



# SLC (University of Delhi) Shyam Lal College



**National Service Scheme Report**

**on**

**“Workshop on Integrating Mind, Body And Soul”**

## **Workshop on “Integrating Mind, Body And Soul”** **from 5th June 2021 to 21st June 2021**

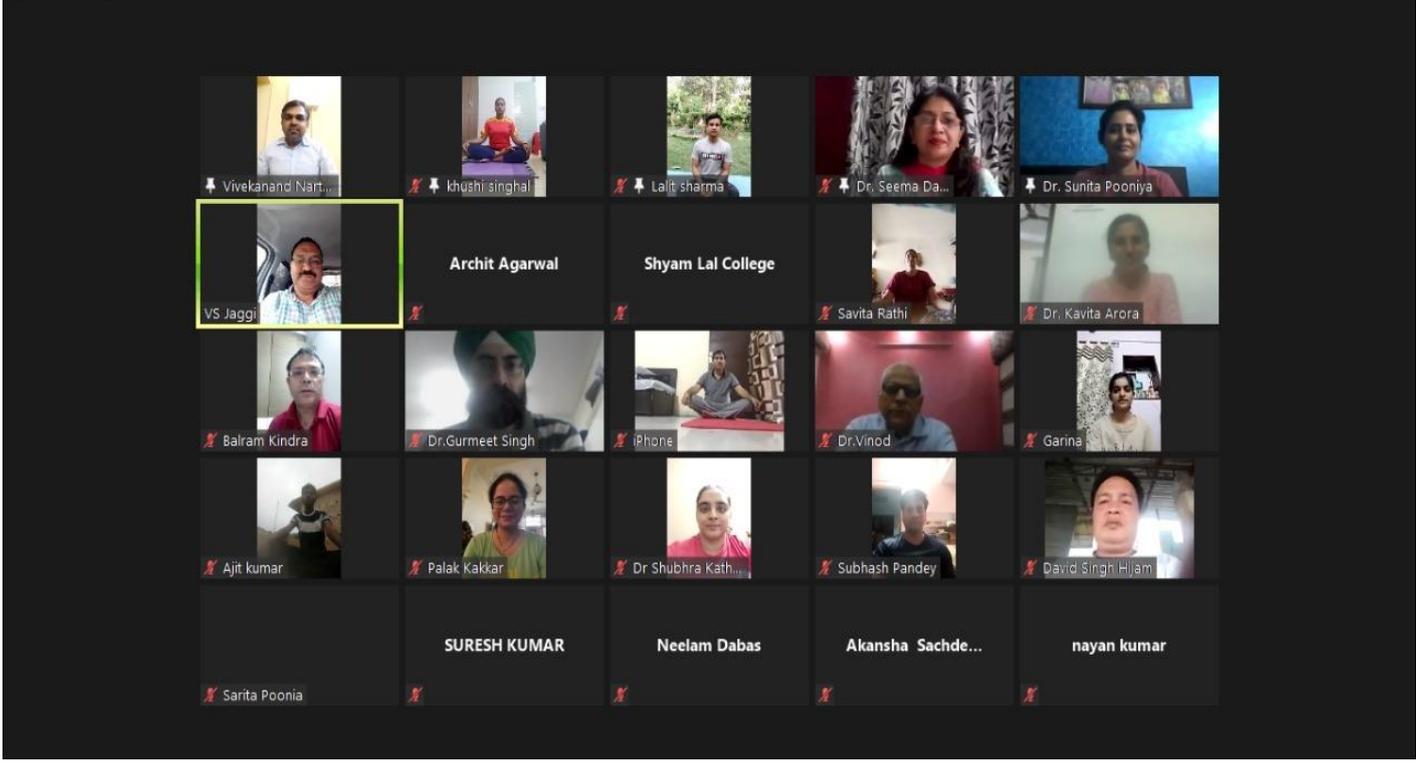
A two-week workshop on June 05-21, 2021 was organised on “Integration Mind, Body & Soul” by Swami Shyama Chaitanya & yogacharya lalitmadaan. The camp was organised by the centre for holistic development in collaboration with IQAC & NSS & SPORTS COMMITTEE. About 100+ participants took part in the two-week workshop. During the two-week workshop, Yoga practice sessions were given on different topics associated with yoga. A meditation session along with special interactive session has been organised on effect of Yoga towards brain development.

