




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 7th June to 10th June.



Urja Yog Foundation
is organizing
”Transform your Life”
a 3 day workshop
for the Aspiring Youth
on the land of scenic beauties, Mussoorie

Date: 8th - 10th June 2023
Venue: Rudraksh Resort,
Mussoorie Road, Bhatta Gaon,
Dehradun

Age: 18 - 25 Years

Contact No.:
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“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 Detoxification through *sadhana* and *meditation*.



DATE AND TIME:

The event was held from 8th June to 11th 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