MAHARANI PADMAVATI GOVERNMENT COLLEGE FOR WOMEN, SHAHZADPUR (AMBALA)

Yoga Club

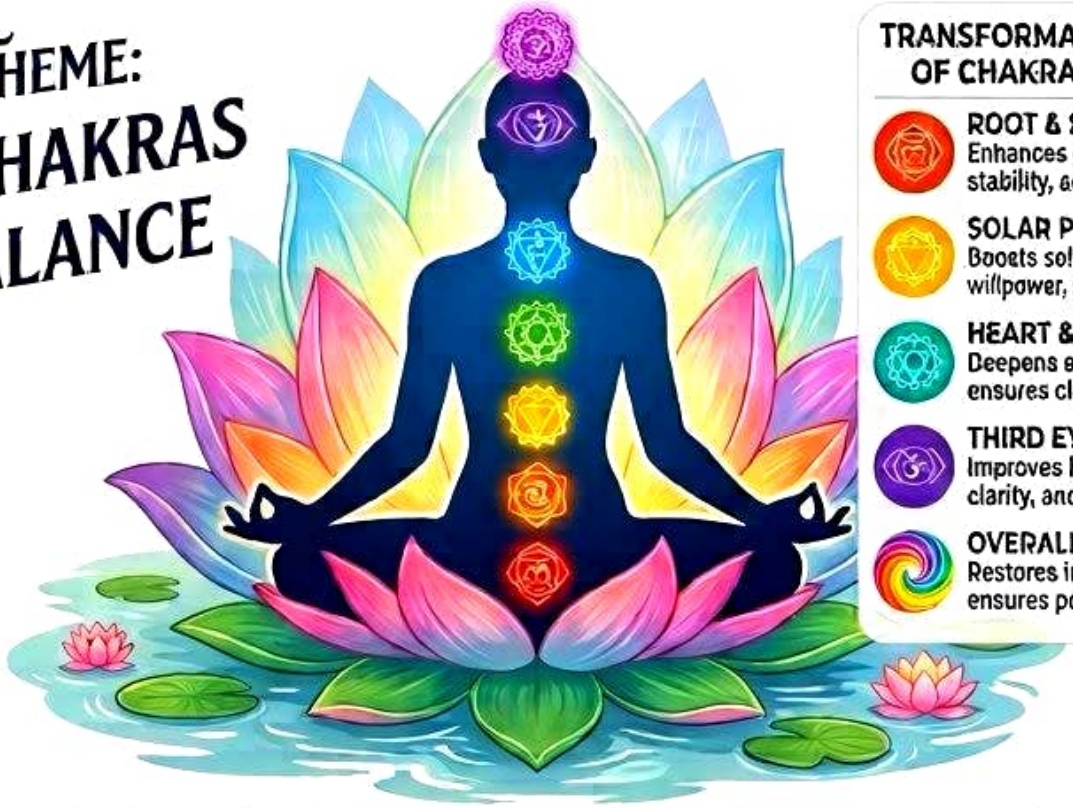
Yoga Club in collaboration with **Department of Physical Education & Department of Sociology** is *organising*

Yoga & Meditation

A special session under

'SEVA SANKALP ABHIYAN'

Theme: 7 Chakras Balance



TRANSFORMATIVE BENEFITS OF CHAKRA BALANCING

- **ROOT & SACRAL:** Enhances grounding, stability, and creative energy
- **SOLAR PLEXUS:** Boosts self-confidence, willpower, and personal authority
- **HEART & THROAT:** Deepens emotional healing and ensures clear communication
- **THIRD EYE & CROWN:** Improves high-level intuition, clarity, and spiritual connection
- **OVERALL ALIGNMENT:** Restores internal harmony and ensures positive energy flow

The organizing committee encourages all students and teachers to participate and experience the inner balance and positive energy of chakra alignment.

DATE: 09 OCTOBER 2026 (Friday)

TIME: 10:00 AM

VENUE: YOGA HALL, ROOM NO. 45

ORGANIZING COMMITTEE

PATRON

Principal Dr. Meenakshi

ORGANIZERS

Dr. Prachi Mann (Department of Phyeical Education, Convenor Yoga Club)

Ms. Suman (Department of Sociology)

Dr. Charandas (Co-convenor Yoga Club)

"ALIGN YOUR CHAKRAS, BALANCE YOUR LIFE"