

REPORT

A seminar on JOURNEY OF THE SELF

DATE: July 5, 2024

VENUE: Madhuben & Bhanubhai Patel Institute of Technology(MBIT), New Vallabh Vidhyanagar

Time: 3 pm to 4 pm

Speaker: Prof Khyati Rogheliya



Madhuben & Bhanubhai Patel Institute of Technology(MBIT) organized A seminar on JOURNEY OF THE SELF for the first year students for their bridge course. This unique program meant to introduce students to the benefits of yoga for physical and mental well-being. Ms. Khyati Rogheliya was the revered speaker of the day. She is a certified Yoga trainer by "Gujarat State Yog board, Gandhinagar". Ms. Rogheliya taught the students to perform different-activities for mental and physical peace. She demonstrated a series of asanas for beginners like Vajrashan, Pranayam, Chakrasana etc. The program has enthusiastic participation for students.

The programme was effectively organized by Dr Darshna Prajapati, HoD and Prof. Jigisha Panchal from ASH department. Principal Dr Sudhir Vegad congratulated the organizers for the successful execution of the event. More than 250 students participated in this celebration.

Dr Darshna Prajapati
HoD, ASH Department, MBIT
Coordinator

Prof Jigisha Kachhiya
Assistant Professor, ASH
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Co-Coordinator

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