

Ram Lal Anand College

Nirvana

Yoga and Meditation Committee

Event Report

(Session 2024-25)

3-Day Yoga Workshop

NAME OF THE EVENT: 3-Days Yoga Workshop

ORGANISER OF THE EVENT: Ram Lal Anand College

DATE AND DURATION: 19th-21st June, 2024, 1 Hour

VENUE: College front lawn

BRIEF SUMMARY OF THE EVENT:

Nirvana, the Yoga and Meditation Society of Ram Lal Anand College organised 3-day yoga workshop on momentous occasion of 10th International Yoga Day with great zeal and thrill. The workshop was held from 19th to 21st of June 2024. The workshop well-articulated international yoga day 2024 theme i.e. “Yoga for “Self” and Society” via enabling people to perform yoga asanas and integrating their body, mind and soul, along with promoting balanced, harmonious and healthy lifestyle. The event witnessed active participation and engagement of faculty members from different departments of Ram Lal Anand college, non – teaching staff, Principal sir, students, NCC cadets and residents of Anand Niketan, all of them demonstrated great enthusiasm while performing this ancient practice.

The event commenced on 19th June 2024 by a brief introduction about the benefits of yoga; followed by the live demonstration of yoga by certified yoga instructor, Mr Shishir Pokhriyal and his team. More than 50 participants attended this 3-day yoga workshop. During this session participants performed warm up, some basic-level asanas suitable for beginners, stretching asanas with proper inhale and exhale process. Mr Shishir Pokhriyal highlighted the benefit of each asana simultaneously and the caution that need to be taken while performing it. This workshop helped participants by protecting them from stress, heatstroke, promoting calmness, replenishing their energy and enhancing relaxation.

Refreshment was provided to all participants at the end of the session on each and every day. On 21st June 2024 T-shirts from Ministry of Ayush and certificates from

college were distributed to all the attendees as a memento of the International Day of Yoga.

On the last day of workshop, the Convener, Ms Shikha Verma of Nirvana, the Yoga and Meditation Society of the college expressed her heartfelt vote of thanks. She extended her gratitude to the Principal, Prof. Rakesh Kumar Gupta for his support, proper guidance and under his leadership the workshop was splendid and reached at zenith. She also thanked to the esteemed instructor, Mr. Shishir Pokhriyal for his valuable knowledge, the college faculty, and all attendees for their enthusiastic participation and commitment. Ms Shikha further acknowledged the efforts of office bearers of the society for their contributions in successfully organizing the event. At the closing ceremony our worthy Principal Sir of the college, expressed his gratitude to Mr. Pokhriyal for his expert guidance, motivated all participants to make yoga an indispensable part of their life and hence leading healthy and peaceful life. And with these words finally bringing the three-day yoga workshop to a halt. Last but not the least it was not the end but a new beginning as participants will carry forward the valuable knowledge of this a fruitful event and embrace yoga in their life.

Glimpse of day 1(19 June 2024)





Glimpse of day 2 (20 June 2024)



Glimpse of day 3 (21 June 2024)



