

NATIONAL SERVICE SCHEME ACTIVITY

NAME OF THE EVENT: - Tirpude Fitness Club

DATE: - 24/04/2023

NUMBER OF STUDENTS: - 11

NUMBER OF PARTICIPATING FACULTY MEMBERS: - 01

CONTRIBUTION MADE BY: - NSS Fund

ADDRESS OF THE BENEFITTED: - Shri Balasaheb Tirpude College Of Hotel Management And Catering Technology.

TASKS UNDERTAKEN: - Light warm up, TWN [twin heart meditation].

FEEDBACK FROM THE ORGANISATION: - Positive feedback

ACIEVEMENTS: - Twin heart meditation reduces negativity and results in a positive transformation.

DESCRIPTION: - Started off with the introduction of our instructor Ms. Vaidehi and Ms. Rajni. They introduced us to the TWN (twin heart meditation) which helps in spiritual healing. Firstly, we did some warm up exercises like jumping jacks, squates, overhead reach which was followed by stretching. Ms. Rajni then told us about the chakras that a person has in their body and we performed twin heart meditation.



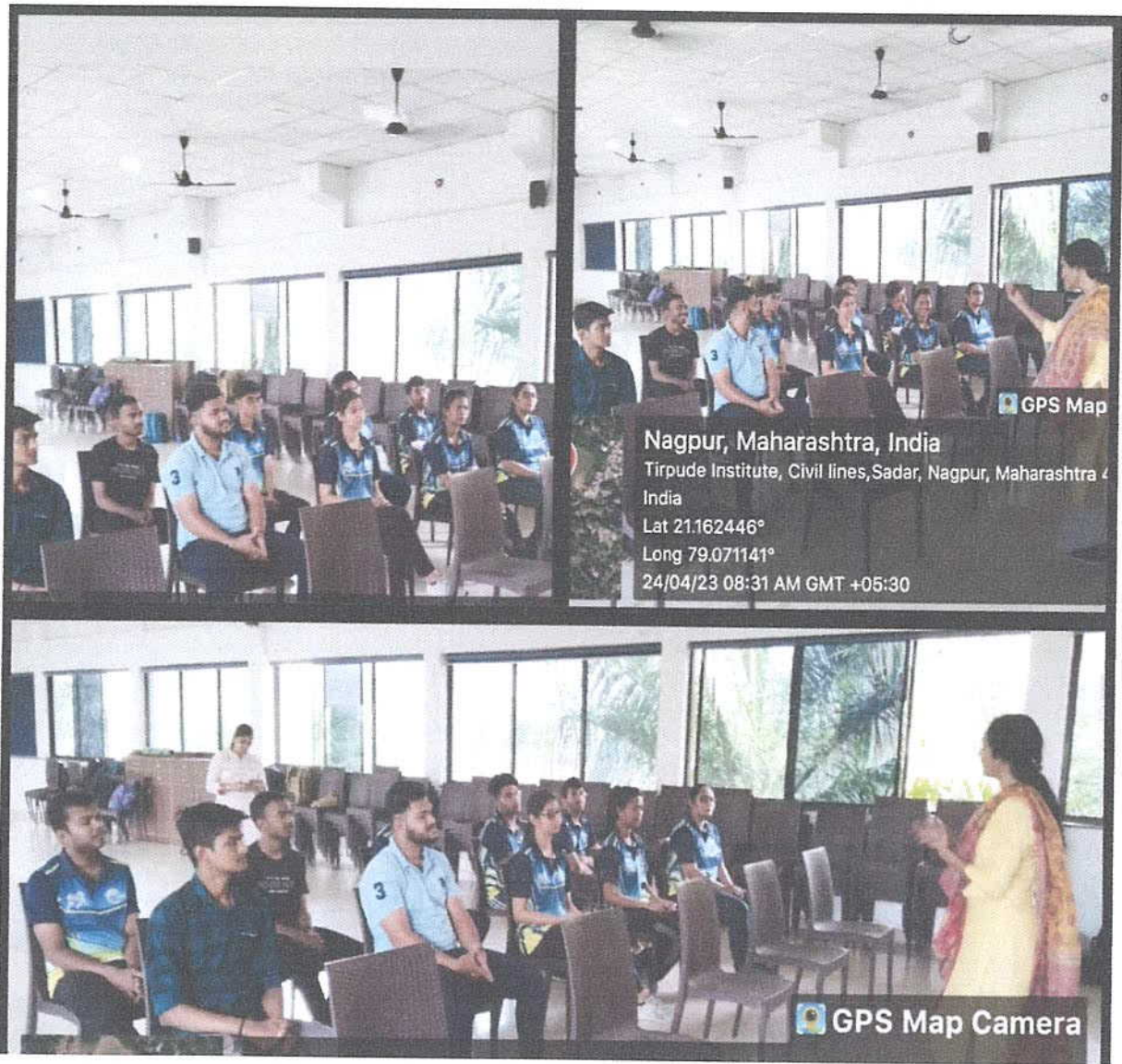
TIRPUDE FITNESS CLUB

Nagpur 24 April 2023

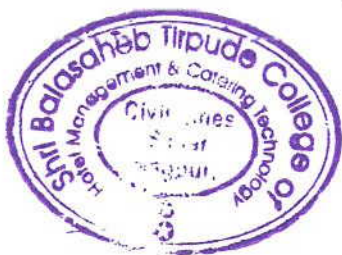
Exercising and strengthening of mind is as important as working on body, thus a meditation program was conducted at Tirpude Fitness club In Tirpude college of Hotel Management And Catering Technology.

