



ARYABHATTA COLLEGE



University of Delhi



PRESENTS

Webinar on 'Yoga & Prosperity'

On

21st June 2022 Yoga Day

Patron: Prof. Manoj Sinha

Convenor: Dr. Monica Aggarwal

Co-Convenors: Dr. Shivani Raheja, Dr. Ruchi Upadhyay

Student Coordinators: Ms. Simran Mehta, Ms. Shanya Srivastava, Mr. Yash Agarwal, Ms. Muskan Rana, Mr. Prashant Mishra, Mr. Aviral Agrawal, Ms. Mahek Yadav, and Ms. Anshika Jain.

YouTube link: <https://www.youtube.com/watch?v=rhLAcBIShfM>

On the occasion of **International Yoga Day**, the Entrepreneurship Cell, Aryabhatta College organised a webinar about work-life balance, yoga and entrepreneurship for the budding entrepreneurs with **Ms. Mehak Gupta, founder of Mehak Yoga from 3:00 pm onwards in virtual mode.**

About the guest:

Ms. Mehak Gupta is a Certified Level 1 IndeaYoga teacher. She specialises in Hatha Yoga, Ashtanga Yoga, Yin Yoga, Chakra Meditation, and Reiki Healing. She has been practising Yoga for the past 14 years and received her training from Mysore, Rishikesh & Delhi. For 4 years, she has been actively working with women. She is currently conducting virtual workshops and programs for problems like PCOS, Stress, Thyroid, Migraine, and Weight Management.

About the event:

The event was held on Google meet and live-streamed on YouTube. **Professor Manoj Sinha, Principal, Aryabhatta College** sent the appreciation for the team for organising such a webinar for the aspiring entrepreneurs. The event commenced with a welcome note by **Simran Mehta, President, E-Cell**, who welcomed everyone with her warm wishes. It was continued with an introduction of the speaker by **Naina Mogha, Associate Member, E-Cell**. The event began with a question-and-answer session which was led by **Triguna Jain, Associate Member, E-Cell**.

The discussion started with the speaker's journey of becoming a yoga teacher and her career transition from a yoga instructor to a businesswoman. Ms. Gupta told the viewers that she was associated with yoga since her childhood. She mentioned that her main motive for becoming a businesswoman was to establish herself as a brand, share her learnings with other women and help women across the society overcome various problems they face. She also shared her insights into how it was difficult for her to choose an unconventional career. She also guided the viewers with the key ingredients to sustain unconventional careers, which are keeping up with the industry, creativity, and innovation.

Next, she discussed work-life balance and how the students can attain it. She elaborated on the consequences of stress on our overall body, pointing out that stress not only affects our mind but also our physical body. She then explained the true meaning of Yoga, which itself means to attain Equanimity or balance at all stages. She further emphasised on getting into a healthy routine, which involves at least an hour of the day, investing that time into ourselves, detaching from all the thoughts of stress, and just focusing on personal awareness and growth at the physical and mental level.

She shed light on gaining awareness in our daily lives. She mentioned that awareness of our own body and mind as well as of the external environment is very much essential for a healthy life. She also mentioned that we cannot gain a healthy lifestyle if we will just force ourselves to work on anything. She then added the importance of a good night's sleep for the overall work-life balance.

For the next question, the speaker described different limbs or subparts of yoga. These start from discipline, asanas, pranayama, and then meditation. She started by defining the

importance of discipline in one's life, as she mentioned that discipline means having control and awareness over our physical self. She also added that control over our body is not only about the balance of life, but it also enhances our strength, flexibility, and endurance. She then briefed the audience about pranayama, which is the yogic practice to regulate and maintain healthy breathing, which is essential for controlling various aspects of our lives. She then added the role of meditation and how it is beneficial. She also emphasised on the fact that one can be good at various yogic practices by themselves practising them regularly. She also threw some light on some benefits of practising yoga regularly. She then busted some ongoing myths about fitness and helped the audience to get aware of these facts. She further told the long-term benefits of yoga and how these are useful in curing various severe medical conditions.

Next, Ms. Gupta told everyone about her journey of transformation with the application of yoga in her routine. She mentioned how yoga improved her sleep cycle, helped her in accepting who she was, and helped her feel good and positive. She also mentioned how she got control and managed her time and emotions.

For the next question, the speaker mentioned the significance of various yogic practices that are helpful for students. She told the audience that asanas are definitely a good way to detach from external influences. Later, she added the role of pranayama in overcoming the negative thoughts and improving focus. She further added the importance of stress in our lives and that not all types of stress are harmful, a limited amount of stress is essential for the growth of an individual. She then gave the audience various solutions to get back on track and live a healthier life.

For the final question, Ms. Gupta gave her insights on various regimes of physical activities like yoga, aerobics, Zumba, etc. She then differentiated between yoga and other physical activities and mentioned how one is more beneficial than the other. She also briefed the viewers about how yoga is more helpful and better than any other practice.

