

A BRIEF REPORT ON

ONE DAY SAHAJA YOGA WORK SHOP FOR

TOTAL HEALTH , SELF REALIZATION AND WORLD PEACE

(APPLICATION OF VIBRATION, STRESS MANAGEMENT & YOGIC TREATMENT)

**SPONSORED BY: H. H. SHRI MATAJI NIRMALA
DEVI SAHAJA YOGA TRUST, NEW DELHI**

VENUE; MULTIPURPOSE HALL

ON OCTOBER 22, 2024

ORGANIZED BY:

DEPARTMENT OF SOCIOLOGY,

S. Kula Women's COLLEGE, Nambol, Manipur.

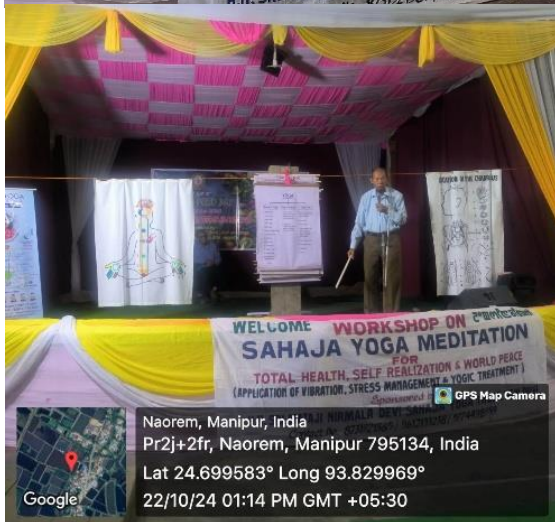
2024

An inaugural function of one day work shop on Sahaj Yoga Meditation: Total Health, Self Relization & World Peace was held on October 22,2024 at Multi –Purpose , Hall S. Kula Women’s College An, Nambl Manipur at 11: a.m. sharp. On the inaugural function the chief guest was Ph. Ibomcha Singh, Secretary, H.H. Shri Mataji Nirmal Devi Sahaja Yoga Trust Imphal Centre, Dr. W. Robindro Singh, and Dr. S. Bhogendra Singh as the chief Guest, President and Guest of Honour respectively. During the inaugural function the Guesf guest highlighted about the importance of Sahaja Yoga and its correlation between Health, and World peace. Dr, S. Bhogendra Singh, guest of Honour of today’s function highlighted about the importance of Sahaja Yoga and stress management among the students. Inaugural function was concluded with a short speech by President of the function.



The well come address of the programme was given by Dr. S. Bhogendra Singh, Former Head, Department of Sociology, Kula Women’s College, Nambol, Manipur.

The main technical session was given By Ph. Ibomcha Singh , Secretary, H.H. Shri Mataji Nirmal Devi Sahaja Yoga Trust Imphal Centre, Imphal, Manipur. Mr. Ph.



Ibomcha Singh Highlighted about the topic different Mannual Slides (More than 50 mannual slides) on the diffent topic relating to Sahja Yoga, Mental Health, Stress Managemet, and World, peace etc. the the programme he emphasised the importance of Sahaj Yoga to students and the Present society as well about 80 participants from both students and faculty members were present in the programme. A light refresment was serve

by the students of this college.



And the programme was concluded by giving Vote of Thanks by Dr. S. Sovachandra Singh, Asst. Professor, in Statistics, S. Kula Women's College, Nambol, Manipur.

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