

**MET's BHUJBAL KNOWLEDGE CITY
INSTITUTE OF ENGINEERING
ADGAON, NASIK - 422003**

A

REPORT ON

" INTERNATIONAL YOGA DAY CELEBRATION "

Venue - YouTube Live workshop on Yoga

Date : 21/06/2021

On the occasion of International yoga Day NSS Unit of MET's Institute of Engineering, Bhujbal Knowledge City has organized "YouTube Live Online Workshop on Yoga" in association with Sahaja Yoga Nashik. The expert for this session was Mr. Ashishkumar Umap (Senior Manager, Hindustan Aeronautics Limited, Nasik) on 21/06/2021 at 11:00 am. In this YouTube live workshop 830 plus participants taken advantage of guidance of resource person with appreciable feedback.

The aim of this workshop was (Personality Development and Stress Relief through Sahajayoga and Meditation).

The YouTube link for session <https://youtu.be/qScFJfEkMA>

SCHEDULE AND DURATION

The session was between 1 hours 20 minutes, comprises of

1. Welcome : 05 minutes
2. Brief Introduction to Sahaja Yoga : 15 minutes
3. Guided Meditation : 30 minutes
4. Q&A : 05 minutes

BENEFITS OF SAHAJAYOGA

1. Immunity Booster
2. Stress relief & peace of mind
3. Self-motivated & Improved concentration
4. Positive attitude and a team player
5. Innovative & Cultivation of different art forms
6. Mental, physical balance
7. Overall personality development

This activity was guided by Dr. V. P. Wani (Principal, IOE), Prof. Kishor Chobe (NSS Program Officer) , Prof. Yogesh Sampat More (NSS Program Officer).

MET's INSTITUTE OF ENGINEERING

In association with :
"Sahaaja Yoga,
Nashik"

Celebrating
INTERNATIONAL YOGA DAY

**ONLINE WORKSHOP
ON YOGA**

21st June 2021, on 11:00 am

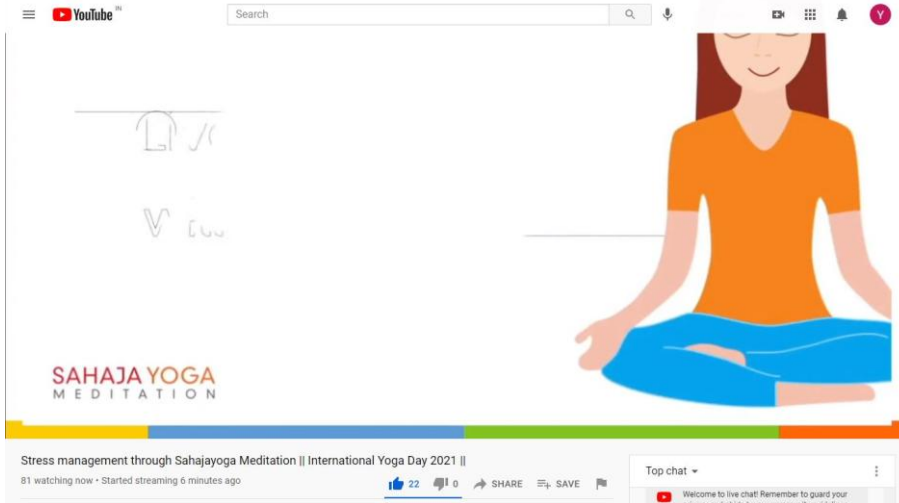
YouTube LIVE
Youtube Session Link : <https://youtu.be/qScFJfEkMA>

Expertise:
Mr. Ashishkumar M. Umap
Senior Manager,
Hindustan Aeronautics Limited, Nashik

Co-ordinator :
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Mr. Yogesh Sampat More
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Sahaja Yoga Meditation

- Sahaja Meditation is effortless & spontaneously makes one "Thoughtless" – The actual state of meditation
- Thoughts from Past & Future stop. And attention enjoys the bliss of Present.

MEDITATION IS BEING IN THE

MEDITATION REFERS TO THE AWARENESS STATE

The Subtle System & The Autonomic Nervous System

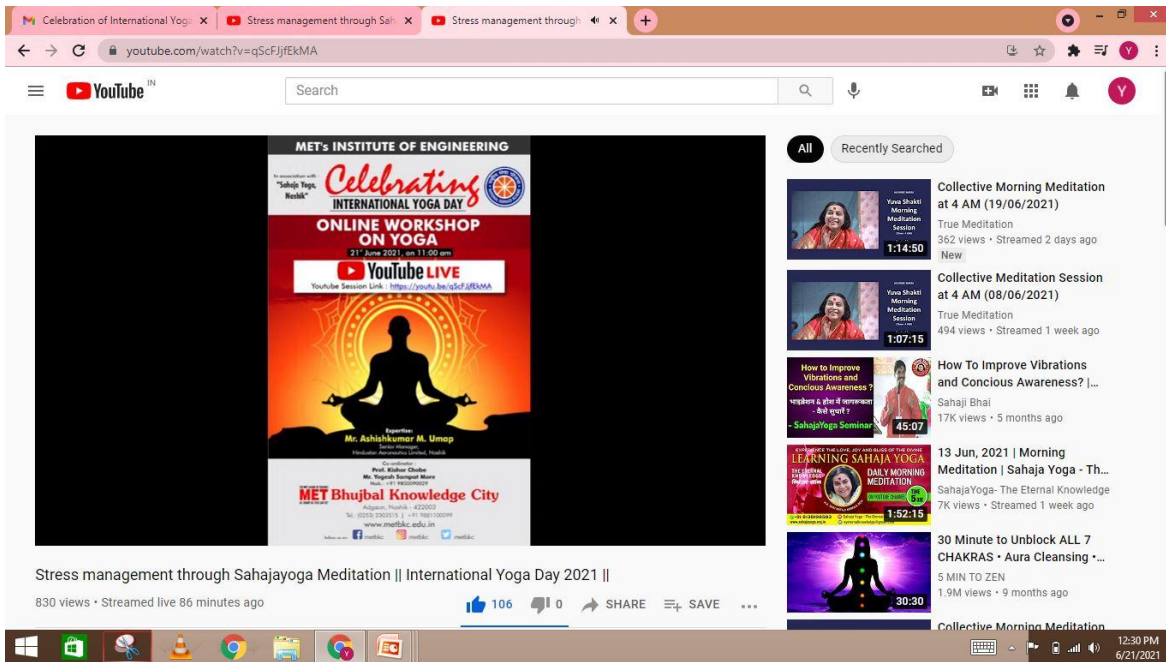
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MEDITATION IS BEING IN THE

Energy Centers and Organs Cor

		<p>Prostate, Womb, Excretion, Smell</p>		<p>Heart Press</p>
		<p>Liver, Uterus, Pancreas, Sight</p>		<p>Mouth, Ears, Nose, Teeth, Tongue, Face, Throat</p>
		<p>Stomach, Spleen, Intestines, Taste</p>		<p>Optic Thalamus, Hypothalamus Sight</p>
		<p>Stomach, Intestines, Digestion, Liver</p>		<p>Limbic Area</p>



Stress management through Sahajayoga Meditation || International Yoga Day 2021 ||

830 views · Streamed live 86 minutes ago

106 likes · 0 comments · SHARE · SAVE · ...

12:30 PM 6/21/2021

On the occasion of International Yoga Day our students have performed various Yogasans. Few Images are attached as below.