The session continued for about 40 minutes with the insightful thoughts of the speaker. The session was brought to an end after our team member, Triguna thanked the audience for their precious time. **The YouTube Live garnered more than 250 views.**

Some of the attendees include:

1. Anshika
2. Shanya
3. Aviral
4. Udhav
5. Mahek
6. Piyush
7. Kalyani
8. Anushka
9. Garv
10. Khyati
11. Nikhil
12. Dev
13. Surbhi
14. Chetan
15. Dipleen

- 16. Shubham
- 17. Aditya
- 18. Ayushi
- 19. Jitender
- 20. Naina

Event Poster:

The poster features a central portrait of Mehak Gupta, a woman with curly hair wearing a purple top. The background is a gradient of purple and brown with decorative floral patterns. At the top left is the logo of the Entrepreneurship Cell, University of Delhi. At the top right is the logo of the University of Delhi. The text 'The Entrepreneurship Cell' is prominently displayed in the center, followed by 'Presents' in a cursive font. The main title 'Yoga & Prosperity' is in a large, bold, red serif font. Below the title, it says 'LIVE WEBINAR ON' with a YouTube icon, followed by 'JUNE 21 2022 | 3:00 PM'. The speaker's name 'MEHAK GUPTA' is in large white letters, with her credentials 'FITNESS INFLUENCER | YOGA TEACHER | LIFESTYLE COACH' below. At the bottom, the names of the Patron, Convenor, Faculty Coordinators, and Student Coordinators are listed.

