



**Madhuben and Bhanubhai Patel Institute of Technology
New V. V. Nagar**



Report

Workshop

ART OF LIVING: HEALTH AND HAPPINESS

12th September 2022 (Monday)

On 12th September 2022, a health and happiness program was organized by Art of Living in MBIT engineering college affiliated to CVM University at New Vallabh Vidyanagar, in which first year students of the college participated in large numbers. In this program, the instructor Adv. Mayurbhai Khunti interacted with the students and explained the importance of spirituality in life, the benefits of pranayama, meditation and Sudarshan Kriya as well as the importance of soft skills needed to succeed in life. And through meditation and pranayama, the students were made to meditate so that they can stay away from the daily stress and feel happy in life.





