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Event Report

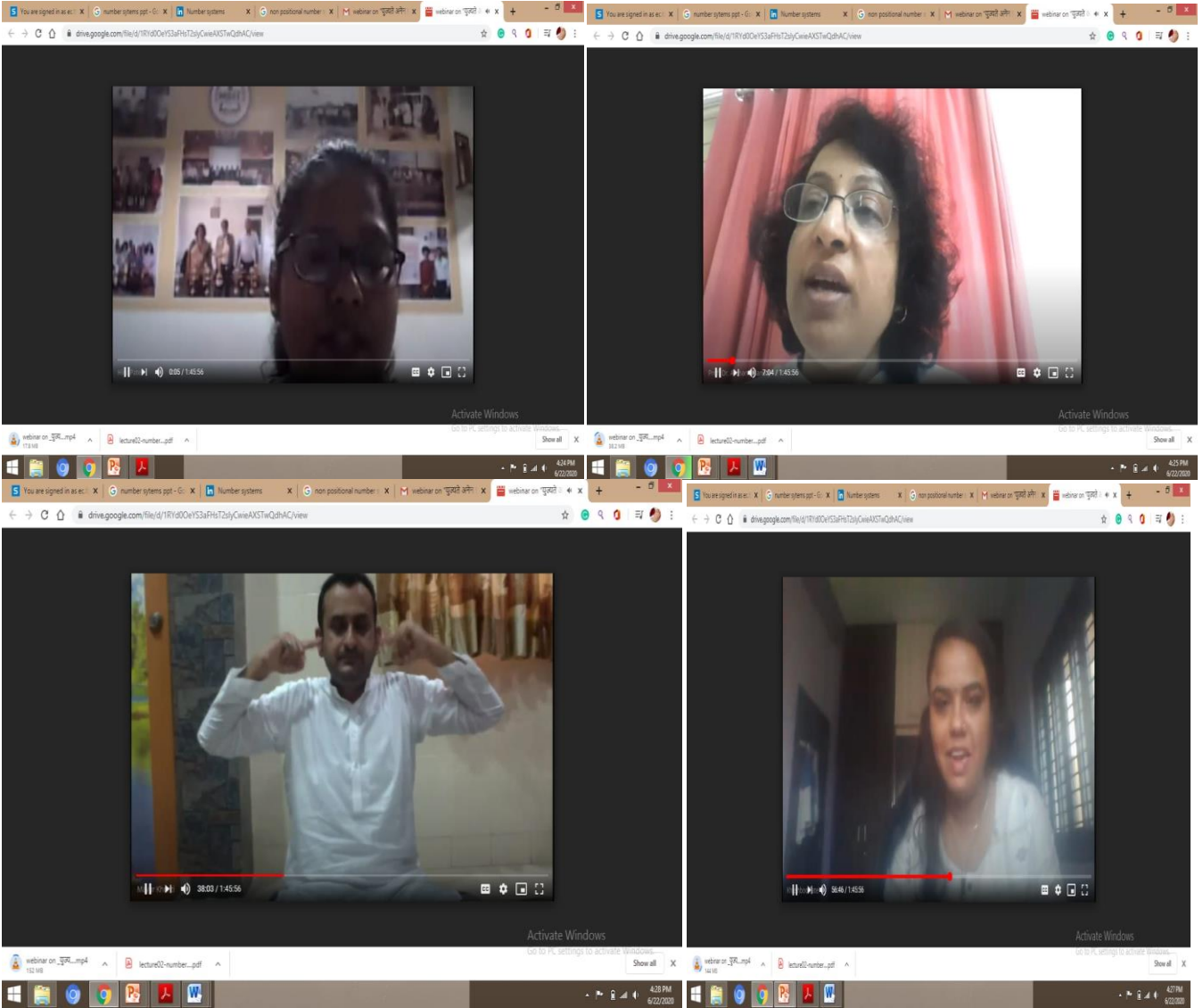
A Webinar, “युज्यते अनेन इति योगः” organized by MBIT on 21st June 2020

The Constituent institute of CVM University, MBIT organized a webinar “युज्यते अनेन इति योगः” on 21st June 2020. There were more than 80 participants from different colleges.

The program started with the blessings of Goddess Saraswati. Er. Bhikhubhai Patel, Chairman of Charutar Vidya Mandal and President of CVM University; blessed all through a virtual platform. Prof. Dr. Archana Nanoty, Principal, MBIT; addressed this virtual gathering and welcomed all participants for this event.

Yoga Expert, Advocate Shri Mayur Khunti is practicing law in High court of Gujarat; was invited as an expert to celebrate International Yoga Day. He is a firm follower of H.H. Sri Sri Ravishankarji and believes that meditation should be an important part of one’s life. He is associated with The Art of Living organization since January 2010. He has touched thousands of lives through his meditation and yoga seminars; which in turn has benefited them in their lives. Advocate Mayur Khunti explained the importance of yoga in life and demonstrated in an articulated manner. He emphasized getting involved in yoga by wearing a smile on face which will have a positive impact on the practitioner’s body. Yoga is the most effective way of connecting your soul to God. It balances our mind and body and connects us to the natural world and helps us appreciate the world in a healthier approach. He made everyone believe that Meditation; a form of yoga, helps us think about life and the Supreme power God which makes us a better person and help to make better decisions about life. Meditation gives immense serenity and peace to the person and helps to undertake daily struggles in a healthier manner.

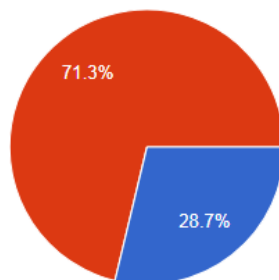
This program was successfully organized under the guidance of Prof. Dr. Archana Nanoty, Principal, MBIT. Er. Bhikhubhai Patel, Chairman of Charutar Vidya Mandal and President of CVM University; congratulated team MBIT for the successful event of the International Yoga Day celebration.



Feedback from Participants:

Category

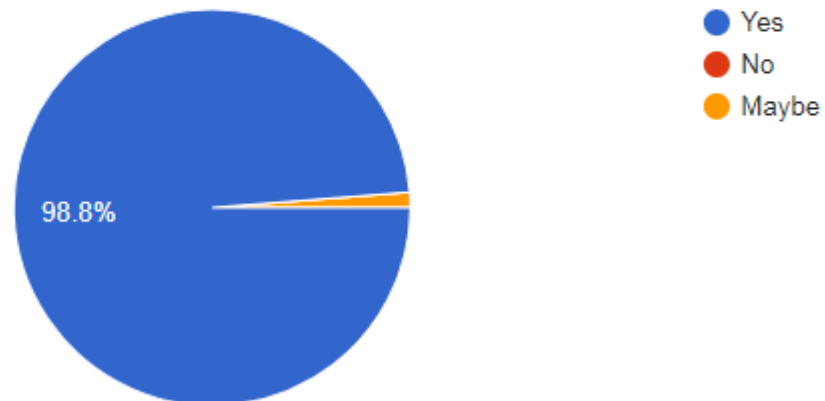
80 responses



- Faculty
- Student

Did you find this session useful?

80 responses



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1. Today's web seminar is very useful! Very well yoga demonstration with smiling face .Their talk seems to be informative and lots of energetic . Thanks for CVM university to bring eminent speaker for this webinar.
 2. Thank you so much sir and MBIT family. I congratulate all the members of the organizing team for webinar.
 3. General takeaways from the whole event are good and are going to help all the participants.
 4. All participants enjoyed and it was really innovative session.