



**Uka Tarsadia University**

**SRIMCA-MBA**

**Report of Well-being Session  
Organized on (Yoga Pranayama  
& Body Postures)**

**Date:** August 9, 2024

**Venue:** Yoga Center, SRCP, UTU.

**Time:** 9:00 to 11:30

**Total No. of Participants:** FYMBA (52) and SYMBA Students (100)

**Name of the Expert:** Mr. Nilesh Lad

**Profile of Expert:** Full-time Teacher of Art of Living

**Program Objective:** The objective of a Yoga Pranayama program for students is to enhance their physical and mental well-being by teaching them effective breathing techniques. The program aims to reduce stress, improve concentration, and boost overall energy levels, helping students perform better academically and in extracurricular activities.

**Program Outline:** A Well-being session on Yoga, Pranayama, and body postures was conducted to enhance their physical and mental well-being by teaching them effective breathing techniques.

**Program Outcome:** Students learn Yoga, meditations, and pranayama which enhance their Physical and mental capabilities to perform the tasks.

## Schedule of Events

Time	Activity
9:00- 11:30	Well-being session on Yoga, Pranayama, and body postures.

The session was conducted by Mr. Nilesh Lad sir who is a full-time Art of living teacher, boasting over 25 years of experience in spreading the teaching yoga of Sri Sri Ravi Shankar (Gurudev).

The Session covered the following key topics:

The Yoga and Pranayama session explained to students the basics of Pranayama, focusing on simple breathing exercises that help calm the mind and improve energy flow. Key parts of the session include practicing Anulom Vilom and Bhastrika which help the lungs work better and increase oxygen levels. The session demonstrated how moving and breathing together can strengthen the mind-body connection. Students also learned how to use breathing to reduce stress and feel more balanced emotionally. The session explained how deep breathing can lower heart rate and blood pressure, making the body healthier. It also highlighted the benefits of regular practice for keeping the mind clear and focused.





**Outcome:**

**Improved Skills:**

- Participants Experienced practical sessions of Yoga and Pranayama.

**Report Prepared by:** Ms.Krupa Patel

**Date:** August 10, 2024.