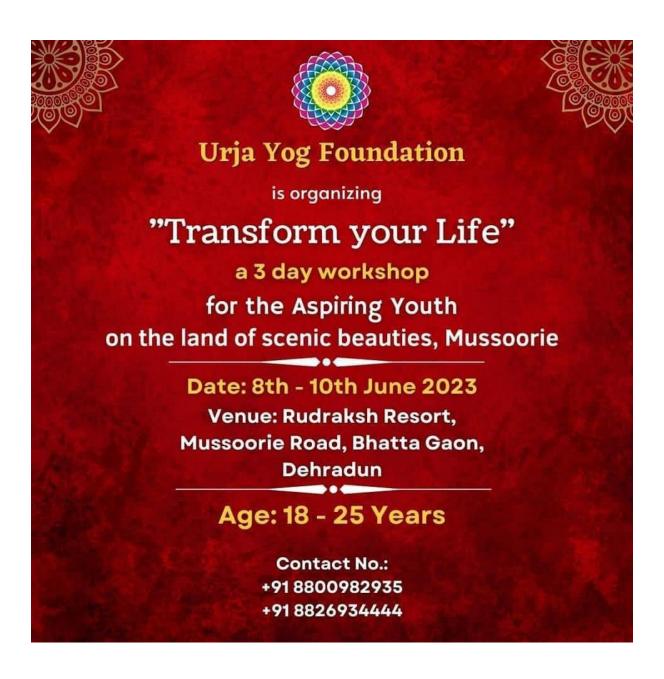


## NATIONAL SERVICE SCHEME BHARATI COLLEGE UNIVERSITY OF DELHI





The National Service Scheme Unit of Bharati College, University of Delhi participated in a 3-day workshop organised by "**Urja Yog Foundation**" in Mussorie from 7<sup>th</sup> June to 10<sup>th</sup> June.



## "Yoga is the journey of the self, through the self, to the self."

ABOUT THE EVENT: The event named "
Transform your life" was organised by Urja
Yog Foundation. The event was organised
at Rudraksh Resort in Mussorie as a 3-day
workshop. People from age 18-25 were
welcomed at the event.





AIM OF THE EVENT: The event was aimed to make all participants aware of the benefits of Yoga and how it teaches us to purify our souls and get rid of our stress. The event focused on <a href="Detoxification">Detoxification</a> through sadhana and meditation.





## **DATE AND TIME:**

The event was held from 8<sup>th</sup> June to 11<sup>th</sup> June. *Sadhna* and *Meditation* time was differently scheduled for these 3 days. Starting from, 6 am to 10 am with a break of 1 hour and continuing from 11 am till 2 pm. Evening sessions were scheduled from 5 pm to 7 pm followed by a 2-hour break time and subsequently ending the day with a short session from 9 pm to 10:30 pm.



Conclusion: The event was a great success. Four students of our NSS unit and 2 from the Sanskrit department participated in the event and were able to enjoy the benefits of *Sadhna* and *Meditation*. The event helped them to enrich their body and souls ultimately leading to detoxification.

Note of Thanks: The complete unit of NSS Bharati would also like to thank Asha Maam for providing us with this golden opportunity to explore ourselves

PRESIDENT: KOMAL BAKSHI

**VICE-PRESIDENT: GUNJAN** 

**CONVENOR: DR. ASHA TIWARI** 

PRINCIPAL: DR. SALONI GUPTA