



Pimpri Chinchwad Education Trust's
S. B. PATIL INSTITUTE OF MANAGEMENT

AICTE Approved | Permanently Affiliated to SPPU, Pune

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EVENT REPORT

Name of the Event / Activity: - Guest Session on

Committee / Cell: - **YOGA & WELLNESS CLUB**

Date : - 24 /02/2023

Time : - 10:00 am to 11:30 am

Venue: - SBPIM Seminar Hall-1

Name of Guest Speaker: - **Ms. Anuradha Kulkarni**

Name of the Faculty Coordinator: - Dr. Kajal Maheshwari, Dr. Amarish Padma

Name of the Student Coordinator: - **Miss Sakshi Hire**

Number of Students Participated: -

Brief Information of the Event: -



Pimpri Chinchwad Education Trust's
S. B. Patil Institute of Management



Yoga & Wellness Club Presents

Guest Session on **MINDFULNESS - IN STRESS MANAGEMENT**



SPEAKER

Mrs. Anuradha Kulkarni

Yoga Instructor at Yog Vidya Dham



UNDER THE GUIDANCE OF
Dr. Kirti Dharwadkar
DIRECTOR, SBPIM







24TH FEBRUARY 2023

10:00 AM - 11:30 AM



SBPIM SEMINAR HALL-1

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Report:

PCET's S.B. Patil Institute of Management **YOGA & WELLNESS CLUB** has invited holistic health guru **Ms. Anuradha Kulkarni** to guide students "Mindfulness in Stress Management" on February 24, 2023. **Dr. Kirti Dharwadkar, Director SBPIM** felicitated and greeted the guest.

Ms. Anuradha Yoga explained the importance of Yoga as a great stress buster. If students practice some yoga during exams, it can help in making their preparation time easier and stress free. She gave tips to the students to practice yoga postures during revision, which act as a movement break, helping them feel more energized and grounded and breathing exercises immediately before or even during an exam help to calm and clear your mind. Madam has shown some asana and made them practice like Parvatasana, Veerbhadrasana, Halasana, Tadasana, Vrikshasana (Tree pose) etc.

Miss Sakshi Hire is the student coordinator and the faculty coordinators are **Dr. Amarish Padma** and **Dr. Kajal Maheshwari** "YOGA & WELLNESS CLUB". Students felt very relaxed, soothing and ensured Yoga practice in everyday life.

Photos:-



Dr. Kirti Dharwadkar, Director SBPIM Felicitating Ms. Anuradha Kulkarni
guest speaker of the session



Glimpse of session students performing asana under guidance of the trainer
Ms. Anuradha Kulkarni

Dr. Kajal Maheshwari
Dr. Amarish Padma
Event Coordinator



Dr. Kirti Dharwadkar
Director