

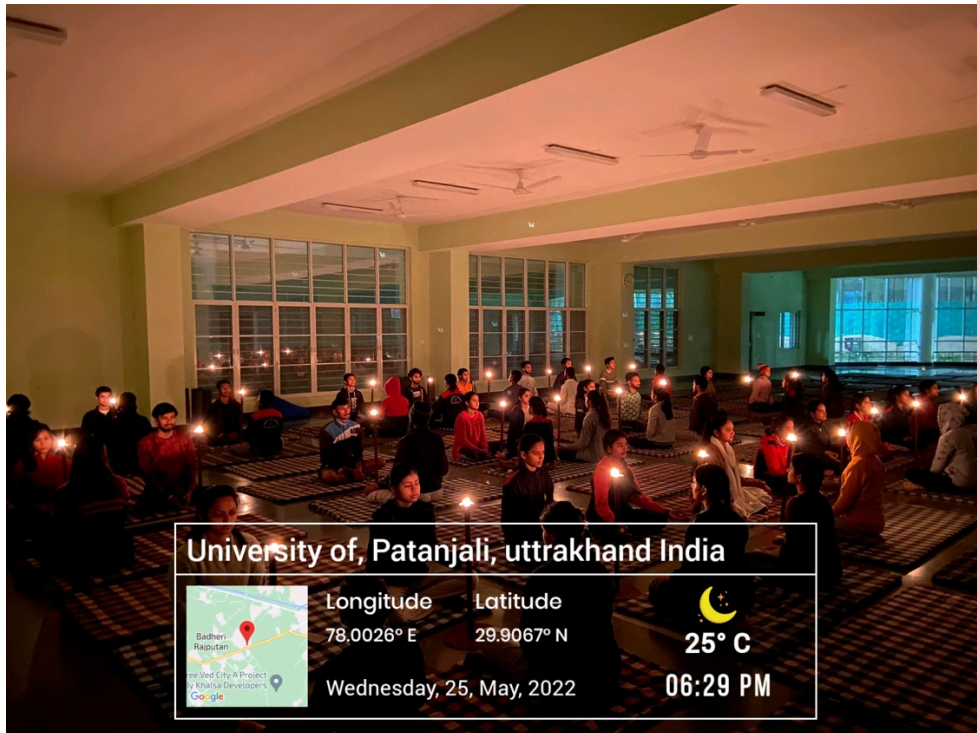
7.4.1 Various forms of practices showcasing “yoga beyond asanas”



Pranayama practice



Meditation Practice



Trataka practice



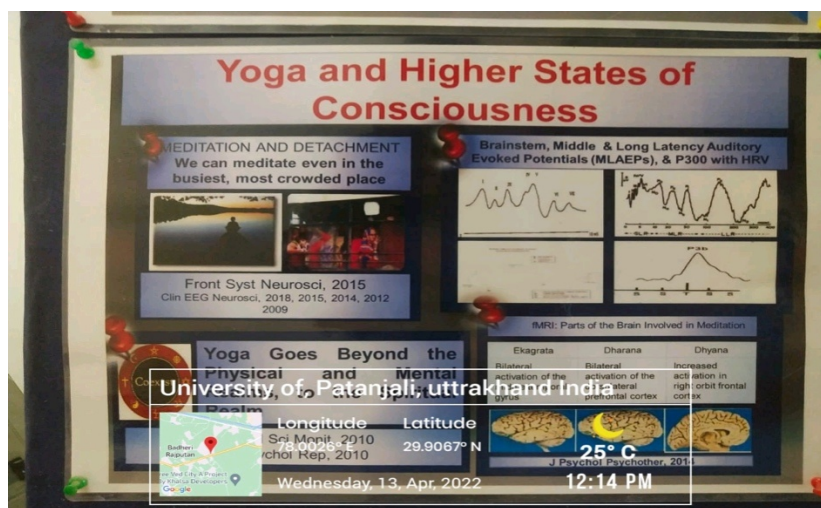
Yagya karma



Ram Katha – Satsang On Manas Gurukul By Pujya Morari Bapu



Workshop on emotional wellbeing of youth in the light of Indian Traditional knowledge



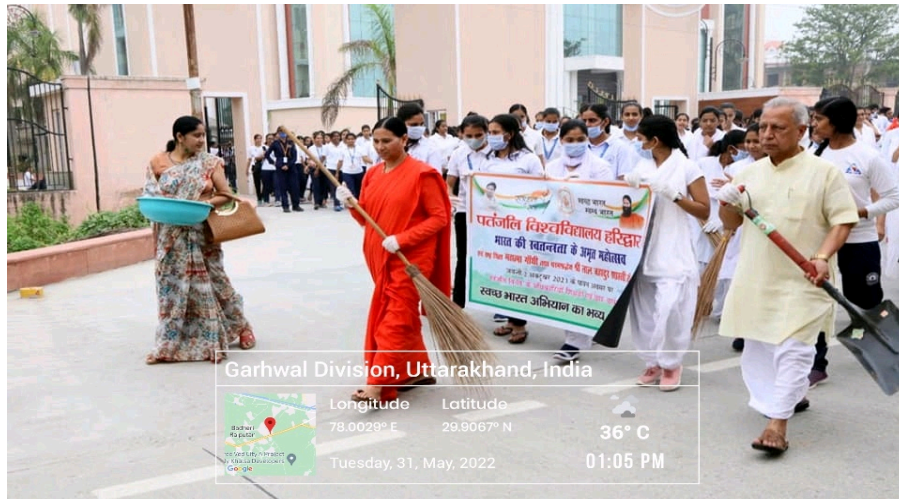


Upanishad class by Swami Paramartha Dev ji





Ganga safai Abhiyan (Selfless action)



Sawachh Bharat Abhiyan



Tree Plantation (as Selfless action)



Blood Donation Camp