



## **Session No. 3: Cahir Yoga - The Heartfulness Way**

**Date: 12/09/2024**

<b>Date of Event</b>	12/09/2024
<b>Venue</b>	Gopal Bhavan Auditorium
<b>Time</b>	9:00 to 10:30
<b>Total No.of Participants</b>	202 FYBBA Students
<b>Expert Name</b>	Hitesh Parekh
<b>Event Coordinator</b>	Dr. Vivek Ayre and Dr. Taral Patel
<b>Event Category</b>	Spiritual Club
<b>Program objective</b>	To give insight related to Functioning of Mind and Meditation with chair yoga
<b>Program outcomes</b>	At the end of session students able to understand the benefits of yoga and meditation to relax one self.

The session was highly interactive, with students actively engaging in practical tips shared by Shree Hiteshbhai Parekh. All students had a great learning experience, clearing their doubts by asking different questions.

### **Benefits of Meditation on the Mind**

- **Reduces Stress and Anxiety:** Meditation helps lower cortisol levels, reducing stress and anxiety.
- **Improves Focus:** It enhances cognitive control, improving focus and attention span.
- **Increases Emotional Intelligence:** It allows individuals to understand and manage their emotions more effectively.
- **Promotes Well-being:** Regular meditation has been linked to greater happiness, life satisfaction, and emotional resilience.

We extend our heartfelt thanks to University office bearers and all students who have participated enthusiastically.



Report prepared by Dr Vivek Ayre

Sign of the HOD