

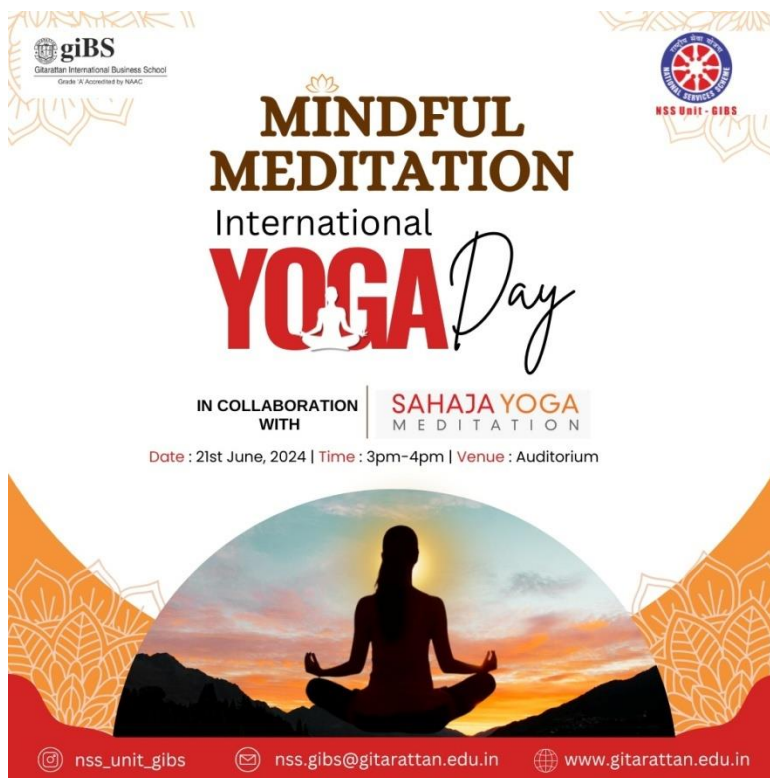
“MINDFUL MEDITATION” INTERNATIONAL YOGA DAY 21ST JUNE 2024



The NSS Unit of Gitarattan International Business School celebrated International Yoga day by organizing a meditation session “Mindful Meditation” in collaboration with Sahaja Yoga meditation group. Shri Hari Naresh ji and his team from Sahaja Yoga meditation group came to conduct the meditation session for our faculty and staff. The theme for International Yoga Day 2024 is “Yoga for Women Empowerment.” This theme highlights the importance of yoga in promoting the well-being of women across physical, mental, emotional, social, and spiritual dimensions. Our aim of the event was to create awareness about Holistic wellbeing and health and emphasize the importance of Yoga in promoting the well-being of women across physical, mental, emotional, social, and spiritual dimensions. The event started with giving a green welcome to our guests by director sir Prof Dr Vikas Nath. Then the meditation session was started by Shri Hari Naresh ji. Sir explained about the Sahaja yoga meditation technique. He explained about the kudalini awakening technique about the 3 naddis, chakras etc. Sir explained that through the practice of Sahaja Yoga, our awareness gains a new dimension where the absolute truth of vibrations can be felt on our central nervous system and our palms. The vibrations are emanated from the palms of the person as a result of the awakening of the Kundalini. As a result of this experience our physical, mental and emotional balance is achieved as a byproduct of the self-realization which is aim of Sahaja Yoga Meditation technique. The session ended with felicitating the guests with momento.

The event was successful. All faculties and staff present enjoyed the session and were relived from the stress.

FLYER OF THE EVENT



TYPE OF EVENT	Extra-curricular
VENUE	Auditorium, GIBS
TIME & DURATION	3:00 pm- 4:00 pm
CONDUCTED BY	NSS
ORGANISED FOR	Faculty and Staff of GIBS
NAME OF THE COORDINATOR	Ms Muskan Grover Dr Chetna Mahaur

ATTENDANCE	36
RESOURCE PERSON	Shri Hari Naresh ji- Sahaja Yoga Meditation group
OBJECTIVES OF THE EVENT	<ol style="list-style-type: none"> 1. Provide faculty members with tools and techniques to manage stress and anxiety. 2. Help faculty members improve their ability to focus and concentrate, which can lead to more effective teaching and productivity. 3. Enhance overall mental health and emotional balance among faculty.
LEARNING OUTCOME	<ol style="list-style-type: none"> 1. Faculty members reported feeling more relaxed, content, and energized. 2. Faculty was able to identify their stress triggers. 3. Faculty members gained a deeper understanding of their thoughts, emotions, and behaviors.
SHORTFALL DURING EVENT	NA
LINK OF YOUTUBE VIDEO	https://youtu.be/-ZlveF-LNCY

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