



Uka Tarsadia University
B. V. Patel Institute of Management



**Report on Live Interactions on Yoga, Meditation, Stress Management
and Spirituality with Prof. Cogen Bohanec**

Date: 27/09/2024

Date of Event	27/09/2024
Venue	Online – Zoom Meeting
Time	10:00 pm – 11:15 pm
Total No. of Participants	39
Expert Name	Prof. Cogen Bohanec
Event Coordinator	Ms. Bhavna Patel
Event Category	Spiritual Club - Online course on Yoga & Meditation for Daily Life – Stress Management
Program objective	To have live interactions with Prof. Cogen Bohanec for doubt solving and for addressing other queries related to the course and the theme
Program outcomes	The students could interact with Prof. Cogen Bohanec and resolve their queries regarding the course and gain deeper insights regarding meditation, yoga and stress management.

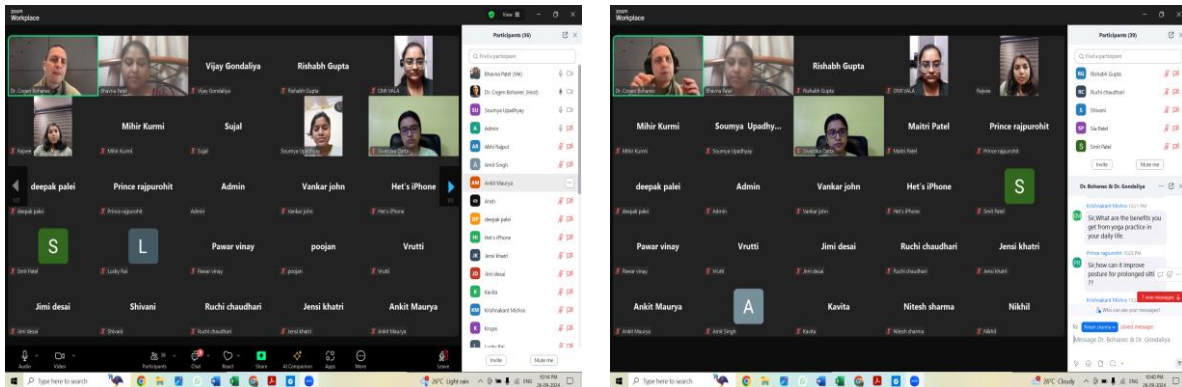
The students of B. V. Patel Institute of Management pursued an online course titled Yoga and Meditation for Daily Life – Stress Management offered by Arihanta Institute, a non-profit California Corporation founded in February 2022 which is a world-class online educational institution mostly offering courses on philosophical, cultural, historical, ethical and spirituality aspects.

38 students enrolled for the course and had the privilege to learn from Prof. Cogen Bohanec, the faculty of the course. In order to facilitate students with live interaction with Prof. Bohanec B. V. Patel Institute of Management had requested the institute to arrange the session which was scheduled on 27th September, 2024 at 10:00 pm.

The live interactions allowed the students to present their doubts and queries to the Prof. Bohanec and get further insights into Yoga, Meditation, Stress Management and Spirituality.

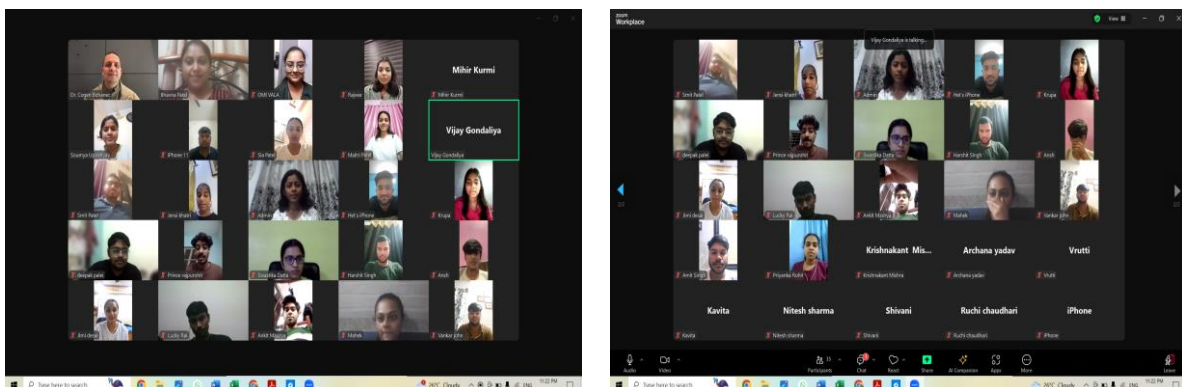
Ms. Bhavna Patel, the coordinator of the course at BVPIM initiated the interactions by welcoming the expert, director and participants followed by introduction of Prof. Cogen Bohanec. Followed by introduction, the Professor shared his journey into this spiritual life.

The students asked various questions to the professor and received insightful answers to their satisfaction. While answering the queries of the students, Prof. Bohanec shed light on how can the beginners improve their concentration while performing meditation, why starting yoga and meditation practices are important at this age for the student who have to face intense competition and examinations, how can one include these practices into their busy schedules, why is it important to enjoy the process and keep faith, etc.



The key takeaways from the interactions:

1. Scriptures and Mantras can help improve concentration during Meditation.
2. Consistency & Discipline are the keys to achieving success whether it is attaining a correct posture of asanas, improving concentration in meditation, or reaching the desired level of spirituality in life. (Tapasya)
3. The goal of life should be being happy and happiness cannot be found outside. Happiness is within us, we are made of happiness, and spirituality can help us find out. (Sacchidananda)
4. Anger is not negative, it is an important emotion to experience and use for betterment, however, knowing the consequences and being responsible is important.
5. Our greatest enemy we need to fight with is our own selves.



Prof. Cogen Bohanec is a Professor of Sanskrit and Jain Studies at Arihanta Institute. He also teaches Sanskrit and Gujarati at Claremont School of Theology. He holds an MA in Buddhist studies and Ph.D in “Historical and Cultural Studies of Religion” with an emphasis in Hindu Studies. He specializes in Jain and Hindu traditions, comparative dharma tradition, philosophy of religion and theo-ethics and Sanskrit language. Currently he is largely engaged in publication and research on various aspects of the Jain tradition, emphasizing translations and analysis of Jain, Sanskrit, Prakrit and Gujarati texts.

The session was concluded with vote of thanks to the Professor Bohanec and Arihanta Institute.

Report prepared by Ms. Bhavna Patel

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