



<b>Name of Activity</b>	<b>Sahaj Yoga Meditation Practice (Online)</b>
<b>Date of Conduction</b>	<b>12-01-2022</b>
<b>Organized By</b>	<b>Department of Management Science</b>
<b>Student Participated</b>	<b>35</b>

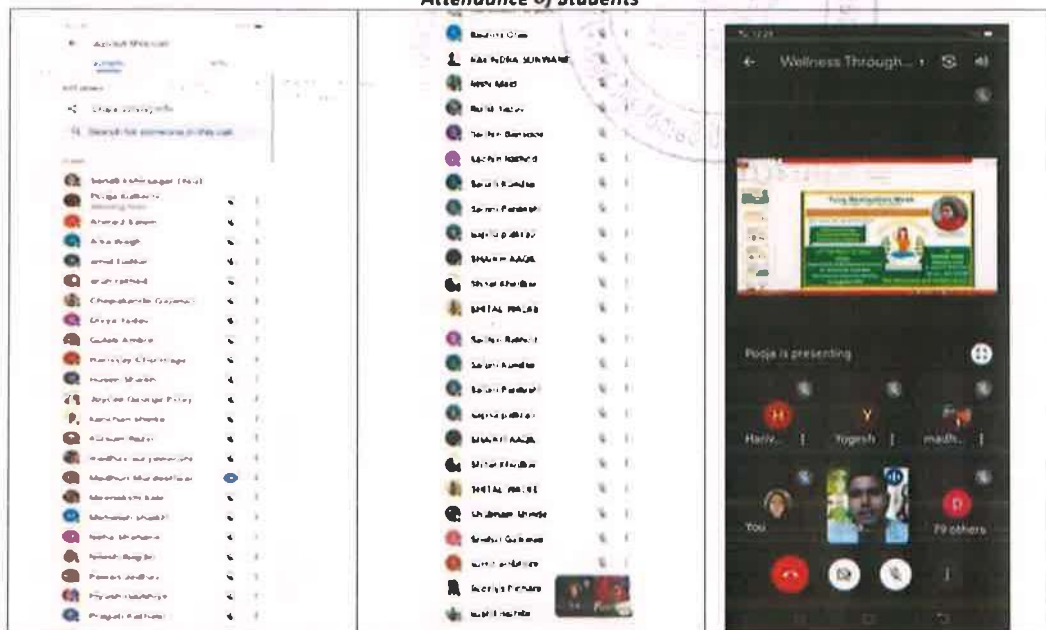
**Brief Report**

The Sahaj Yoga Meditation Practice event, organized by the Department of Management Science at Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, took place on 12th January, 2022. The event aimed to promote wellness through the practice of Sahaj Yoga Meditation, emphasizing its benefits for physical and mental health. Participants included students, staff, faculty members, and local residents who came together to experience the transformative effects of meditation.

*Dr. Babasaheb Ambedkar Marathwada University, Aurangabad  
 Department of Management Science  
 Wellness through Sahaj Yoga*

12<sup>th</sup> Jan-2022

**Attendance of Students**



**Glimpses of Sahaj Yoga Meditation Practice (Online) . Enthusiastic participation of local residents could be recorded.**

The event was conducted online due to the ongoing pandemic, ensuring accessibility and safety for all attendees. The diverse participation from various segments of the community, including students, local residents, and university staff and faculty members, underscored

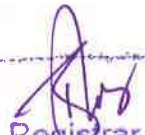




**Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)**  
**Reports for Extension/Outreach Activities Carried out in Year 2022**

the universal appeal of meditation and its relevance for people from different backgrounds. The event received positive feedback from participants, with local residents expressing their appreciation for the opportunity to engage in Sahaj Yoga Meditation. Many attendees reported enjoying the experience and expressed a desire for similar events to be held more frequently in the future. Distinctive guests, including the Honourable Vice Chancellor, Head of the Department of Management Science, and the Registrar of the university, graced the event, highlighting the importance accorded to wellness initiatives within the university community. The session focused on the importance of yoga and meditation for overall well-being, highlighting their positive effects on physical health, mental clarity, and emotional balance. Community engagement was fostered through shared experiences and collective practice, strengthening bonds and understanding the importance of yoga and meditation in promoting holistic wellness. In conclusion, the Sahaj Yoga Meditation Practice event successfully promoted the benefits of meditation for physical, mental, and emotional well-being, that too for many persons from local community who are not directly a part of the University.



  
Registrar,  
Dr. Babasaheb Ambedkar  
Marathwada University

