

Workshop on Art of Living

DATE: July 5, 2024

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

Time: 2pm to 3pm

Speaker: Adv. Mayur Khunti

Madhuben & Bhanubhai Patel Institute of Technology (MBIT) organized Workshop on Art of Living for the first-year students for their bridge course. The seminar was intended to introduce students to practical techniques for concentration and personal development through meditation and breathing exercise. The chief Guest of event was Advocate Mayur Khunti. He demonstrated various activities which sought to inspire and empower students to manage stress effectively and enhance their overall quality of Life. First Activity was like clap game that taught the students about the control on our action and mind. He explained Trigunan Rajas, Tamas, Satva in order to increase efficiency and attentiveness. Several yoga was being performed with inclusion of Pranayam and Meditation etc. The speaker was felicitated with token of gratitude. 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.

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