

**RAM LAL ANAND COLLEGE**  
**NIRVANA**  
**YOGA AND MEDITATION SOCIETY**

**Aradhana**

NAME OF THE EVENT: Artistic Yoogasana Workshop

ORGANISER: Ram Lal Anand College

VENUE: Front Lawn

DATE: 03<sup>rd</sup> Feb - 03<sup>rd</sup> 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 3<sup>rd</sup> to March 3<sup>rd</sup>, 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



**TIME: 10:00AM - 12:00PM  
DAY: SATURDAY AND SUNDAY  
VENUE: FRONT LAWN**

**FOR ENQUIRY:  
SUGANDHA SINHA: 8434304604  
DIGVIJAY AYUSH: 9006520528  
SAHIL DUBEY: 8375049632**



**SCAN TO REGISTER**

**MS. SHIKHA VERMA  
CONVENOR**

**PROF. SEEMA GUPTA  
ADVISOR**

**PROF. RAKESH KUMAR GUPTA  
PRINCIPAL**



