CMR TECHNICAL CAMPUS

UGC AUTONOMOUS

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EVENT REPORT ON YOGA TRAINING

Date of the Event : 29-06-2024

Venue : CMRTC

Organizer : NSS CMRTC

Program Officer : M. SAAHUL

Number of Participants : 50+

Description of the Event : On 29-06-2024, the NSS Unit organized a grand Yoga and Wellness event at the CMRTC Auditorium, with the participation of over 1200 students, volunteers, and staff members. The program was graced by Ms. Yaraslava Poedinok and Mr. Amit Gupta from Sahaja Yoga International, who shared valuable insights on meditation, self-realization, and the benefits of yoga in achieving mental balance. The session included live demonstrations of simple meditation techniques and practical yoga practices that participants could incorporate into their daily routines. An interactive segment allowed students to clarify their doubts and gain a deeper understanding of holistic well-being. The event concluded with a collective meditation session, reinforcing the importance of inner peace and a balanced lifestyle in today's fast-paced world.

Signature of Program Officer

Signature of Head