed to calm the mind, reduce stress, and develop self-awareness.



EVENT OVERVIEW

Attendees engaged in breathing exercises, learned techniques to balance their inner energy, and experienced moments of deep introspection. These practices were particularly impactful in promoting mental clarity and emotional balance, aligning with the session's goal of personal development.



The session was interactive, with the instructors encouraging questions and offering personalized tips to help participants integrate meditation into their daily routines. Participants expressed their enthusiasm for the knowledge shared and how it could contribute to both their personal and academic growth.



PARTICIPANT FEEDBACK

The event was well-received by students and faculty alike, with a turnout that exceeded expectations. Many attendees highlighted the simplicity and effectiveness of the Sahaja yoga techniques, noting the immediate sense of calm and relaxation they experienced during the session. Participants left the event feeling more focused, positive, and eager to continue their meditation journey.

CONCLUSION

This Personality Development session successfully provided valuable insights into the practice of meditation and its role in fostering personal growth. The event fulfilled its objective of helping individuals explore their inner selves and set the stage for continued self-improvement. The Asana Club looks forward to organizing more such enlightening events in the future, further contributing to the holistic development of ICFAI Tech students.