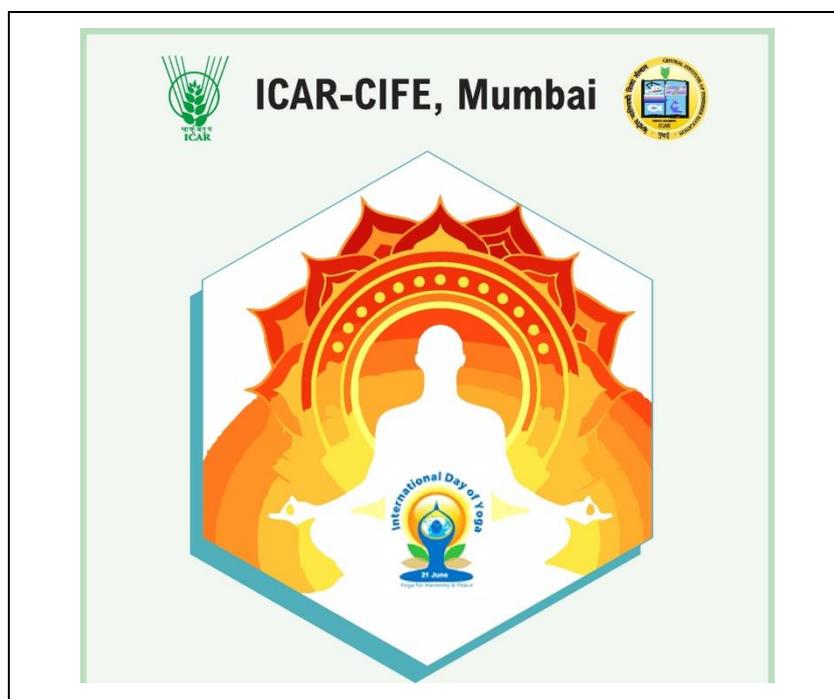


ICAR- Central Institute of Fisheries Education 'Sahaja Yoga' Meditation Session on 13th January 2024



Organising 'Sahaja Yoga' Meditation Session at ICAR-CIFE

The Wardens' Committee, ICAR-Central Institute of Fisheries Education, Mumbai organised a 'Sahaja Yoga' meditation session on 13th January 2023 for students and staff in the Common Room of PhD Boys Hostel. The session was conducted by a team of eight experienced practitioners from 'The Life Eternal Trust, Andheri (E), Mumbai led by Adv. Ms. Suman Kotian. Over 25 participants including students and staff of ICAR-CIFE participated in the Session. At the outset, Dr. N. S. Nagpure, Chief Warden for boys and girls, welcomed the guests and participants team and explained the importance of regular yoga practice and meditation for mental and physical wellbeing. Adv. Ms. Kotian enlightened the enthusiastic audience on the practice and importance of Sahaja Yoga Meditation for leading stress-free life, and for gaining happiness and self-realization and this was followed by a Sahaja Yoga session by Mr. Ramesh Wanage and other team members. A short mediation session was also conducted by combining music for stress relief and for experiencing a blissful state of thought and awareness, during which, Mr. Sunay Kumar elucidated on balancing of the Nadis in our body to prevent psychosomatic diseases and for gaining inner beauty and power strength.

Dr. Ravishankar C.N., Director and Vice Chancellor, ICAR-CIFE also graced the session and encouraged the students and appreciated the efforts of the team of Sahaj Yoga expert and the Wardens Committee. Dr. Paramita B. Sawant, Warden, Girls Hostel, proposed the vote of thanks and wished to continue Yoga sessions in future for the benefit of the students. The glimpses of the program are as follows :



Above : Sahaja yoga session for happiness and self-realization

Left : Adv. Suman Kotian being welcomed by Wardens' Committee and PGSSU

Below : Dr. Ravishankar C.N. Director and Vice Chancellor, gracing the meditation session

