

Event Report: Yoga Event

Date: 10th July, 2019

Venue: Babubhai Jagjivandas hall, Next to DJ Sanghavi College

Introduction: On the occasion of world yoga day we organized a yoga event on 10th July at Babubhai Jagjivandas hall for the Mithibai students. The event was conducted by two MPT students, providing their insights and actively demonstrating various yoga postures for the health benefits of the participants.

Event Overview:

The yoga event on July 10, 2019, was a significant success in promoting holistic health and well-being among the participants. The event was organized with the following key objectives in mind:

Promotion of Physical Fitness: The event focused on introducing participants to yoga as a means of enhancing physical fitness, flexibility, and strength. It aimed to encourage a healthy and active lifestyle.

Stress Reduction and Mental Well-being: Participants were guided through various yoga techniques and meditation practices to alleviate stress, improve mental clarity, and enhance emotional well-being.

Event Highlights:

The yoga event featured the following key highlights:

Yoga Sessions: The event began with a series of yoga sessions conducted by our Masters students. These sessions covered a range of asanas (postures) and pranayama (breathing exercises) suitable for participants of all levels, from beginners to advanced practitioners.

Meditation and Mindfulness: Guided meditation and mindfulness sessions were conducted to promote relaxation and mental clarity. Participants learned techniques for managing stress and anxiety.

Attendance and Feedback:

The event witnessed a significant turnout with many individuals actively engaging in the yoga sessions and workshops. The participants' feedback was overwhelmingly positive, with many expressing their enthusiasm for future events and their appreciation for the physical and mental benefits they experienced during the event.

Conclusion:

The yoga event held on July 10, 2019, was a resounding success in promoting physical fitness, mental well-being, and community engagement. It provided a valuable opportunity for participants to learn about and experience the benefits of yoga, mindfulness, and healthy living practices.

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