

A
REPORT OF WEBINAR
ON
“WELLNESS –
IN THE POST PANDEMIC WORLD”
DESIGN YOUR LIFE WEBINAR SERIES

DATE

16/08/2021

SUBMITTED BY

Ayush Singhal

(Assistant Professor, Department of CSE)

SUBMITTED TO

Director, MIT

LIVE SESSION

DESIGN YOUR LIFE - PART 3

Speaker

**Wellness -
In the Post Pandemic World**

16 August 2021, 11:00 AM

Mr. Deepak Khurana
Electronic Engineer,
Masters In Yogic Science,
Art of Living Faculty,
Certified International Yoga Professional
from Ayush Ministry, GOI

Coordinator

Ayush Singhal
Assistant Professor
Training & Placements Coordinator
Department of CSE

Registration Link:- <https://forms.gle/hnMofCQhYrXfoJdN9>

Joining Link:- <https://us06web.zoom.us/j/84844299690>

WhatsApp Group Link:- <https://chat.whatsapp.com/FVgoajCDoDsDjFH1pkpHpd>



MEERUT INSTITUTE OF TECHNOLOGY, MEERUT

Webinar on

“WELLNESS – IN THE POST PANDEMIC WORLD”

A Webinar was organized on “WELLNESS – IN THE POST PANDEMIC WORLD” on August 16, 2021 (MONDAY). Mr. Deepak Khurana (Electronic Engineer, Masters in Yogic Science, Art of Living Faculty, Certified International Yoga Professional from Ayush Ministry, GOI) has delivered his talk on the aforesaid topic.

The link of the event was shared with all the student and faculty members of MIT, Meerut and as well as with other institutions and universities across India. 187 people had registered for the webinar and 97 participants attended the webinar which includes faculty members, research scholars and students.



The event was live on the official Facebook page @mit2007 of Meerut Institute of Technology, Meerut. The webinar e-flyer was shared on Instagram, Facebook and LinkedIn. The recording of the same has also been uploaded on the official YouTube channel @MITMeerut of Meerut Institute of Technology, Meerut. The YouTube link for the same is <https://youtu.be/5tGnC-oZy1E>. The feedback link was shared with the participants. The feedback given was analysed and the report is attached.



Mr. Ayush Singhal, Innovation Ambassador at MIT, Meerut extends his gratitude to all the attendees and participants. Prof. (Dr.) Alok Chauhan (Director, MIT, Meerut) has appreciated the speaker for providing the useful information and tips about the wellness in the post pandemic world.

Ayush Singhal
Programme Coordinator
(Department of CSE, MIT, Meerut)