

ONLINE YOGA AND MEDITATION COURSE

Activity: Online Yoga and Meditation Course

Date: 27-5-2021 to 29-5-2021

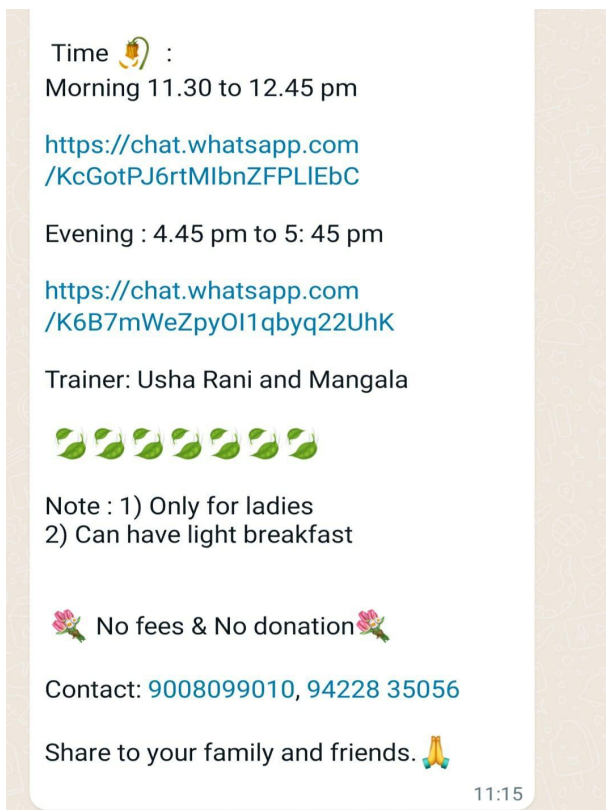
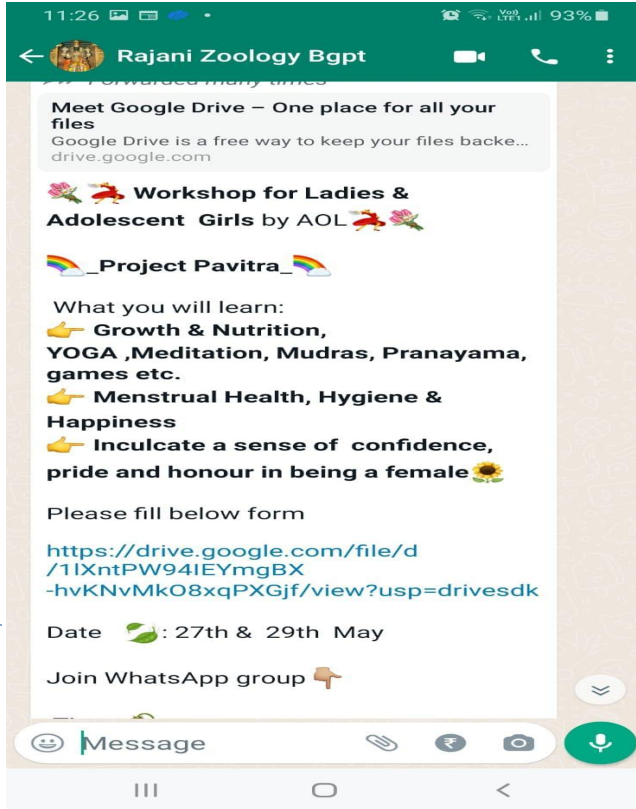
Resource Person: Mrs.Usha Rani, a volunteer in Art of Living organization

