

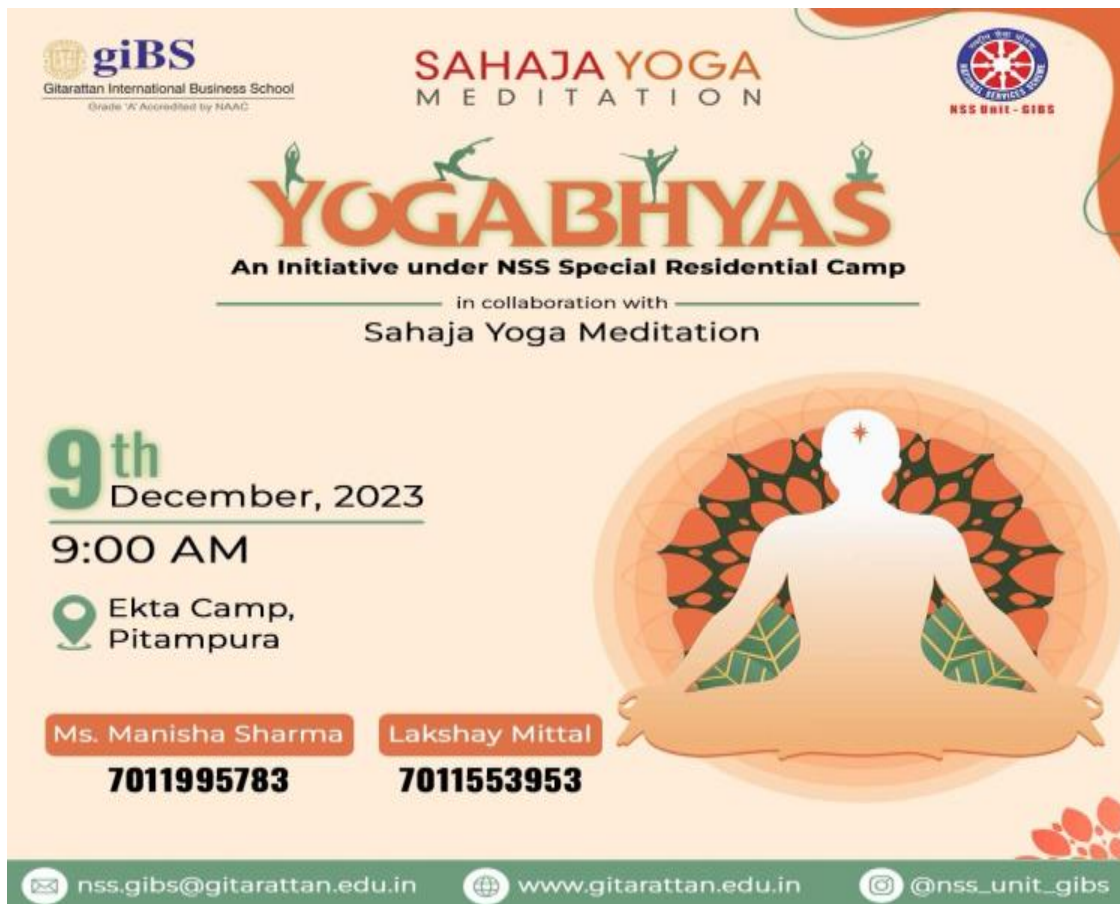
“YOGABHYAS”
NSS SPECIAL RESIDENTIAL CAMP
9th DECEMBER 2023 (SATURDAY)



NSS Unit of GIBS undertook a special activity named YOGABHYAS in collaboration with Sahaja Yoga Meditation at the Ekta Camp on 9th Dec 2023. Yogabhyaas aimed at conducting Sahaja Yoga as a method of meditation resulting in evolved spiritual personality through the

awakening of Kundalini. This process of Kundalini Awakening called Self Realisation was discovered by H.H. Shri Mataji Nirmala Devi in 1970. Yogabhyas started from 9am-11am at the Ekta camp. The interactive workshop led by experienced yoga instructor Mr Gagan Panda aimed to introduce participants to the fundamentals of yoga, including basic asanas (postures), pranayama (breathing exercises), and meditation techniques. As the residents conducted Sahaja yoga, the vibrations emanated from their palms as a result of the awakening of the Kundalini. As a result of this experience, physical, mental and emotional balance was achieved. The initiative taken up by the NSS unit of GIBS had a substantial impact on the slum people spiritual well-being. NSS volunteers actively engaged with the community, encouraging villagers of all age groups to participate in the Yoga Abhyas program. Efforts were made to make the sessions inclusive and accessible to individuals with varying levels of fitness and experience.

FLYER OF EVENT



The flyer is for a Sahaja Yoga Meditation event. It features the giBS logo at the top left and the Sahaja Yoga Meditation logo at the top center. The main title is 'YOGABHYAS' in large, stylized orange letters, with 'An Initiative under NSS Special Residential Camp' below it. The event is in collaboration with Sahaja Yoga Meditation. The date and time are '9th December, 2023' and '9:00 AM'. The location is 'Ekta Camp, Pitampura'. Two organizers are listed: Ms. Manisha Sharma (7011995783) and Lakshay Mittal (7011553953). The bottom of the flyer contains contact information: an email address (nss.gibs@gitarattan.edu.in), a website (www.gitarattan.edu.in), and an Instagram handle (@nss_unit_gibs). The background is a light orange color with a central illustration of a person in a meditative pose (Padmasana) with a glowing aura around their head.

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

SAHAJA YOGA
MEDITATION

YOGABHYAS
An Initiative under NSS Special Residential Camp
in collaboration with
Sahaja Yoga Meditation

9th
December, 2023
9:00 AM

Ekta Camp,
Pitampura

Ms. Manisha Sharma
7011995783

Lakshay Mittal
7011553953

nss.gibs@gitarattan.edu.in www.gitarattan.edu.in [@nss_unit_gibs](https://www.instagram.com/nss_unit_gibs)

TYPE OF EVENT	Extra-Curricular
VENUE	Ekta camp - Pitampura, near VIPS
TIME & DURATION	09:00 am- 11:00 pm
CONDUCTED BY	NSS
ORGANISED FOR	Slum area people
NAME OF THE COORDINATOR	Ms Muskan Grover, Dr Chetna Mahaur
ATTENDANCE	16
RESOURCE PERSON	Mr Gagan Panda- Sahaja Yoga Meditation
OBJECTIVES OF THE EVENT	<ol style="list-style-type: none"> 1. To promote holistic well-being and fostering a healthy lifestyle within the community. 2. Create awareness about importance of incorporating yoga into daily routines for overall well-being.
LEARNING OUTCOME	<ol style="list-style-type: none"> 1. Students were able to appreciate the process of mind relaxation. 2. A good relation between mind and soul
SHORTFALL DURING EVENT	NA
LINK OF ONLINE VIDEO	https://youtu.be/7H94tJp-5LM

PREPARED & SUBMITTED BY: MS MUSKAN GROVER, ASSISTANT PROFESSOR, GIBS