

## REPORT

### Seminar on HEALTH AND HAPPINESS

**DATE:** July 4, 2024

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

**Time:** 11 to 12

**Speaker:** Dr Sulakshana Kendre

A seminar on Health and Happiness organized by Madhuben and Bhanubhai Patel Institute of Technology was aimed to promote physical and mental well-being among students. The Event was graced by the esteemed presence of our chief guest Dr. Sulakshana Kendre, Professor, G. J. Patel Institute of Ayurvedic studies & Research. The speaker enlightened the students with a variety of activities and discussions. The students were engaged in various activities regarding balanced and healthy lifestyle. The most captivated activity of the session was yoga in which students had actively participated in different forms of asanas such as suryanamskar, pranayam, etc. The event ended with vote of thanks and Durga prayer. 250 students were benefitted by this event. The programme was effectively organized by Dr Darshna Prajapati, HoD and Prof. Sejal Patel 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 Sejal Patel  
Assistant Professor, ASH  
Department, MBIT  
Co-Coordinator

Dr Sudir Vegad  
i/c Principal,  
MBIT

