



# EVEREST YOGA INSTITUTE

Reg. No 2909165

ISO9001:2015

Ludhiana & Rishikesh (INDIA)

Registered with YA USA, YA INTERNATIONAL, YA ID- 257949

## 2 November, 2021

### DHANTERAS POOJAN

Dhanteras or Dhanvantri Trayodashi is one of the five days of Diwali festivities. Dhanvantri is the Hindu God of medicine & avatar of Lord Vishnu. On Dhanteras, we celebrate by purchasing precious metals & utensils which symbolize "Dhan" i.e. "Wealth". At Everest, we consider health to be the real wealth. A hawan ceremony was conducted in the evening where students & teachers chanted the holy hymns & offered prayers to the God of Fire. Everyone prayed for the health & happiness of all, as the world is going through turmoil.



## 3 November, 2021

### DIWALI CELEBRATION

Acharya Abhiramanada Avadhuta Ji, a great monk from Ananda Marg, New York Sector, visited Everest which was a great opportunity for the students & faculty to gain wisdom from him. He reflected on his experience & gave a taste of the work they do @Ananda Marga which is a nonprofit organization working to promote meditation & sentient diet. They are also involved in teaching meditation & conduct social services at different





**14 November 2021**

## **RAJYOGA MEDITATION BY BRAHMAKUMARIS ON CHILDREN'S DAY**

It was a delightful visit by BK Sister Neelam, BK Mr Bhalla, BK Dr Dinesh Sharma at Everest. These enlightened personalities gave insight into how to live a peaceful life by following Raj Yoga. Meditation, as prescribed in Raj Yoga helps us to let go of all energies that do not serve us.

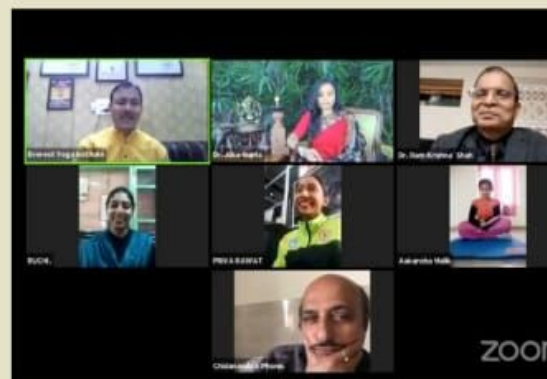


**17 November, 2021**

## **LAUNCH OF "YOGA & NATUROPATHY FOR HEALTH & HAPPINESS PROGRAM"**

As the title states, "YOGA & NATUROPATHY FOR HEALTH & HAPPINESS PROGRAM" has been launched on the eve of Naturopathy Day, in association with INO, NAVYOGA & SURYA FOUNDATION. This program is going to be celebrated till 15 August, 2022. The opening ceremony was through the International Webinar on Naturopathy. Honorable Chief Guest, Mr. Anant Biradar (National President INO), Guest Of Honor was Prof. Dr. B.T. Chidananda Murthy (Founder & Director- Yauvaan Wellnes, New York State, USA). They both rendered their wishes for the program & expressed their support. Keynote Speakers were Dr. Ram Krishna Shah (U.N Representative at U.N Headquarters USA; President- Human Rights Council of Chicago, America & Global Unani Medicine & Research Foundation Chicago), Dr. Alka Gupta (CEO AGATH Healthcare Co. Ltd. Bangkok, Thailand).

Dr. Naveen Singh( Prof Accupressure Shodh Prashikshan Evam Upchar Sansthan, Prayagraj; Life member - India AYUSH MEDICAL ASSOCIATION INDIA; Chief Yog Teacher- & Ex. Gen Sec- Patanjali Yog Samiti, Basti, U.P), Dr. Ramhari Meena ( Founder of Shri Dayal Natural Spine Care, Jaipur. Chairman - Divya Dayal Foundation) and program Coordinator Ms. Ruchi Gupta & Ms. Priya Rawat .





**19 November, 2021**

## **KIRTAN ON GURU NANAK DEV JAYANTI**

The birth anniversary of Guru Nanak Dev Ji , celebrated as PRAKASH DIWAS or GURU PARAB is a divine day. A mesmerizing kirtan by our teachers & students was the perfect way to receive the energy from the divine Guru. Kirtan is the best way to enlighten our heart & mind with knowledge & sancity. Supreet Kaur, Japji Kaur, Navneet Kaur, Harleen Kaur, Sukh Sharma, Prabhgun Kaur & Saurav Grover created beautiful amalgamation of music & shabad. Guru Ji preached - “Vaand Chhako”- sharing whatever God has given us with others & helping those who are in need.



**30 November, 2021**

## **WOW EVENT BY CT UNIVERSITY, LUDHIANA**

CT University, stands among the best 50 universities in India. Under CSR, WOW “Weekend Of Wellness” event was organized by CT University at Rakh Bagh, Ludhiana. ER. Nipun Sharma, Mr. Amandeep Tangri , Dr Praveen Sharma & other members of the board of directors put in great efforts to promote good health among the residents of Ludhiana city. Team Everest was invited to teach Yoga to the general public & encourage them to make it a lifestyle. People came for the event on cycles & not cars . Many of them came walking. This was to make us aware of the fact that our physical bodies need movement so as to stay fit. Yoga is one of the best ways to generate metabolism & other life supporting activities in our body. Modern Yoga addresses the needs of the common man.