The Entrepreneurship Cell
Presents
Yoga & Prosperity

LIVE WEBINAR ON 
JUNE 21 2022 | 3:00 PM

With
MEHAK GUPTA
FITNESS INFLUENCER | YOGA TEACHER |
LIFESTYLE COACH

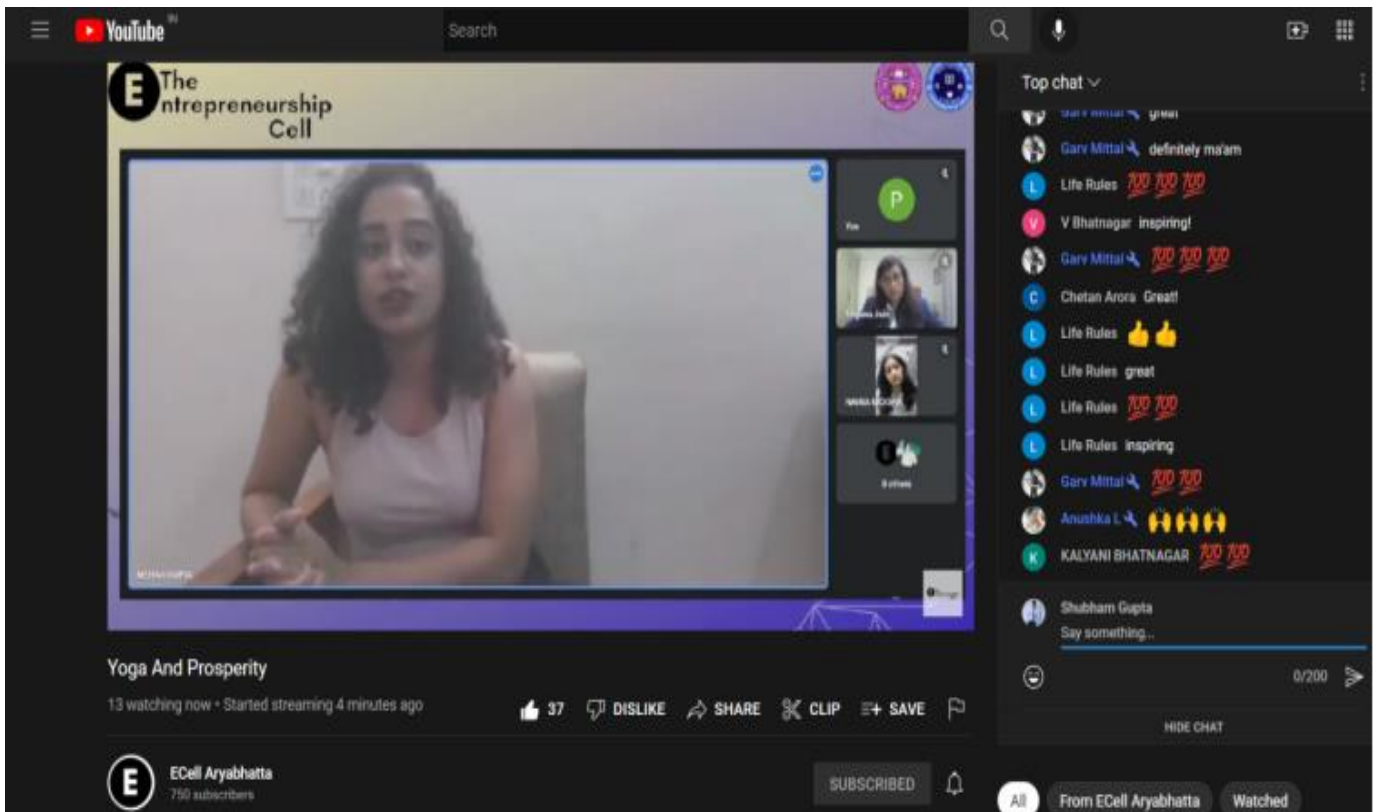
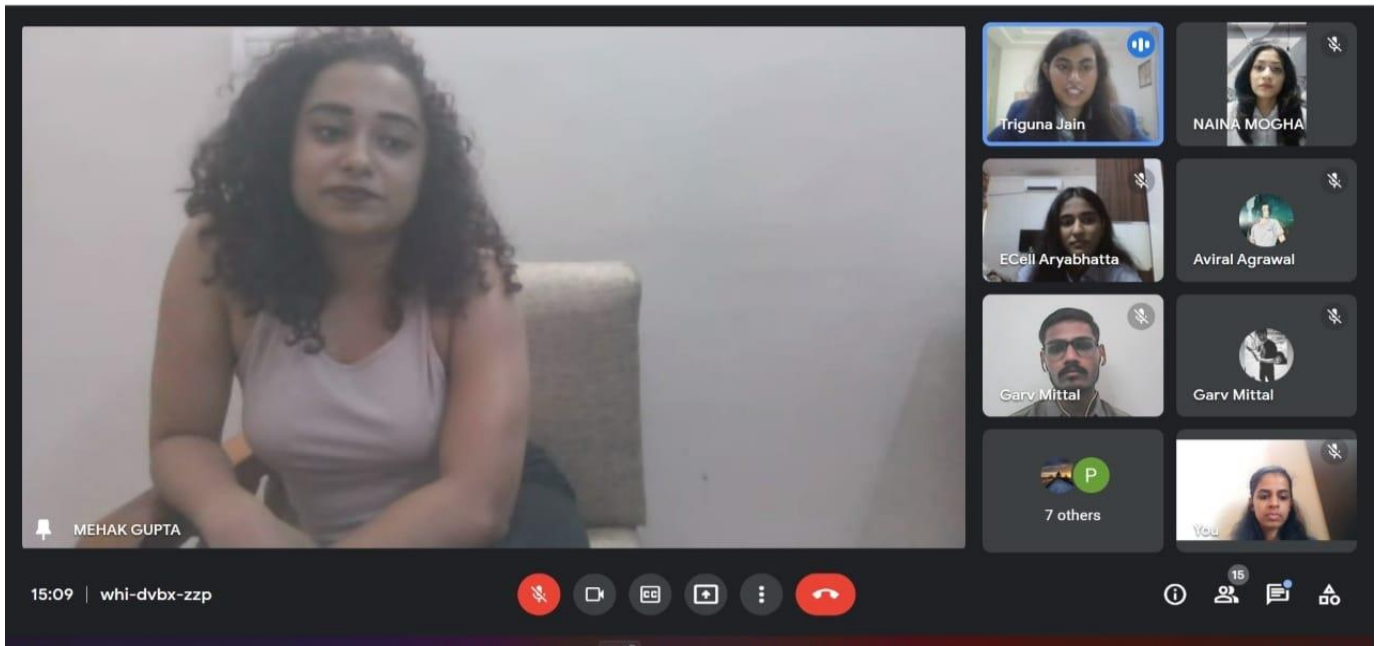
Patron
Prof. Manoj Sinha
(Principal)

Convenor
Dr. Monica Aggarwal

Faculty Coordinators
Dr. Shivani Raheja
Dr. Ruchi Upadhyay

Student Coordinators
Simran Mehta
Shanya Srivastava

Event Pictures:



The image shows a Zoom meeting interface. The main window displays a large video of a woman with long, dark, curly hair, wearing a light-colored sleeveless top. She is gesturing with her hands, pointing upwards with her right hand and making a 'V' sign with her left hand. A small notification in the bottom-left corner of the main video says "Anshika Jain has left the meeting". Below the main video, the name "MEHAK GUPTA" is visible. To the right of the main video is a gallery of smaller video thumbnails for other participants. The thumbnails are arranged in a grid:

- Top row: Triguna Jain, NAINA MOGHA
- Second row: ECall Aryabhata, Aviral Agrawal
- Third row: Anushka L, Gaur Mittal
- Bottom row: A thumbnail with a red circle and the letter 'M' labeled "7 others", and a thumbnail labeled "You" showing a person in a white shirt and blue tie.

At the bottom of the screen is a control bar with the following elements from left to right:

- Time: 15:47 | Meeting ID: whi-dvbx-zzp
- Microphone icon (red)
- Video icon (red)
- Chat icon (grey)
- Share screen icon (grey)
- More options icon (grey)
- End meeting icon (red)
- Participants icon (grey)
- Message icon (grey)
- Help icon (grey)