RAM LAL ANAND COLLEGE

NIRVANA

YOGA AND MEDITATION SOCIETY

YOGA WORKSHOP REPORT SESSION

2024-2025

Name of the Event_ Serenity Stretch 1.0

Nature of the Event - Physical mode

Date- 1st September 2024 - 30th September 2024

Venue- Front lawn

Time 8AM to 9AM

Number of participants – 20-25

Overview -

NIRVANA the Yoga and meditation society of Ram Lal Anand College, University of Delhi conducted SERENITY STRETCH 1.0, a one month yoga workshop, from 1st September to 30th September, with the immense cooperation and support of all the faculty members, core members and participants. The session was conducted from Monday to Friday every week. It was conducted from 8AM to 9AM. It aimed to deepen participants' understanding of yoga and meditation. The workshop witnessed an active participation of teachers, staff members and students under the guidance of our instructors, Mr. Shishir Pokhriyal and Mr. Vikrant Rana.

Everyday the session used to begin with light warm up, then would practice a few rounds of Surya namaskar, then would perform various asanas like back bending, forward bending, hand balancing and leg balancing asanas and many more. The session consisted of asanas like Tadasana, Trikonasana, Vrikshasana and many advanced asanas like dhanurasana, halasana and Chakrasana. The session would conclude with shavasana and mantra chanting in order to relax .

Participants demonstrated remarkable dedication, with consistent attendance and participation. The atmosphere of inclusivity and shared motivation created a supportive community where everyone learned, grew, and enhanced their fitness.

The success of "Serenity Stretch 1.0" highlighted the growing interest in holistic health practices among students, reinforcing the importance of mental and physical balance in daily life. The society plans to organize similar initiatives again to continue promoting health and mindfulness.



Ram Lal Anand College (University of Delhi)



Yoga and Meditation Society Presents

SERENITY STRETCH



Inviting all RLAC Students

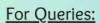
For Yoga Classes from 2nd to 30th September, 2024 **Every Monday to Friday**

Certificates & Refreshments to all participants

(S) 8:00am to 9:00am

Front Lawn

Scan to Register



Digvijay Ayush 9006520528 Priyanshi Sahu 9868972279

Ms. Shikha Verma Convenor

Prof. Seema Gupta Advisor

Prof. Rakesh Kumar Gupta Principal







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Feedback Analysis Report

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The feedback analysis for Serenity Stretch 1.0 workshop indicated a highly positive response from participants. Participants praised the well-organized sessions and the instructors' expertise. According to the feedback form questionnaire, participants expressed their improvements in flexibility and core strength. Many expressed that they felt more relaxed and centred afterward. Participants emphasized their desire for the workshop to continue, highlighting the positive impact on their well-being.