



**Uka Tarsadia University**

**SRIMCA-MBA**

**Report on Yoga & Meditation  
Session Organized by  
Well-being Club**

**Date:** December 20, 2024

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

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

**Total No. of Participants:** FYMBA (53)

**Name of the Expert:** Mr. Vinod Bhai

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

**Program Objective:** The objective of a Yoga & Meditation 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, and meditation 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 & Meditation

The session was conducted by Mr. Vinod 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 Meditation session explained to students the basics of Pranayama, focusing on simple breathing exercises that help calm the mind and improve energy flow. 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.



**Outcome:**

**Improved Skills:**

- Participants Experienced practical sessions of Yoga and Meditation.

**Report Prepared by:** Ms. Hiral Naik

**Date:** 01 January, 2025.