



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 Health

Date of the Event : 2 January 2022

On the threshold of a new year, we collaborated with Isha Foundation for a session on 'Yoga for Health'. Isha Foundation has been doing path breaking work in spreading Yogic practices in India and abroad. Now, the prolific instructors are here to enlighten students and all spiritual seekers on a topic of immense importance in the modern day.

The webinar that was conducted by a trained Isha Yoga instructor provided simple, yet powerful tools to manifest health and vitality in one's body and life. The discussion also included Sadhguru's views on various topics, primarily focussing on yogic practices and guided meditation.

We learnt practical tools to manage your body, mind and emotions and develop inner balance and stability.

Kriyas taught:

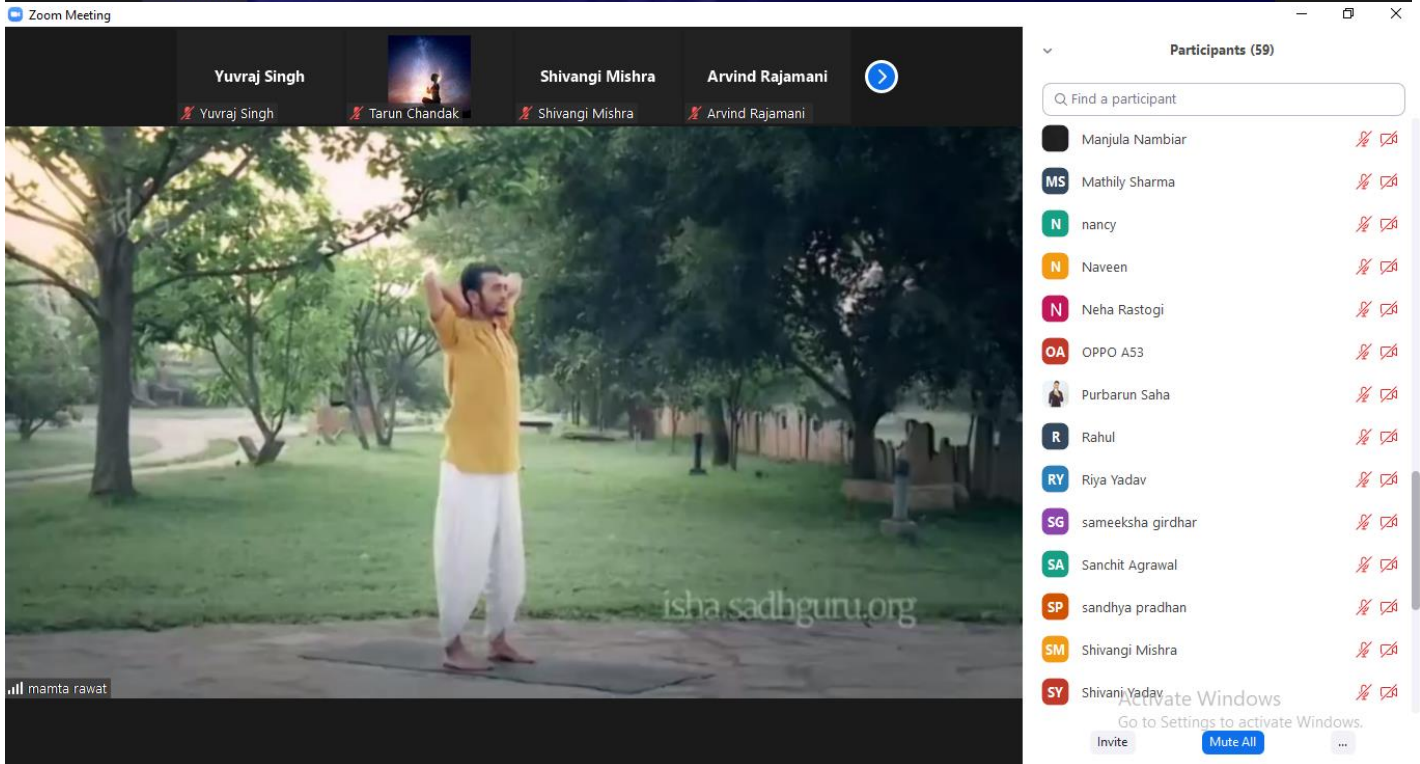
1. Yoga Namaskar
2. Simha Kriya
3. Chittashakti Meditation

Instructor: Mamta Rawat Ji



हंसराज कॉलेज
— दिल्ली विश्वविद्यालय —

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





हंसराज कॉलेज
— दिल्ली विश्वविद्यालय —

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

Zoom Meeting

Participants (59)

Yuvraj Singh
Tarun Chandak
Shivangi Mishra
Arvind Rajamani

SP sandhya pradhan
SM Shivangi Mishra
SY Shivani Yadav
SA Shobhana Agarwal
SB Shrika Bharadwaj
SB Simran Bhatia
SB Sonam Bajaj
SB Sonika Bhati
SS Suryansh Srivastava
VK Vaishnavi Kumar
Vashundhra Singh
VC Vivek Chaubey
MK Manas Kumar
SUPRIYA

Unmute Start Video Security Participants 59 Chat Share Screen Record Reactions Leave

2 people entered the waiting room View

Talking: mamta rawat

ishra mamta rawat

Activate Windows
Go to Settings to activate Windows.



हंसराज कॉलेज
— दिल्ली विश्वविद्यालय —

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

Zoom Meeting

Yuvraj Singh
Tarun Chandak
Shivangi Mishra
Arvind Rajamani

mamta rawat

Chat

nancy to Everyone
can't we do 2 practices one after other?

mamta rawat to Everyone
Download Sadhguru App
http://onelink.to/sadhguru_app
Practice Videos & FAQs
<http://bit.ly/IshaCovidSupport>
Yoga Namaskar
<https://youtu.be/Opw9G1qKcCM>

mamta rawat to Everyone
@Nancy Yes you can do both practices one after the other

nancy to Everyone
mam what is the reason of 4 hour gap ?

Who can see your messages?

To: Waiting Room Participants

Type message here

Activate Windows
Go to Settings to activate Windows.