

Report on Expert Talk: "Health is Happiness"

Organized by: UHV Cell, Geetanjali Institute of Technical Studies (GITS)

Date: 28th April 2025

Venue: Civil seminar hall

Speaker: Pujya Swami Parmarth Dev Ji

Introduction

The Universal Human Values (UHV) Cell of Geetanjali Institute of Technical Studies (GITS) organized an inspiring expert talk on the topic **"Health is Happiness"** on 28th April 2025. The event aimed to create awareness about the connection between physical well-being and inner happiness among students and faculty.

About the Speaker

The session was graced by **Pujya Swami Parmarth Dev Ji**, a respected disciple of Yog Guru Baba Ramdev. He is a renowned **speaker, trainer, and Chief Central Coordinator for Patanjali Yogpeeth, Haridwar**. Swami Ji is also well known for his **extensive travels and participation in national and international workshops on Vedic culture, spiritual wisdom, and Indian philosophy**.



Session Highlights

Swami Ji addressed the gathering with deep insights into the essential role of health in achieving true happiness. He emphasized the **importance of yoga, disciplined living, and spiritual alignment** in modern life.

The highlight of the session was the **live demonstration and guided practice of five yoga asanas**, which engaged and energized the audience. The session not only conveyed knowledge but also offered a practical experience of the benefits of yoga.



Swami Ji's teachings were simple yet profound, encouraging everyone to incorporate yoga and healthy habits into daily life for physical vitality and mental peace.

Conclusion

The expert talk was highly enriching, thought-provoking, and well-received by all participants. The GITS UHV Cell expresses sincere gratitude to **Pujya Swami Parmarth Dev Ji** for his valuable time and wisdom. The session successfully inspired attendees to prioritize health as a foundation for a happy and balanced life.