Organizing committee: Women Empowerment Cell

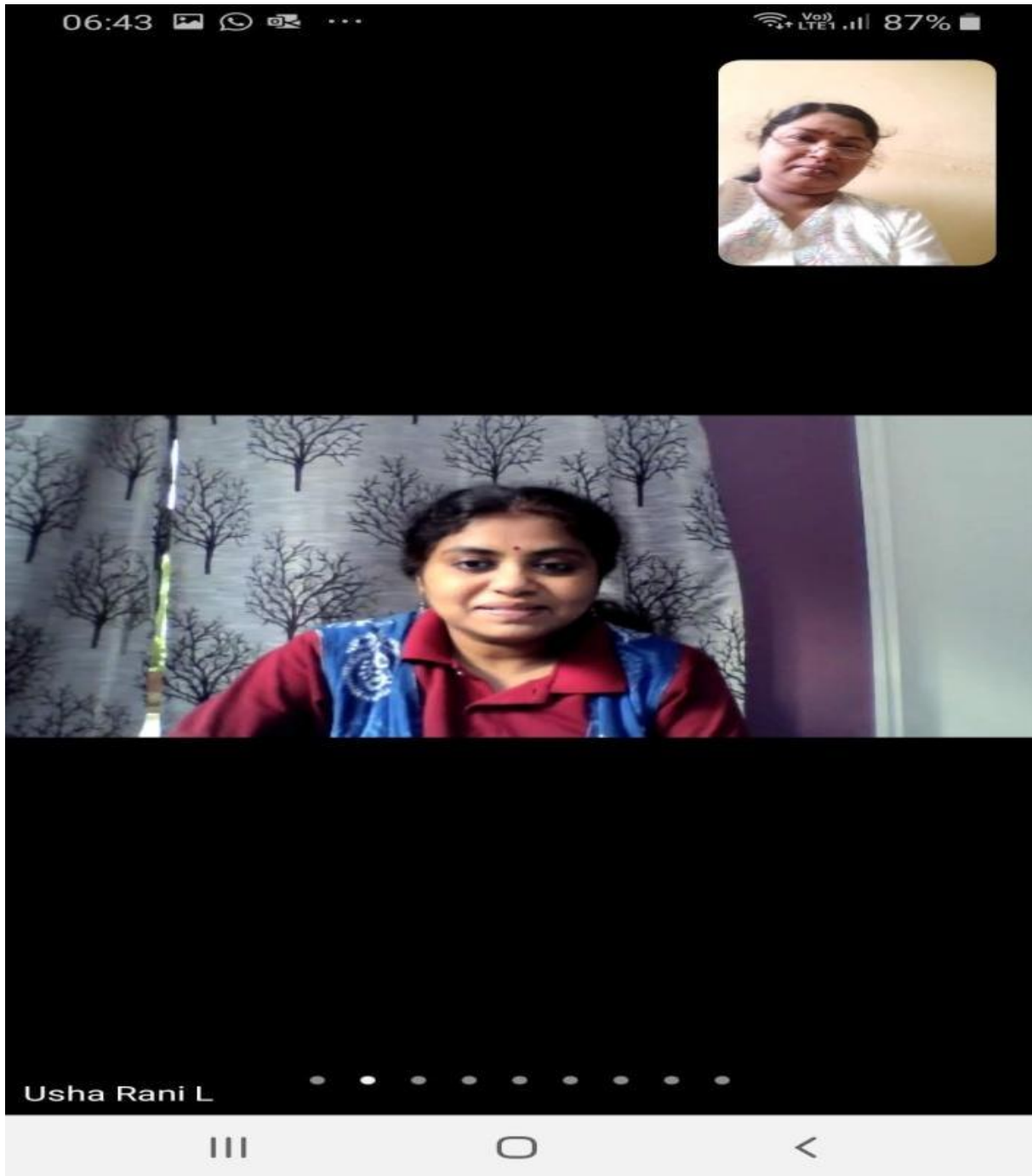
No. of students participated: 20

The Art Of Living Foundation is a non-profit, educational and humanitarian organization founded in 1981 by the world renowned humanitarian and spiritual teacher Sri Sri Ravi shanker . All the Art of Living programs are guided by Sri Sri Philosophy. Unless we have a stress free mind and violence free society we cannot achieve world peace.

Women Empowerment Cell organized a special 3 days program through online with Mrs.Usha Rani a volunteer in Art of Living organization on “Immunity Enhancement Program through Yoga and Meditation” on dt: 27-5-2021 to 29-5-2021. Mrs. Usha Rani explained in detail about the effect of meditation and how it builds a harmony in between the health and studies. She presented various types of yoga and meditation techniques to improve the immunity levels t6o strengthen our body and to boost up to face the pandemic situation.



The Programme was conducted on online mode.






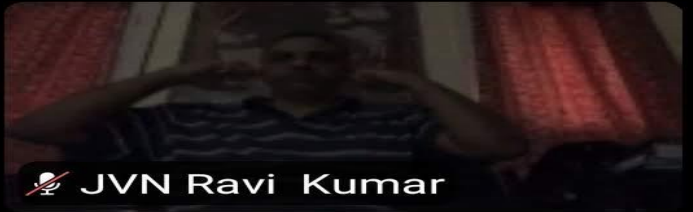
 Padma sri Rajani padma sri




Usha Rani



 Lakshmi



 JVN Ravi Kumar

