



# EVEREST YOGA INSTITUTE

Reg. No 2909165

ISO9001:2015

Ludhiana & Rishikesh (INDIA)

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

**2 DECEMBER, 2021**

**LIVE ON 102.7 FM RAINBOW**

Yogacharya Sanjeev Tyagi was live on FM with RJ Pooja.

The theme of interaction- "How to remove ill effects of pollution through Yoga."

Yes! Yoga is the key to beating pollution as well



**4 DECEMBER, 2021**

**RAJ YOGA MEDITATION BY BRAHMKUMARIS**

Sister B.K. Saras from B.K. Bhavan, Jhanda, Ludhiana enlightened the participants on Raj Yoga Meditation which is an inward journey of self realization. In modern life, we are losing our inner true peace & leading towards illness & diseases. Raj Yoga is a highly effective way to connect with peace & tranquility.



## 5 DECEMBER, 2021

### HEALTH & NUTRITION COURSE

### BY DR. GUNEET MONGA

Health & Nutrition Course by Dr. Guneet Monga (Yogacharya & Physiotherapist Director- Samatvam Yogashala, Udaipur; M.Sc Yoga, MBA, NET, PhD, eRYT 500) was a great opportunity to understand the nutrients & meaning of various terminologies associated with nutrition. The participants got a clear insight into the nutritional concepts. The course was for one & all.



## 19 DECEMBER, 2021

### LODHI CLUB SPORTS CARNIVAL

Lodhi Club, Ludhiana organised sports carnival from November to December 2021. Team Everest was the official partner with the club for the program. Intention of the carnival was to create opportunities for club members & their families to get together for physical activities & games of various sorts. There were many platforms like yoga, badminton, cricket, cycling, chess, ludo, bhangra & many other fun games. Everest's team under the leadership of Yogacharya Sanjeev Tyagi, coordinated various acts of sports & games and yoga competitions and sponsored trophies for the participants & winners. C A Nitin Mahajan, Mr Ram Sharma & all other executive members of the club played an integral role in delivering the best experience to the members.





**21 DECEMBER, 2021**

## **WORKSHOP ON RAJ YOGA – THE EIGHT FOLD PATH, BY MRS. MUKTA KAUL**

Mrs. Mukta Kaul Dhadwal is an amazing yogini basically from Jammu & Kashmir, currently settled in USA & teaching yoga to local folks. She is Masters in IT & Management & pursuing her passion- Yoga through teaching & learning. Her classroom was a beautiful flow of asanas & pranayama followed by gentle meditation session. Mrs. Kaul mentioned how popular yoga is in the western countries. She gave information related to teacher training & its scope in United States & neighbouring countries. Yoga connects !! Big time.



**24 DECEMBER, 2021**

## **ONLINE STUDENTS' GRADUATION CEREMONY**

EYI celebrated graduation ceremony of freshly pass out Online TTC students. All graduates were beaming with joy & keenly shared their experience with everyone.

The online event was graced by the presence of Mrs. Rachna Singh & Mr. Amit Kumar Dani who were the Guest of Honor and Chief Guest respectively. They gave their blessings & also, shared their experiences with the students to enlighten them for next adventures of life.

The yogis who graduated were- RAJNI MUNJAL from Gurgaon, RAASHI DAVE from Mumbai, POONAM JALAN from Kolkata, KRISHNA GOSWAMI from China, N S BHANU from Telangana.



**25 DECEMBER, 2021**

## **YOGA RETREAT CAMP @ DALHOUSIE**

Yoga Retreat Camp to Dalhousie, Khajjiar, Jot was a wonderful experience for the participants. Beautiful snow covered mountains and peaceful extremities. It was rejuvenating to connect with nature & unwind from the stress of modern life. It was a lovely opportunity for all the participants to learn how to live in groups & exchange & share. Trekking, morning walk, physical activities, yoga & meditation were part of the camp. Participants were offered certificates to all the participants as they successfully learnt how to plan & conduct a retreat & coordinate with each other.



**31 DECEMBER, 2021**

## **YOGA WORKSHOP FOR MRS PUNJAB FINALISTS**

Mrs Punjab, 2021 finalists participated with full enthusiasm, in yoga workshop by Everest. Beauty & Brain is a balanced state which can be achieved through YOGA. The program was sponsored by 9 to 9 Entertainment & Mrs Samriti Oberoi is the brand ambassador of Mrs Punjab Contest. Our heartfelt thanks to them. Workshop was a complete package of warm up, asanas, sun salutations, pranayama, laughter yoga. The entire session was aligned by Everest Yoga Institute's members (Ruchi Gupta, Simmi Makkar, Seema Marwaha, Taran Mankoo, Sukh Sharma)

