

2016-17 file : 1

S.No	Date of the programme	Name of the programme	No. of participants	No. of Faculty involved
1	21/6/2016	Yoga programme	200	30

SAHAJ MARG MEDITATION



On 21 June, 2016, 200 volunteers and 30 faculty members participated in the International Day of Yoga programme held at Gachibowli Stadium, Madhapur, in association with Heartfulness Institution – SAHAJ MARG MEDITATION. The speaker enlightened the students on how to meditate and experience lightness and joy in our hearts. This method helps to reduce stress and anxiety, improves concentration and overall wellness. Heartfulness provides a peaceful and balanced life guided by the heart.