The program was undertaken in the guidance of professionals from Yoga Vidya Pranic Healing Centre. The students were made aware of new meditation technique, THE TWIN HEART MEDITATION. Before meditation was started few minutes of exercise had to be done to be able to absorb energy better. After that deep abdominal breathing was done. Once that is over they tried to open the heart and crown chakras by blessing the Earth with love and kindness along with remembering a happy event. Through this method everyone tried to let go of negativity and gather positiveness. With a few more words of advice from the professionals the session ended smoothly.





TIRPUDE FITNESS CLUB



NATIONAL SERVICE SCHEME ACTIVITY

NAME OF THE EVENT: - Tirpude Fitness Club

DATE: - 25/04/2023

NUMBER OF STUDENTS: - 06

NUMBER OF PARTICIPATING FACULTY MEMBERS: - 01

CONTRIBUTION MADE BY: - NSS Fund

ADDRESS OF THE BENEFITTED: - Shri Balasaheb Tirpude College Of Hotel Management And Catering Technology.

TASKS UNDERTAKEN: - Light warm up, squats, super brain yoga.

FEEDBACK FROM THE ORGANISATION: - Positive feedback

ACIEVEMENTS: - Super brain yoga strengthens the immune system by improving pranic energy. It improves focus and increase calmness.

DESCRIPTION: - In today's session our instructor introduced us with the concept of "Super brain yoga" which synchronizes the left brain and right brain to boost creativity, it distributes the energy levels to improve focus and instill calmness. We did squats, jumping jacks, overhead reach followed by super brain yoga and the session was concluded with TWN (twin heart meditation).



TIRPUDE FITNESS CLUB

Nagpur 25 April 2023

A Healing Session was conducted at the Tirpude Fitness Club in Tirpude College of Hotel Management and Catering Technology on 25/04/2023 at 8.30am.

As conducted the previous day TWIN HEART MEDITATION the instructor after greeting the students of TFC were made to do light/ warm up exercises such as jumping jacks, jogging on spot, toe touching, rotating of arms and feet etc to remove the unwanted energy. After this students started doing their twin heart meditation to repel negative vibes and attract positive energy. After the meditation was completed, madam taught the student about Pranic Healing which is a No Touch, No Medicine Therapy. It is a highly developed system of energy treatment that uses Prana meaning life force to balance, harmonize and transform body's energy processes.



NATIONAL SERVICE SCHEME ACTIVITY

NAME OF THE EVENT: - Tirpude Fitness Club

DATE: - 26/04/2023

NUMBER OF STUDENTS: - 06

NUMBER OF PARTICIPATING FACULTY MEMBERS: - 01

CONTRIBUTION MADE BY: - NSS Fund

ADDRESS OF THE BENEFITTED: - Shri Balasaheb Tirpude College Of Hotel Management And Catering Technology.

TASKS UNDERTAKEN: - Light warm up, twin heart meditation, super brain yoga.

FEEDBACK FROM THE ORGANISATION: - Positive feedback.

ACIEVEMENTS: - Twin heart meditation reduces negativity and results in a positive transformation.

DESCRIPTION: - In today's session we did warm up exercises like jumping jacks, squats, overhead reach which was followed by the stretching. Then we perform the set of super brain yoga and session was concluded with twin heart meditation.



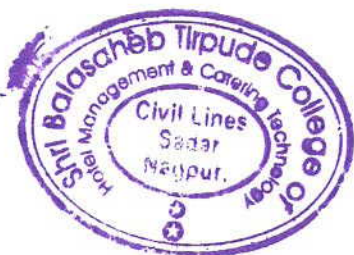


TIRPUDE FITNESS CLUB

Nagpur, 26 April 2023

On this day the Yoga Vidya Pranic Healing Centre along With the Tirpude Fitness Club had kept a free healing session for the members of the said club.

In this growing world of harshness and emotional instability a session was conducted so that the students could avail the benefit of Pranic Healing. As the session started everyone was aware about how the healing works. After this each student was called up for a trial. Those who were recently injured or those who feel anxious or depressed were given the first priority as it is believed that the process would help relieve some of the pain from the injury. Those emotionally unstable may or may not feel that the pressure has lessened. Each student's energy levels were read individually and were advised how to balance their energies. If anyone needed to participate in continuous healing session they were guided to come to their centre to benefit.



NATIONAL SERVICE SCHEME ACTIVITY

NAME OF THE EVENT: - Tirpude Fitness Club

DATE: - 27/04/2023

NUMBER OF STUDENTS: - 07

NUMBER OF PARTICIPATING FACULTY MEMBERS: - 01

CONTRIBUTION MADE BY: - NSS Fund

ADDRESS OF THE BENEFITTED: - Shri Balasaheb Tirpude College Of Hotel Management And Catering Technology.

TASKS UNDERTAKEN: - Light warm up, TWN [twin heart meditation].

FEEDBACK FROM THE ORGANISATION: - Positive feedback

ACIEVEMENTS: - Pranic healing promotes happiness, inner peace, self-esteem and spiritual growth.

DESCRIPTION: - Today's session was started off with the introduction of pranic healing. Pranic healing is a practice that scans the inner aura of one's body and the internal organs. Pranic healing helps in curing diseases and muscle pains. Ms. Rajni and Ms. Vaidehi performed pranic healing on everyone one by one. She asked us for what reason we want to take healing and then she created her aura and gave us healing by cleansing our aura.

