



Session on “Avishkar 2024 – an Induction program (Day 5) for FYBBA students

Yog Garba-The Path to total wellness

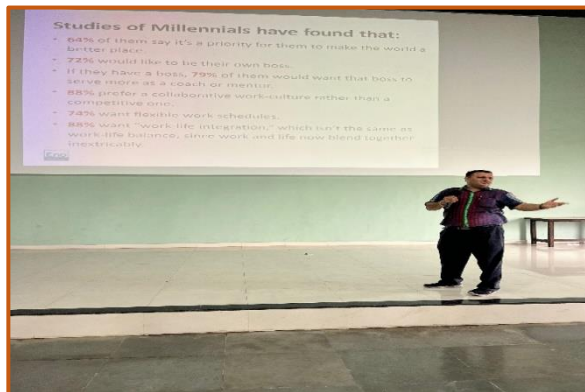
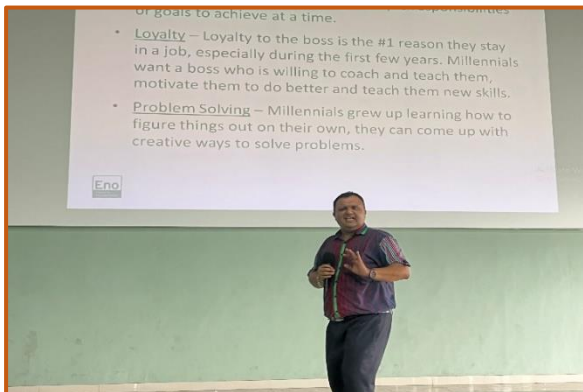
Millennial Profile for Corporate World

Date: 28/06/2024

Date of Event	28/06/2024
Venue	Gopal Bhavan, UTU
Time	9:30 am to 2:30 pm
Total No. of Participants	140
Expert Name	Dr. Vijay Gondaliya, Mr. Anish Rangrej, Mr. Parvez Malek
Event Coordinator	Dr. Kruti Bhatt, Dr. Vivek Ayre
Event Category	Induction Program
Program objective	To make students acquaint with the attachment towards culture and having fitness through Yoga. Also make students aware about the Millennial Profile and their place at Corporates.
Program outcomes	Students receive information regarding health and fitness by associating with Yog Garba and also enhanced about millennial profile and associated place in corporates.

Day 5 of Avishkar 2024 began with a burst of vitality and inspiration as Mr. Anish Rangrej, the visionary founder of the Indian Academy of Garba and Dohiya and the creator of YogGarba, led an invigorating session that seamlessly blended the art of Garba with the principles of yoga. The session, a unique fusion of movement and mindfulness, was met with enthusiastic participation from the students, who eagerly embraced the physical, psychological, and spiritual benefits of this innovative practice. As Mr. Rangrej guided the students through a series of dynamic Garba steps interwoven with calming yoga postures, the atmosphere became one of joyous energy and deep relaxation. Attendees emerged from the session not only revitalized but also uplifted, carrying with them a renewed sense of balance and well-being.

As the day progressed into the afternoon, the focus shifted to the evolving landscape of the corporate world with a thought-provoking session led by Mr. Parvez Malek. His presentation on "The Millennial Profile and Their Significance in the Corporate Arena" was both enlightening and engaging. Mr. Malek, with his extensive experience and sharp insights, provided a comprehensive analysis of how millennials are reshaping organizational dynamics. He delved into the distinct characteristics and values of this generation, illustrating how their unique perspectives and approaches are influencing corporate strategies and cultures. His talk not only offered valuable management insights but also inspired students to consider how they can leverage their own millennial traits to drive success in their future careers.



Later in the day, Dr. Vijay Gondaliya, the esteemed Director of B. V. Patel Institute of Management, graced the students with a heartfelt welcome. His address was a blend of warmth and wisdom, designed to motivate and guide the FYBBA students as they embarked on their academic journey. Dr. Gondaliya's words were a powerful reminder of the importance of academic excellence and personal growth. He emphasized the value of perseverance, curiosity, and dedication, encouraging students to embrace the challenges and opportunities that lie ahead with a positive and determined outlook.

Overall, Day 5 of Avishkar 2024 was a tapestry of enriching experiences that catered to both the holistic well-being and professional growth of the students. From the revitalizing session of YogGarba, which harmonized physical and mental fitness, to the insightful exploration of millennial influence in the corporate world, and the motivational guidance from Dr. Gondaliya, the day was a blend of celebration, learning, and inspiration. Each session contributed to broadening the students' perspectives, fostering a sense of community, and igniting a sense of purpose as they continue their journey through the program.

Report prepared by Dr. Kruti Bhatt & Dr. Vivek Ayre

Sign of the HOD