



Prerna Sewa Mandal's

## **PRERNA COLLEGE OF COMMERCE**

Reshimbagh Square, Nagpur - 440009.

### **Report on** **“Art of Living Foundations”**

Yoga is a mind and body practice with historical origins in ancient Indian philosophy. Prerna College of Commerce arranged an event on Yoga by hosting Sri Sri Ravishankar's “Art of Living Foundations” program on its premises.

The program was conducted on the 23rd of November, 2019 from 11:00 AM to 12:00 PM. It was organized by the college for the mental and physical development of the faculty and non-teaching staff members. The compeering for the event was done by Mrs. Snehal Rakhunde. The Director of Prerna College of Commerce, Dr. Pravin Joshi, joyously welcomed and gave brief introductions of the guests of honor Mr. G. V. Kumar and Mr. Milind Gupta, spiritual gurus from the “Art of Living Foundation”.

Mr. Milind Gupta commenced the event by having an interactive session with the audience present and shared a few skills on how to achieve a focused and relaxed state of mind, different breathing techniques for calming oneself and authenticating intensity for achieving one's desire. He mentioned in Indian traditions, yoga is more than physical exercise; it has a meditative and spiritual core. He continued saying that, studies have attempted to establish the helpfulness of yoga as a complementary involvement for cancer, schizophrenia, asthma, and heart disease, but the results of studies have been varied, uncertain in effectiveness and may reduce risk factors and aid as a psychological healing procedure.

By the end of the event, the audience was motivated and excited enough to try and enroll for the Art of Living Yoga workshops. The vote of thanks given by Mrs. Afsha Khan concluded the program.



**Dr. Pravin Joshi, Director addressing the faculties**