

Special Yoga Class (Guest Yoga Session)- 14th October 2023

Under the aegis of Azadi ka Amrit Mahotsav, the Ministry of Culture (GOI) has collaborated with the Art of Living and launched a campaign “Har Ghar Dhyam” to conduct introductory sessions on meditation and mental health for people from all walks of life. The modules have been developed by founder of Art of Living, Gurudev Sri Sri Ravi Shankar Ji and trained faculty from Art of Living shall conduct these sessions free of any cost.

On 14th October 2023, Mr. Shreyas Mehta and Mr. Sanil Shanbhag (Special trainers) visited ICT, Mumbai campus and conducted free sessions for Yoga students along with Mrs Nanal Mam.

- Shreyans Mehta is an Alumnus of IIM Calcutta and McKinsey. He is a Founding member of PM's professional campaign vehicle in 2014. He is a Leadership Coach for startups and also associated with Art of Living for 17 years.
- Sanil Shanbhag is MBA Finance (NMIMS). He is Working with TCS Finance (16+ Years). He is also an Art of Living Faculty 12+ Years (Trained thousands of people till date) and a Certified Yoga Trainer (Sri School of Yoga & SVYASA University). He is Pursuing MSc (Masters in Yoga).

Along with basic principles of Yoga, they took following activities:

- Meditation- Art of Leaving
- Concept of inner world and outer world
- If anyone shouts, it reflects both inner and outer world
- Concentration- Focus and Relax (Position of Mind)
- Concept of controlling Breath and Mind
- The concept of meditation is clear in the mind of students.
- Methodology of concentration has been explained and taken practically from the students
- Practical exercise of “Nadi Shodhan Pranayama” has been conducted in the session, etc.



