

NSS- MINDFUL MEDITATION- YOGA DAY

On
21ST JUNE 2023

The NSS Unit of Gitarattan International Business School celebrated International Yoga day on 21st June 2023 with a meditation session “Mindful Meditation” in collaboration with Art of Living foundation. The Guest of the event Ms Prachi Singhal, Yoga Instructor, Art of Living And Mr Kunal Mudgal, Associate, Art of Living.



The theme of yoga day 2023 is “HUMANITY” so to achieve this aim we would like to create awareness about the holistic wellness and yoga and encourage people to inculcate this practice in their daily life. The welcome address is given by the Director Prof. (Dr.) Vikas

Nath. Following the speech of the Director the Guests were felicitated with the Green Welcome by the Director. After the inaugural and felicitation ceremony, Mr. Kunal Mudgal Associate, Art of Living gathered our awareness, Why Yoga is Important in our daily routine and How daily practice of yoga helps us to achieve physical as well as mental health. He also highlighted some benefits of practice Meditation. He also told that we should start practice hygiene Meditation at least 20 minutes daily and gradually increase the time. Following Ms Prachi Singhal demonstrate some yoga asanas which helps to reduce stress and anxiety and stabilizing the mental peace. She also mentioned how simple breathing can help to manage the anger. The Asanas that she told were simple and easy to practice even in our busy schedule. After the demonstration of asanas Mr. Kunal Mudgal told us the meaning and benefits of “Pranayama” he also taught the correct way to do “Pranayama”. The session was very interactive with the students as well as the faculty and the staff. The guests were felicitated by Director Prof. (Dr.) Vikas Nath with memento.

Prepared by: Ms Muskan Grover, Assistant Professor, GIBS

FLYER OF THE EVENT



giBS
Gitarattan International Business School
Grade 'A' Accredited by NAAC



राष्ट्रीय सेवा योजना
NATIONAL SERVICE SCHEME



THE ART OF LIVING

Mindful Meditation *in Collaboration with* **Art of Living Foundation**

21ST JUNE, 2023 | 10:00 - 11:00 AM

Venue: Auditorium



Ms Prachi Singhal
Yoga Instructor Art of living



Mr Kunal Mudgal
Associate Art of living



SCAN TO JOIN

OPEN FOR FACULTY, STAFF AND STUDENT OF GIBS

TYPE OF EVENT <i>(PDW/Seminar/Jurist Day/AnnualEvent/A LS/PLS/Co-curricularetc.)</i>	Co- curricular
VENUE	Auditorium
TIME & DURATION	10:00 AM onwards
CONDUCTED BY <i>(eg. CLS-GIBS, IIC, Club, IIPC etc.)</i>	NSS Club
ORGANISED FOR <i>(Course Name & Semester)</i>	All Students
NAME OF THE COORDINATOR	Ms Muskan Grover Dr Chetna Mahaur
ATTENDANCE	120
RESOURCE PERSON <i>(Name of the Resource Person, Designation, Organization)</i>	Ms Prachi Singhal Yoga Instructor, Art of Living Foundation Mr Kunal Mudgal Associate, Art of Living Foundation
OBJECTIVES OF THE EVENT	1. To create awareness about Holistic wellbeing and health. 2. To emphasize the importance of Yoga in one's life.
LEARNING OUTCOME	To create a healthy mind and body which will help one succeed in life.
LINK OF YOUTUBE VIDEO	https://youtu.be/eUyuawIkO5M