RAM LAL ANAND COLLEGE **NIRVANA**

YOGA AND MEDITATION SOCIETY

Aradhana

NAME OF THE EVENT: Artistic Yoagasana Workshop

ORGANISER: Ram Lal Anand College

VENUE: Front Lawn

DATE: 03rd Feb - 03rd March (Saturday and Sunday)

TIMINGS: 10am-12pm

BRIEF SUMMARY OF THE EVENT:

Nirvana, the Yoga and Meditation Society of Ram Lal Anand College conducted a one-month

artistic yogasana workshop titled "Aradhana" from February 3rd to March 3rd, 2024. Held on

Saturdays and Sundays (10:00 AM - 12:00 PM).

Each two-hour session began with a foundation of intermediate asanas, gradually

progressing towards advanced postures throughout the month. This structure allowed

participants to build confidence and skill before exploring more challenging artistic

expressions. The workshop incorporated formations and elements of rhythmic yoga, with

each session offering a unique theme.

All sessions concluded with a relaxation period, ensuring a sense of well-being and

integration after the practice. Coupons and fruits were provided to all participants post

session. Feedback from participants was positive, highlighting a newfound appreciation for

artistic expression within yoga.







RAM LAL ANAND COLLEGE UNIVERSITY OF DELHI

NIRVANA YOGA AND MEDITATION SOCIETY

IS ORGANISING

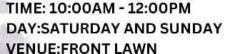
ARADHANA

ONE MONTH ARTISTIC YOGASANA WORKSHOP (03RD FEBRUARY - 03RD MARCH 2024)

(FOR ALL RLAC STUDENTS)

CERTIFICATES WILL BE PROVIDED





FOR ENQUIRY: SUGANDHA SINHA:8434304604 DIGVIJAY AYUSH:9006520528

SAHIL DUBEY:8375049632



SCAN TO REGISTER

MS. SHIKHA VERMA
CONVENOR

PROF. SEEMA GUPTA PROF.RAKESH KUMAR GUPTA
ADVISOR PRINCIPAL







