

## Webinar on Introduction of Psychic Energy Centres (Chakras) & its Meditation Practice, May 13, 2020

On 13<sup>th</sup> May 2020, A Webinar on the topic 'Introduction of Psychic Energy centres (Chakras) & its meditation practice' was organised through 'Google meet' application at 5 P.M. where our Key note speaker Mr. Lalit Madaan enlightened audience with his knowledge. He said that the conscious awareness and the balancing of these energy centres is believed to lead to well-being and good health. The seven chakras are the main energy centres of the body.

Chakra healing is an excellent way to balance your chakras and find balance within your body and mind. Improved overall health and well-being. Greater and faster ability to heal your mental, physical, spiritual and emotional issues. Increased openness, memory, concentration and awareness. He suggested all to practice yoga and meditation regularly. Dr. Ruchika Ramakrishnan thanked Mr. Lalit Madaan for giving such a great and knowledgeable information on Psychic Energy Centres (Chakras). Sh. V.S. Jaggi expounded that the core motive of organising such sessions is to raise awareness on the benefits of yoga. The participants found the session interactive and very informative. Over 200 registrations have been received for this Webinar. The session was successful and our Principal Sir, Prof. Rabi Narayan Kar honoured the session by his presence.



SLC (University of Delhi)  
Shyam Lal College



Dept. of Physical Education  
in collaboration with  
Centre for Holistic Development (CHD) and IQAC  
Organise a Webinar on

**Introduction of Psychic Energy  
Centre (Chakras) & its Meditation Practice**

June 13<sup>th</sup> 2020  
5:30 PM

Platform: Zoom



Speaker

Yogacharya Lalit Madaan



Sh. V.S. Jaggi  
Teacher-in-Charge,  
Dept. of Physical Education

Dr. Seema Dabas  
Convener, CHD

Dr. Kusha Tiwari  
Convener, IQAC

Prof. Rabi Narayan Kar  
Principal, SLC

Faculty Members: Dr. Ruchika Ramakrishnan, Dr. Mast Ram Rao, Dr. Gayatri Chaturvedi, Dr. Prabhat Sharma and Dr. Vivekanand Nartam

Student Members: Gaurav Thapliyal (TL), Bharti Ahuja (TL), Namrata, Megank, Shivam, Prince, Siddharth, Nishtha, Ritika, Tanisha, Mitakshi, Suraj, Himanshu, Sparsh, Gautam, Akansha, Archit, Kaveri





