



SAHAJA YOGA

Strengthen Your Mind & Body!

Date: 22nd January

Venue: IBS Auditorium

Time: 3:00 PM to 4:00 PM

Organized By ASANA Club

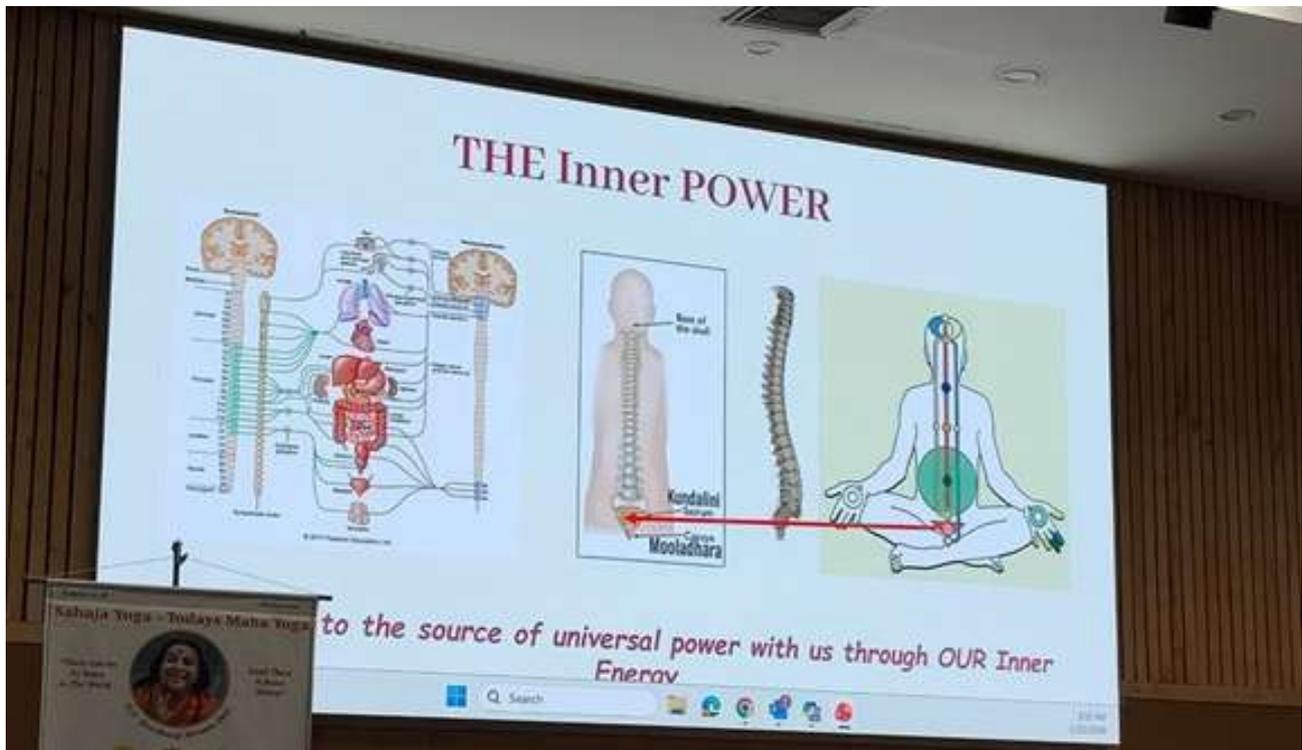
Introduction



A Sahaja Yoga event was successfully conducted on 22nd January at the IBS Auditorium from 3:00 PM to 4:00 PM. The session aimed to introduce students to the concept of Sahaja Yoga and promote mental peace, self-awareness, and inner balance among participants.



Session Details



The event began with an introduction to Sahaja Yoga, where the speakers explained its meaning, origin, and benefits. They highlighted how Sahaja Yoga helps individuals achieve self-realization and maintain emotional, mental, and physical well-being. The explanation was simple and engaging, making it easy for students to understand the core principles of the practice.

Following the introduction, a 10-minute guided meditation and yoga session was conducted. Students actively participated and experienced a sense of calmness and relaxation. The session helped attendees feel refreshed and more focused, creating a peaceful atmosphere in the auditorium.



Conclusion

At the end of the program, a group photograph was taken with all the participants and organizers to mark the successful completion of the event. The session concluded on a positive note, and students appreciated the opportunity to learn about Sahaja Yoga and its benefits. Overall, the event was informative, calming, and well-received by the participants.