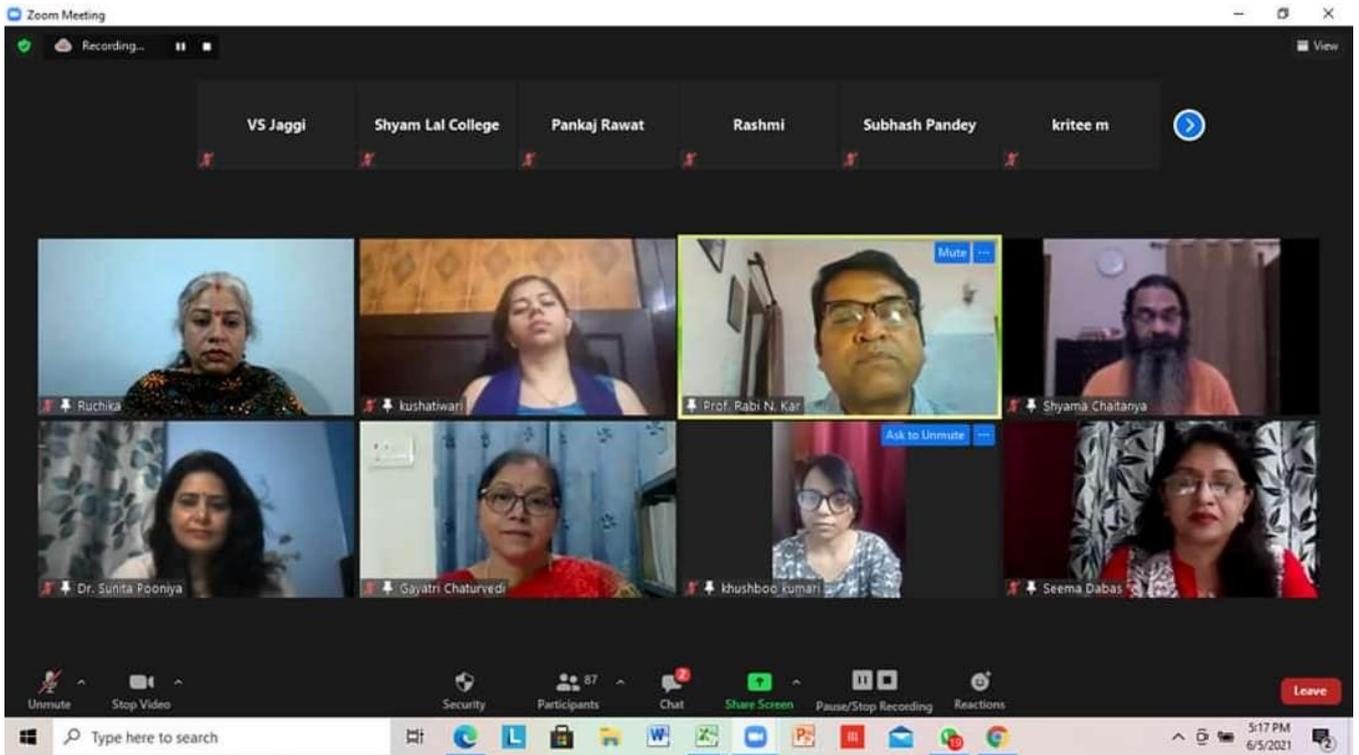
From the very first day students interacted with the activity. Dr. Sunita Pooniya has given constant support to the whole webinar and taken the duty to indulge students with the activity as much as possible. From these days to that day's swami Ji gave multiple lectures to the students, made them understand what Yoga meant and should be meant. From the very beginning to the very end, student's stats joining the webinar remained constant. From Bhakti Yoga to Yoga Asanas, this whole event went super enlightning.

