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“YOGA For Wellbeing” Report

WDC, MBIT in collaboration with Isha Foundation organized a session on “yoga for wellbeing” on 20th February 2021.

A CVM Institute, MBIT and ISHA Foundation by SADGURU joined forces to assemble a live session on “Yoga for Well Being” on 20th of February 2021. Isha Foundation is dedicated to raising human consciousness and fosters global harmony through individual transformation. Founded by Sadguru, it is a 100% volunteer run non profit organization.

Isha's powerful yoga programs and inspiring projects for society, environment, and education are appreciated worldwide. Isha Foundation believes that “The only way to experience true wellbeing is to turn inward. This is what yoga means -not up, not out, but in. the only way out is in”.

The session was conducted on Youtube. It commenced by a brief Introduction about the session details from Mr. Abhishek Patel - a volunteer at Isha Foundation. Further the principal of MBIT, Dr. Archana Nanoty addressed the guest and event. Also she greeted the speaker for his presence.

Advancing the session, Mr Abhishek delivered a recorded session dedicated to meditation, which included the introduction and direction to perform it. All the participants were simultaneously performing the exercise as directed. After completion of the video the speaker gave a brief insight about it.

Further moving in a similar pattern two more videos were presented by Mr. Patel. One for Yoga and the other for Wellbeing in life. The Yoga video explained the importance of Yoga and presented quite a few Positions and methods to perform yoga. The participants were performing the exact as directed at the same time.



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Eventually the session came to its prime with the 3rd session which was dedicated to wellbeing in life and how to live a healthy and a peaceful life. The session reflected the need for giving a small bit of our everyday life to Yoga and meditation for the sake of our wellbeing. And the session ended with an appreciation to the participants by the speaker and with the MBIT anthem followed by the National anthem.

In a Nutshell, it was an enlightening session which would help many of the participants to give a different meaning to their daily chores and add up a little bit of yoga/meditation to it for their wellbeing.

Date:- 20th Feb 2021

Time: - 09:00 AM TO 10:00AM I.S.T.

Some glimpse of the event are shown below,





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