Breath, Balance & Mindfulness Workshop

Workshop | 11 February 2026

Participation: 30+ students

EVENT REPORT

Conducted by Mr. Ashok Bhatt, this workshop aimed to promote mental well-being, emotional balance and healthy lifestyle practices among students. More than 30 students participated in interactive discussions and guided exercises focused on holistic wellness.

Topics included mindfulness, circadian rhythm, diaphragmatic breathing, stress management and maintaining a balanced lifestyle. Participants were introduced to breathing techniques and mindfulness practices intended to improve concentration, emotional regulation, self-awareness and inner calm.

Through guided activities, students experienced present-moment awareness and learned practical strategies to manage academic stress, regulate emotions and cultivate healthier mental habits. The session emphasized the connection between physical health, daily routines and psychological well-being, and encouraged sustainable wellness practices.

