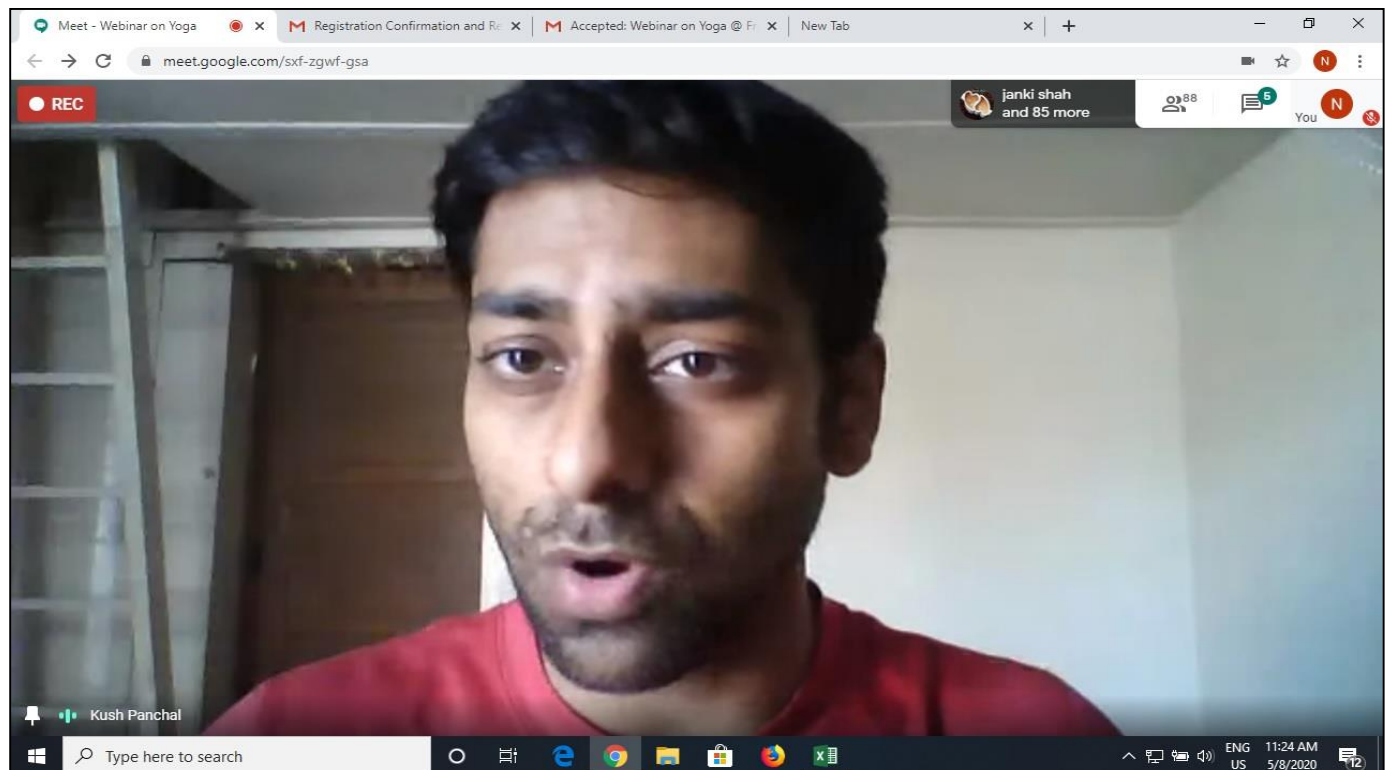
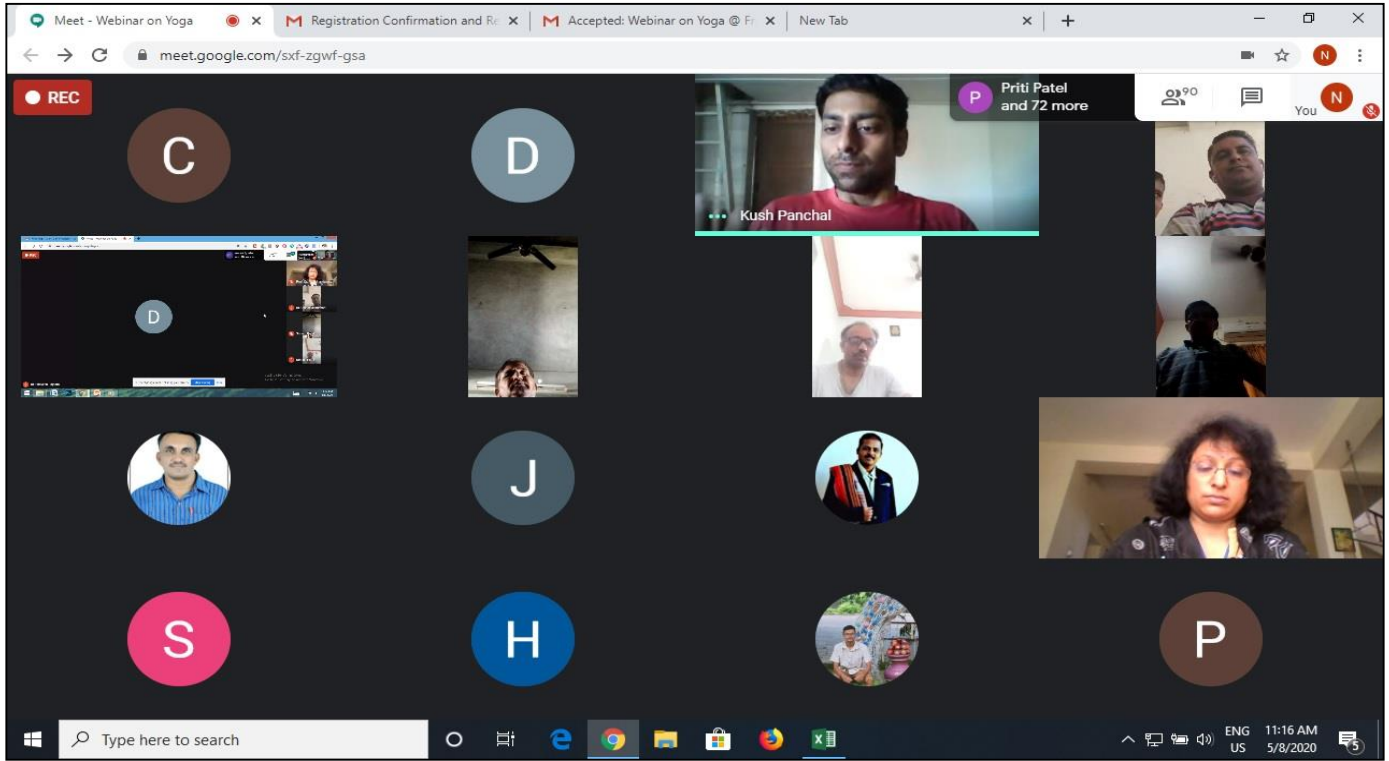




