



हंसराज कॉलेज
— दिल्ली विश्वविद्यालय —

HANSRAJ COLLEGE
University Of Delhi
NAAC Grade A+ with CGPA 3.62

2021-2022

Name of the Society : Advaita Society

Name of the Event : Yoga for Peace and Well-being

Date of the Event : 23-24 June 2022

On 23-24 June 2022, Advaita Society, in collaboration with Isha Foundation, organised a two-day workshop on Zoom. The workshops began at 10:00 AM and continued for an hour.

Instructors: Shri Rahul Shrivastava Ji and Shri Ravi Gupta Ji

Yoga for Peace: It includes tools to foster peace from within, making it a constant presence in your life. Nadi Shuddhi was taught under this.

Yoga for Success: This session offers practices to help eliminate lethargy and foster mental clarity and focus. Few simple neck practices that help keep the spine healthy were taught.

Yoga for Wellbeing. This session offers tools to balance body and mind for a complete experience of inner wellbeing. The simple and accessible practices imparted here include simple postures and a breathing technique. Yoga Namaskar was taught as part of this.

Soil Meditation: Offered by Sadhguru for the very first time, it is a simple yet powerful 10-minute meditative process that will help you connect with soil – our very body. Save Soil, a global movement envisioned by Sadhguru, seeks to bring about a concerted, conscious response to impending soil extinction.

The webinars provided simple, yet powerful tools to manifest health and vitality in one's body and life. It included Sadhguru's insights on various topics, focussing on yogic practices and guided meditation. No previous experience in yoga was required to attend this free-of-cost session.

Strength: 60



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isha

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Yuvraj Singh Yuvraj Singh rahul shrivastava ravi.gupta

Participants (35)

Find a participant

Waiting Room (1) Message

Shivani

Joined (35)

Yuvraj Singh (Host, me) ❌ ❌

ravi.gupta (Co-host) 🟢 ❌ ❌

Aditi Arya (Co-host) ❌ ❌

Manik Pandey (Co-host) ❌ ❌

rahul shrivastava (Co-host) ❌ ❌

Yuvraj Singh (Co-host) ❌ ❌

Abhinav jain ❌ ❌

Anand ❌ ❌

Anirudh Naveen ❌ ❌

Anjali Chandak ❌ ❌

Ankita Gupta ❌ ❌

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