

RAM LAL ANAND COLLEGE
“NIRVANA”
YOGA AND MEDITATION SOCIETY

ART OF LIVING
Youth Empowerment and Skill Workshop (YES+)
REPORT
SESSION 2023-24

Name of the event- Yes+ Program

Nature of the event- Physical mode

Date- 30th October 2023-03rd November 2023

Venue- Seminar Hall

Time- 02:30 PM-05:30 PM

No of Participants: - 24

Introduction:

The Art of Living Organization conducted a transformative five-day workshop exclusively for 1st-year students at Ram Lal Anand College. The workshop, which required participants to pay for attendance, witnessed exceptional enthusiasm, with a high turnout of students eager to delve into the art of finding happiness and spreading love and kindness in society.

Event Highlights:

Focus on Happiness and Kindness: The workshop centered on cultivating a positive mindset, finding reasons for happiness in life, and promoting acts of kindness in the community.

Maximum Student Participation: A notable feature of the event was the remarkable participation of 1st-year students who actively engaged in the workshop, demonstrating a keen interest in mental well-being.

Variety of Activities: The Art of Living Organization incorporated a diverse range of activities to address mental hygiene. These included kindness gestures, Surya Namaskara (Sun Salutations), Sudarshan Kriya, and meditation sessions, providing students with a holistic experience.

Motivational Sessions: Inspirational talks and interactive sessions were conducted to motivate students to deal effectively with negative energy and develop a positive outlook towards life.

Key Activities:

Kindness Gesture: Students actively participated in activities promoting kindness, creating a positive and compassionate environment.

Surya Namaskara: Physical well-being was emphasized through the practice of Surya Namaskara, promoting both fitness and mental clarity.

Sudarshan Kriya: The organization introduced Sudarshan Kriya, a powerful rhythmic breathing technique, to enhance mental and emotional well-being.

Meditation Sessions: Guided meditation sessions were conducted, providing students with tools to manage stress and improve concentration.

Motto and Purpose:

The overarching motto of the workshop was to address mental hygiene and equip students with practical techniques to deal with negative energy. By emphasizing happiness, kindness, and holistic well-being, the Art of Living Organization aimed to empower students to lead fulfilling lives.

Conclusion:

The Art of Living workshop for 1st-year students at [College/University Name] proved to be a resounding success, fostering a positive and nurturing environment. The engagement and participation of students reflected a collective commitment to mental well-being and personal growth. We extend our gratitude to the Art of Living Organization for imparting valuable insights and skills that will undoubtedly contribute to the holistic development of our students.

RAM LAL ANAND COLLEGE UNIVERSITY OF DELHI



Ram Lal Anand College
(University of Delhi)



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Duration: - 30th Oct- 03rd Nov, 2023

Time: - 3:00 pm to 6:00 pm

Venue: - Seminar Room



Ms. Shikha Verma
Convener

Yoga and Meditation Society

Prof. Seema Gupta
Advisor

Yoga and Meditation Society

Prof. Rakesh Kumar Gupta
Principal
Ram Lal Anand College

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