



B.V. Patel Institute of Commerce



Event-Report

Details About Event:

Event	Health and Happiness (session)
Date of Event	19/Dec/2019
Time of Event	12:55 pm to 1:50 pm
Venue	Class room no 9, B.V.Patel Institute of Commerce
Organized By	B.V.Patel Institute of commerce
Session By	Dr. Rashvin Tailor, Faculty SRIMCA, Management, UTU
Coordinator	Ravi sachde and all students coordinators.
Participants	74

Event Objective:

1. To enhance students how to be healthy and happy in life.
2. Preparing the Students how to control the stress by doing exercise.

Event Description:-

The students of B.com Second year attend the session on Health and Happiness which was organized by B.V.Patel Institute of Commerce. The session was delivered by Dr. Rashvin Tailor. This session was to interested and students enjoy a lot. The session was full knowledgeable where students' eagerly took interest in the session.

Topic of discuss: Health, How we can be healthy? Type of exercise to be done regularly.

Important Points:

1. Breathing Techniques.
2. Exercise
3. Meditation
4. Happiness tips
5. How to control anger?
6. How to take care of health?
7. Tips for happy life
8. Benefits of breathing techniques.
9. Clapping exercise.
10. Happiness program.

Glimpses of Event:

