

## **Gujarat Technological University**

(Accredited with A+ Grade by NAAC)

### **Graduate School of Management Studies**

Report on "An Expert Session on Meditation & Nutrition"

1) Title of Event: Meditation & Nutrition

2) Type of Event: Expert Session

3) Date: 24<sup>th</sup> November 2023, Friday

Time: 2 PM to 4 PM

Venue: Acharya Chanakya Hall, GSMS

#### 4) Description of Event:

Meditation and Nutrition expert session at Graduate School of Management Studies (GSMS) was a highly successful event aimed at promoting physical and mental well-being among student. The details of the event are as follows:

- Yoga instructor conducted informative talk on healthy eating habits, balanced nutrition, and maintaining overall wellness and the importance of yoga
- Students also practiced meditation and an expert discussed about meditation techniques, its need and benefits
- Mediation and nutrition 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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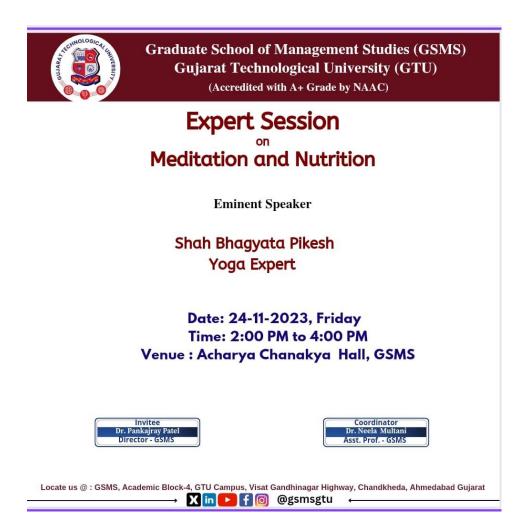
5) Name of Expert:

Ms. Shah Bhagyata Pikesh Yoga Expert, Yoga with Bhuni, Sarvy Solaris, Motera, Sabarmati

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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#### 8) Feedback of the Event:

- The session offered a well-rounded understanding of both meditation and nutrition, covering relevant topics and providing practical insights.
- The content was relevant to our daily lives, and the session highlighted the importance of integrating meditation and nutrition for overall well-being.
- Specific insights or tips provided during the session were particularly valuable, enhancing are understanding and encouraging positive changes.

**Report Prepared by:** 

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