

BALANCE • PEACE • WELLNESS

REPORT ON SAHAJA YOGA EVENT

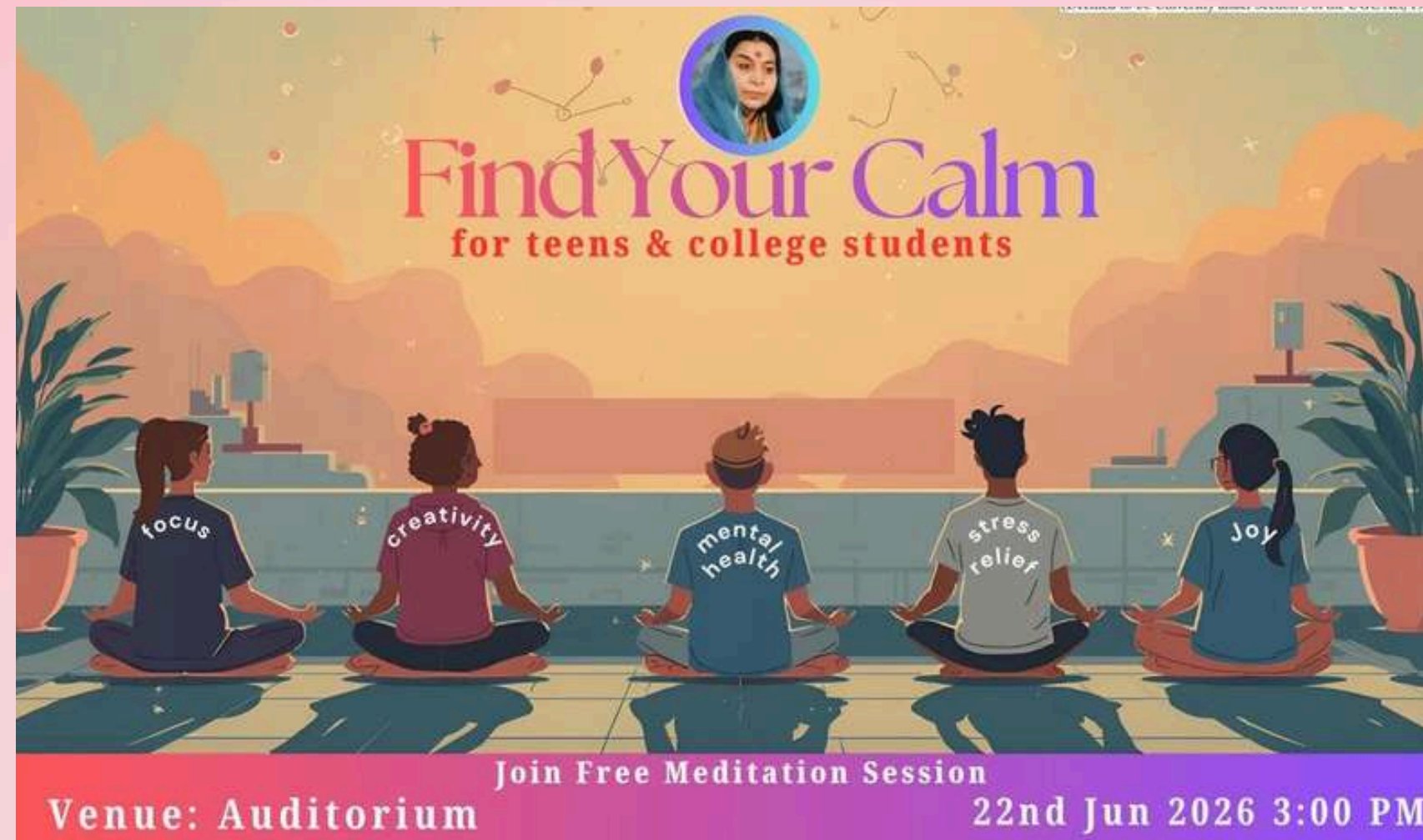
Date: 22nd June 2026

Venue: FST Auditorium

Time: 3:00 PM to 4:30 PM

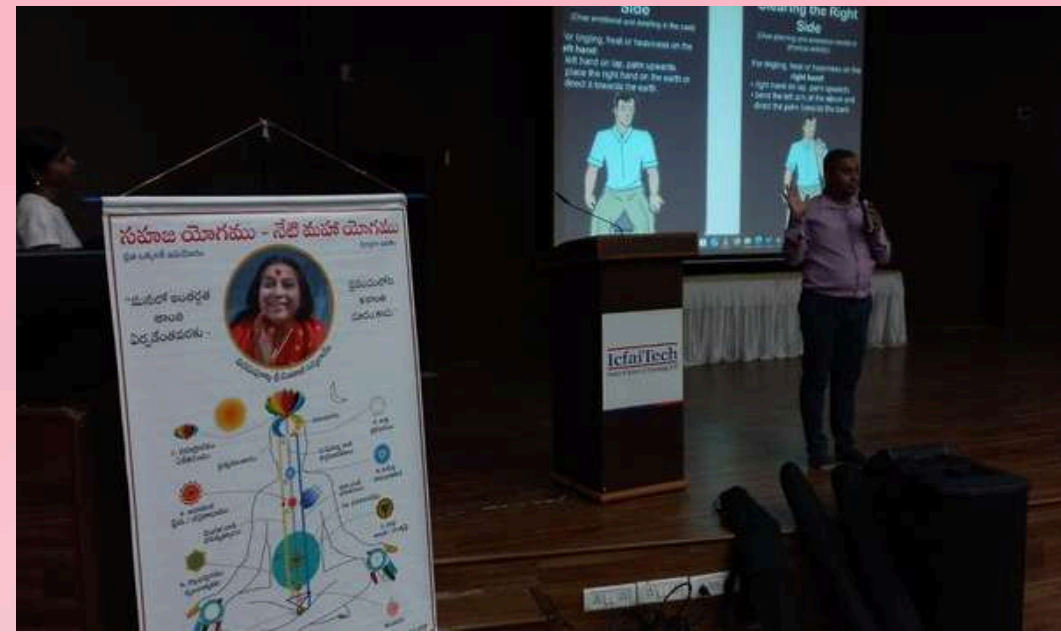
INTRODUCTION

A Sahaja Yoga session was successfully conducted on 22 June 2026 at the FST Auditorium from 3:00 PM to 4:30 PM as part of the International Day of Yoga celebrations. The event aimed to introduce faculty, staff and students to the principles and practices of Sahaja Yoga, fostering mental peace, self-awareness, emotional well-being, and inner balance among the participants. The session provided valuable insights into meditation techniques and encouraged students to adopt a holistic approach toward personal growth and stress management.





22-Jun-2026 16:11:02
Shankarpalli Road



22-Jun-2026 15:37:14
Shankarpalli Road





22-Jun-2026 15:35:38
Shankarpalli Road



22-Jun-2026 16:09:22
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The event commenced with an introductory talk on Sahaja Yoga, during which the resource persons explained its philosophy, origin, and significance. They emphasized the role of Sahaja Yoga in attaining self-realization and enhancing emotional, mental, and physical well-being. The concepts were presented in a clear and interactive manner, enabling students to gain a comprehensive understanding of the fundamental principles and benefits of the practice.

Following the introductory session, a guided meditation and yoga practice was conducted for approximately 10 minutes. The participants enthusiastically engaged in the session and experienced a sense of calmness, relaxation, and inner peace. The meditation exercise helped students feel rejuvenated, improve their concentration, and develop greater self-awareness, thereby creating a serene and positive atmosphere throughout the auditorium.

CONCLUSION

The program concluded with a group photograph featuring the participants and organizers, commemorating the successful conduct of the event. The session ended on a positive and inspiring note, with students expressing appreciation for the opportunity to learn about the principles and benefits of Sahaja Yoga. Overall, the event proved to be informative, enriching, and rejuvenating, fostering awareness of holistic well-being and mindfulness among the participants. The enthusiastic response from the attendees reflected the effectiveness and relevance of the session in promoting mental peace, self-awareness, and personal growth.

