



# Gujarat Technological University

(Accredited with A+ Grade by NAAC)  
(Graduate School of Management Studies)

## Report on “A Workshop on Yoga & Wellness”

- 1) Title of Event: Yoga and Wellness
- 2) Type of Event: Workshop
- 3) Date: 25<sup>th</sup> September to 7<sup>th</sup> October, 2023  
Time: 4.15 PM to 5.15 PM  
Venue of the Event: Acharya Chanakya Hall

4) Description of Event:

Yoga Health and Wellness workshop at Graduate School of Management Studies (GSMS) was a highly successful event aimed at promoting physical and mental well-being among students. The details of the event are as follows:-

- Certified yoga instructors led daily yoga sessions till 2 weeks, focusing on different aspects of practice, such as Surya Namaskar, Vrikshasana, and Tadasana
- Participants learned techniques for stress reduction, meditation (Bhastrika, Kapalbhati, Anulom Vilom, Bhramari), and mindfulness to enhance their mental well-being
- Yoga instructors also conducted informative talks on healthy eating habits, balanced nutrition, and maintaining overall wellness and the importance of yoga

Yoga, Health, and Wellness workshop proved to be a great success, fostering a sense of community and promoting healthy living among the college members. The event not only educated participants about the importance of physical and mental well-being but also provided them with practical tools and techniques to incorporate these practices into their daily lives.



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5) List of Experts and their brief speech

Mr. Omprakash Sagar and Ms. Shashibala Sagar  
Yoga Instructors, Bodhi Yoga Junction, Ahmedabad

6) List and number of Participants

The workshop was organized for the first semester students of BBA batch 2023-26. The total enrolled students of the batch are 72.

7) Flyer of the Event

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**A Workshop on  
Yoga & Wellness**  
In Association with Bodhi Yoga

**Experts:**  
Omprakash Sagar & Shashibala Sagar

**Date: 25/9/2023 to 07/10/2023**  
**Time :- 4:15 PM to 5:15 PM**

**Acharya Chanakya Hall**

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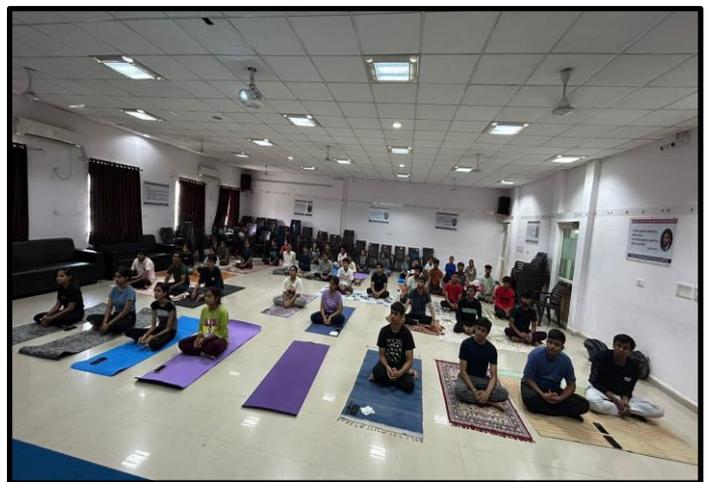
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## 8) Feedback of the Event

- Encouraged participants to engage in physical activity through yoga asana to improve flexibility, strength, and overall fitness
- Introduced stress management techniques and mindfulness practices to help participants cope with academic and personal stressors
- Increase awareness about the benefits of yoga for mental health, physical wellness, and holistic well-being
- Create a sense of togetherness and unity within the college community by participating in a shared wellness experience

## 9) Photographs of the Event



A workshop on Yoga and Wellness



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