



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: 24th 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
- Meditation 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:



Graduate School of Management Studies (GSMS)
Gujarat Technological University (GTU)
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Expert Session

on

Meditation and Nutrition

Eminent Speaker

Shah Bhagyata Pikesh
Yoga Expert

Date: 24-11-2023, Friday
Time: 2:00 PM to 4:00 PM
Venue : Acharya Chanakya Hall, GSMS

Invitee Dr. Pankajray Patel Director - GSMS	Coordinator Dr. Neela Multani Asst. Prof. - GSMS
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Locate us @ : GSMS, Academic Block-4, GTU Campus, Visat Gandhinagar Highway, Chandkheda, Ahmedabad Gujarat

→  @gsmsgtu ←



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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 our understanding and encouraging positive changes.

Report Prepared by:

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