

Event Budget Document

Mindfulness & Movement – An Introduction to Asana & Breathwork

Organized by ASANA Club, Department of Yoga & Wellness
ICFAI Business School Hyderabad

1 Event Details

Event Title: Mindfulness & Movement – An Introduction to Asana & Breathwork

Organized By: ASANA Club, Department of Yoga & Wellness

Date & Time: July 10, 2025, 10:00 AM – 1:00 PM

Venue: University Auditorium – Hall B

Description: A guided session introducing participants to foundational yoga postures (asanas) and mindful breathing techniques. The workshop emphasizes physical flexibility, mental clarity, and stress reduction.

Objectives:

- Promote physical and mental well-being among students.
- Introduce yoga as a daily practice for holistic health.
- Build community through shared mindfulness experiences.

Target Audience: Students, faculty, and university staff (up to 150 participants)

Guest/Trainer: Ms. Nivedita Rao – Certified Yoga Therapist, Art of Living Foundation

2 Budget Breakdown

Item	Amount (₹)
Guest Honorarium	2,000
Refreshments	1,500
Yoga Mats (Rental)	1,000
Printing (Posters & Materials)	500
Total	5,000

Table 1: Budget for Mindfulness & Movement Workshop

3 Notes

- The budget covers all essential expenses for the workshop, ensuring a high-quality experience for participants.
- The guest honorarium is allocated for Ms. Nivedita Rao's expertise and time.

- Refreshments include water, juice, and light snacks for up to 150 participants.
- Yoga mats are rented to accommodate participants who may not bring their own.
- Printing costs include event posters and any handouts for the session.