MADHUBEN & BHANUBHAI PATEL INSTITUTE OF TECHNOLOGY (A CHARUTAR VIDYAMANDAL INSTITUTION)

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The webinar was conducted by Dr. Kush Panchal on 8th May, 2020 on Google Meet organized by Madhuben and Bhanubhai Patel Institute of Technology (MBIT) - CVM under the guidance of Prof. Archana Nanoty Madam, Principal, MBIT.

Dr. Kush Panchal comes from a spiritual family and has achieved several highly reputed Diplomas and Advance Degrees with distinctions in Yogic Education, Yoga-Sutras, Fitness Management & Theory. For last 8 years he has been travelling all over India, US, Europe, UAE and UK extensively as a guest instructor, doing big and small workshops and classes at corporate events, schools, universities, clubs, parks, private, yoga shows and national festivals

Kush thinks: your fitness goal and your functional move depend on your body type. It is not just about flexibility, you must also focus on strength training, yoga for weight loss, cardio vascular fitness, muscle endurance and most importantly a Satvik Aahar(good and nutritious food). The ultimate conditioning regime for Kush is FREERUN - the complete mind & body training.

Topics discussed in webinar:

Stretching Exercises benefits and ways:

All need to stretch in order to protect our mobility and independence. A lot of people don't understand that stretching has to happen on a regular basis. Stretching keeps the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight. Thus total 4-5 stretching yoga poses were taught by Dr. Kush Panchal, explaining the importance of each in which neck and back stretching was given more importance.

Importance of Satvik Aahar (Good and Nutritious food):

Satvik food can make you feel light, enthusiastic and energetic. It is the one that is pure, clean and wholesome, and promotes intelligence, strength and courage. *The Ayurvedic Cookbook* says, 'It not only meets your physical requirements of protein, carbohydrates and fats but also nourishes your body and mind.' the significance of a satvik diet is that it's light in nature, easy to digest, mildly cooling, refreshing and not disturbing to the mind. It is rich in *prana* (purity), so promotes positive thoughts, happiness and satisfaction. Along with the benefits and importance of Satvik Aahar the timings for taking meal was also explained by Kush sir.



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Meditation (The Ultimate peace for body and soul):

While meditation helps to keep the mind sharp and clear, relieves stress and improves overall well-being. Some of the most beneficial aspects of meditation include:

1. Emotional Upliftment
2. Stress Management
3. Manage Anxiety and Depression
4. Improves Concentration

Different ways to do meditation was shown and live meditation session was arranged.

After the session the attendees were allowed to ask questions during which we got number of queries related to food and personal health which was answered by Dr. Kush Panchal with great details.