



November 21, 2023

Announcement of Shankha Prakshalana Kriya
(Cleansing of the alimentary canal)

Dear friends,

Yog Circle, RRCAT Staff club is happy to announce the conduct of Shankha Prakshalana Kriya (Varisara Dauthi or cleansing of the alimentary canal) for the benefit of RRCAT staff and their family members as per the following details:

Date: 26.11.2023 (Sunday)

Place: Yog Centre (adjacent to Open Air Theatre)

Timing: 6.00 AM to 12.00 Noon.

Aahaar: Specially prepared Khichdi will be served after the practice.

Shanka Prakshalana removes all the ailments related to the digestive system, removes intestinal toxins accumulated over the years, and thereby purifies blood and the entire body. Besides, all the internal organs within the abdomen will get rejuvenated. The practice of Shankha Prakshalana has to be done under an expert guidance and after proper training.

Yog Circle is conducting a 3-day training programme prior to the actual practice as per the following training schedule:

Date: 22-24 November '23 (Wednesday to Friday).

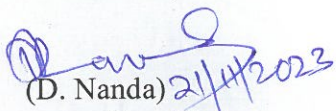
Place: Multipurpose Hall, AECS

Time: 6.30 PM to 7.45 PM

It is advised to undergo the training programme unless you are a regular practitioner of Yog as the trained members can actively participate and complete the practice smoothly in time.

Online registration will be available shortly through RRCAT Staff Club website. Offline registration on the day of the practice will be available for those who could not do online registration.

All are requested to take advantage of this rare opportunity and get immensely benefited.


(D. Nanda) 21/11/2023
Convenor, Yog Circle

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