

Report

Workshop

“Inhale the good stuff, exhale the bad stuff”

10th September 2022 (Friday)

On 10th September 2022 a workshop on **“Inhale the good stuff, exhale the bad stuff”** was organized for first year students as a part of Induction Program at MBIT during **11:00 AM to 1:00 PM in A201**. In this program Ypga Trainer Mrs Khyati Roghelia guided the students on various asanas such as Chair Yoga, Subtle Exercise, Tadasana, Vrikshasana, Ardhashandrasana. She also performed Pranayama Anulom-Vilom, Bhastrika, Bhramari etc., and mentioned their necessity for physical and mental health of the students, were. Also, she emphasized on importance of meditation for mental peace and stress-free life and guided them to meditate regularly for long term benefits.



