

RAM LAL ANAND COLLEGE
NIRVANA
YOGA AND MEDITATION SOCIETY

ART OF LIVING
INTRODUCTORY SESSION REPORT
SESSION 2023-24

Name of the event- Introductory session

Nature of the event- Physical mode

Date- 03rd October 2023-06th October 2023

Venue- College Classrooms

Departments involved: - All the 14 Departments of the college

No of Participants:- First year students of all the courses

INTRODUCTION:

The Yoga and Meditation Society in associations with the Art of Living conducted an introductory session on meditation for the first year students at Ram Lal Anand College between 03rd October 2023 and 06th October 2023. The session aimed to introduce the principles and practices of meditation to enhance mental well-being, stress management, and overall life skills for students.

Session Overview:

- Duration: The introductory session spanned approximately one hour for every department.
- Facilitator: The session was led by 3-4 certified instructors from the Art of Living foundation with extensive experience in teaching meditation and mindfulness.

Agenda:

- Welcome and Introduction: Participants were welcomed to the session, and a brief introduction to the Art of Living organization and its mission was provided.
- Introduction to Meditation: The facilitator introduced the concept of meditation, emphasizing its benefits for stress reduction, increased focus, and enhanced emotional well-being.

- **Breathing Techniques:** Participants were guided through simple yet powerful breathing exercises to experience the immediate calming effects of focused breath awareness.
- **Guided Meditation:** A guided meditation session allowed students to practice mindfulness and experience a deeper state of relaxation.
- **Interactive Discussions:** The facilitator engaged participants in discussions about their experiences with meditation, addressing any questions or concerns they might have had.
- **Introduction to the Art of Living Programs:** Information about the various programs offered by the Art of Living foundation, including in-depth meditation courses, stress management workshops, and leadership programs, was provided.
- **Participant Feedback: Positive Experiences:** Many participants expressed a sense of calm and relaxation after practicing the meditation techniques.
- **Interest in Further Programs:** Several students showed interest in enrolling in more in-depth courses offered by the Art of Living foundation.

The introductory session on meditation by the Art of Living was well-received by the students, providing them with practical tools for stress management and mental well-being. The facilitator's expertise, coupled with interactive sessions, created a positive and enriching experience for all participants.

Due to the positive response, discussions are underway to organize more sessions and potentially integrate ongoing meditation programs into the college's wellness initiatives.

In conclusion, the "Art of Living" introductory session on meditation served as a valuable opportunity for students to explore and experience the benefits of mindfulness, contributing to their overall well-being.







RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI

NIRVANA

YOGA AND MEDITATION SOCIETY

AN INVITATION TO ALL THE DEPARTMENTS OF THE COLLEGE

Introductory session
By

ART of
LIVING

03rd oct-06th Oct 2023

FOR ENQUIRY:

SUGANDHA SINHA:8434304604

DIGVIJAY AYUSH:9006520528

MS. SHIKHA VERMA
CONVENOR

PROF. SEEMA GUPTA
ADVISOR

PROF. RAKESH KUMAR GUPTA
PRINCIPAL