

RAM LAL ANAND COLLEGE
NIRVANA
YOGA AND MEDITATION SOCIETY

Holistic Harmony
Two Months Yoga Workshop
SESSION 2023-24

Name of the event- Holistic Harmony
Nature of the event- Physical mode

Date- 03rd October to 8th December, 2023

Venue- Front Lawn

Number of participants- 20-25 per day

Yoga and Meditation Society of Ram Lal Anand College proudly organized "Holistic Harmony," a transformative two-month Yoga Workshop held from 3rd October to 8th December 2023. This initiative aimed to foster physical and mental well-being by providing participants with a comprehensive exploration of yogic principles and practices. Diverse Sessions: "Holistic Harmony" offered a diverse range of sessions, including variety of asanas and Pranayama, catering to participants with varying levels of experience. Mr. Shishir Pokhriyal renowned yoga instructor with a profound understanding of yogic principles led the sessions, ensuring participants received expert guidance in their practice.

Physical and Mental Wellness Focus: The workshop emphasized the holistic benefits of yoga, promoting physical fitness, stress management, and mental clarity.

"Holistic Harmony" witnessed enthusiastic participation from students, faculty, and staff of Ram Lal Anand College. Regular attendance and active engagement were notable features, reflecting a strong interest in adopting yoga as a holistic lifestyle practice.

Participant feedback was overwhelmingly positive, with attendees expressing gratitude for the enriching experience and the positive impact on their overall well-being. Testimonials highlighted the effectiveness of the workshop in relieving stress, improving flexibility, and enhancing mindfulness.

The "Holistic Harmony" Yoga Workshop at Ram Lal Anand College successfully met its objectives, promoting holistic well-being through the transformative power of yoga. The positive response from participants underscores the growing awareness and appreciation for the benefits of yoga in our college community. Our sincere thanks to all participants, instructors, and organizers who contributed to the success of this uplifting event.



**RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI**



NIRVANA
YOGA AND MEDITATION SOCIETY
presents
Holistic Harmony
Two Months Yoga Workshop

3rd October, 2023 onwards  **Monday to Friday, 8am-9am**

Register now:



Free workshop for
all the students &
staff of RLA and
residents of Satya
Niketan



Mr. Shishir Pokhriyal
(Yoga Trainer)



Venue:
Front Lawn

For more information contact:

Sugandha: 8434304604

Prakarshica: 8586846385

Ms. Shikha Verma
(Convener)

Prof. Seema Gupta
(Advisor)

Prof. Rakesh Kumar Gupta
(Principal)