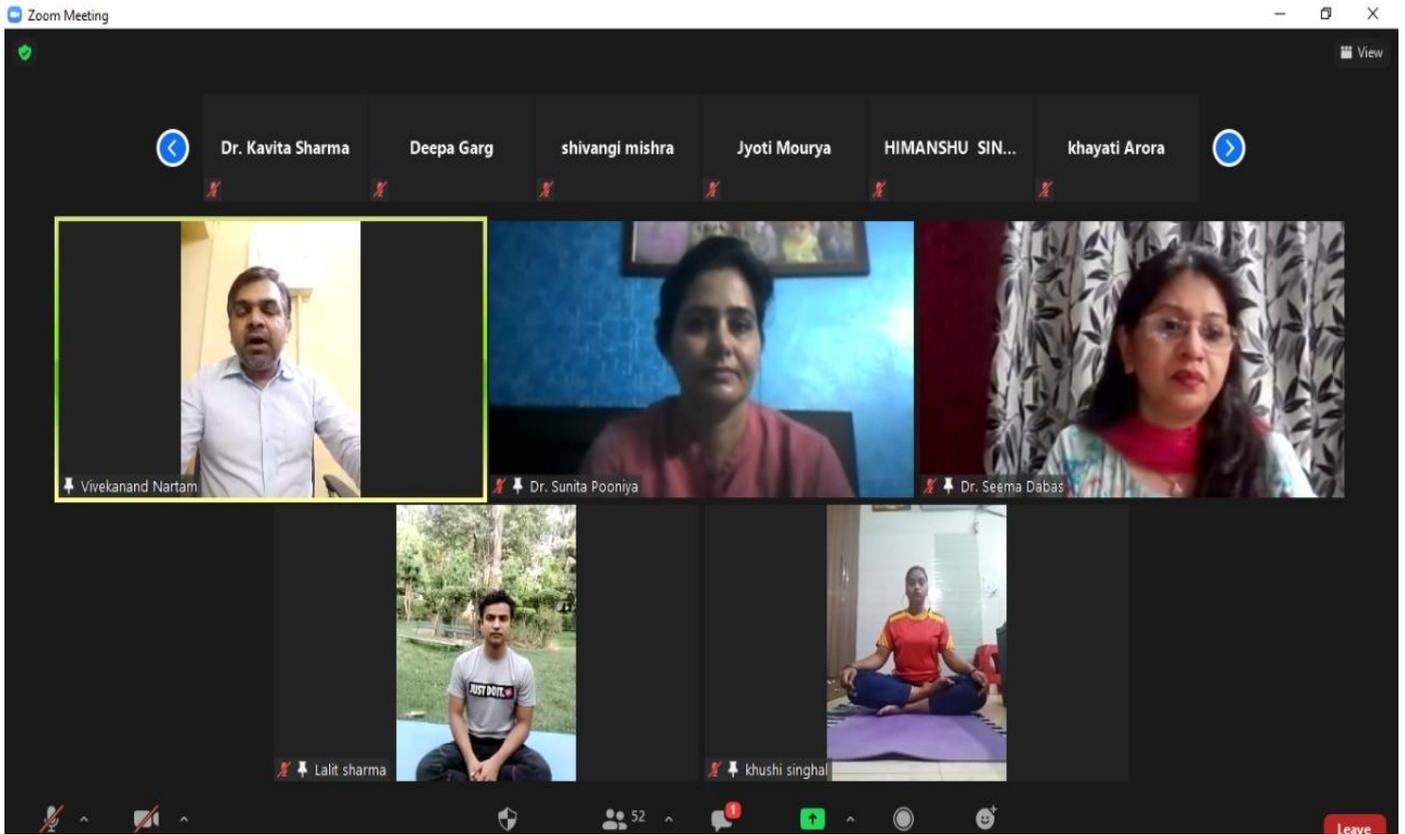
The session was engaged on 15/06/2021 by Dr. Prabhat Sir. He thanks all the faculty members, team members, and students who attend regularly. And wel-come all the participants and then he handed over the session to Sunita Poonia Madam. She started the session with Gayatri Mantra and started yoga which was important to spotlight/ cer-vical pain. The classes were con-ducted by the maven students of yoga Mr.Lalit and ms. Khusboo. while the students accompanied them during the whole session and helped them demonstrate the postures perfectly.The session was mostly with small meditation and deep breathing and then lastly Gayatri mantra session finished.

He thanked all the participants and talked about the importance of yoga and then handed over the session to Sunita Poonia Madam. She started yoga which was the key to arthritis and joint pain..She started yoga with Gayatri Mantra.The practice classes conducted by the maven students of yoga.The session was mostly with yoga asanas and the session ended with santi paath.

Total of 104 participants received certificates for their regular participation.









**SLC** (University of Delhi)

Shyam Lal College

**CENTRE FOR HOLISTIC DEVELOPMENT (CHD)**

*in collaboration with IQAC, NSS & Sports Committee*

*present*

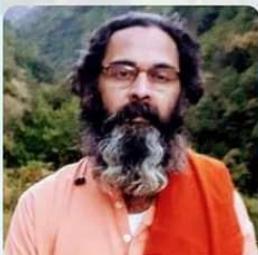
**A Two-Week Workshop on**

*Integrating*

**Mind, Body & Soul**  
*by Yoga*



*Chief Guests*



**Swami Shyama Chaitanyaji**

**Yogacharya Lalit Madaan**



**June 5, 2021 - June 21, 2021**



**5 - 6 PM**



**Zoom**

**Sh. V.S. Jaggi**

Convenor, Sports Committee

**Dr. Jasvir Singh**

Programme officer, NSS

**Dr. Seema Dabas**

Convenor, CHD

**Dr. Kusha Tiwari**

Coordinator, IQAC

**Prof. Rabi Narayan Kar**

Principal

**Faculty Members:** Dr. Ruchika Ramakrishnan, Dr. Gayatri Chaturvedi, Dr. Mast Ram  
Dr. Kavita Arora, Dr. Sunita Poonia, Dr. Prabhat Sharma & Dr. Vivekanand Nartam

**To Register , Go to [bit.do/chdiyd2021](http://bit.do/chdiyd2021)**

*There is no charge for participation. E Certificates will be provided to all.*

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