



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

AICTE Approved | Permanently Affiliated to SPPU, Pune

Sector No. 26, Pradhikaran, Nigdi, Pune - 411 044.

Phone: 020-27656900 / 87960 76060 / 78875 70600

Email: sbpatilmba@gmail.com, Website: www.sbpatilmba.com



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

connect us    

www.sbpatilmba.com

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



P.C.E.T.'s

S. B. PATIL INSTITUTE OF MANAGEMENT



NOTICE

Date: 23/02/2023

All the students of MBA – I & II Year and faculty members are hereby informed that a Yoga & Wellness Club of SBPIM has scheduled Guest Session as per details given below:

Details of the session:

Topic: Mindfulness in Stress Management

Speaker: Mrs. Anuradha Kulkarni

Yoga Instructor, Yogvidya Dham

Date: Friday, February 24, 2023

Time: 10:00 am - 11:30 am

Venue: SBPIM Seminar Hall-1

All the students are requested to attend the session.

Dr. Kirti Dharwadkar
Director, SBPIM



MINDFULNESS - IN STRESS MANAGEMENT

Div - A

Date : 24/02/2023

Sr No.	Roll No.	Name of the Student	Signature
1	2224001	Asole Suraj Youraj	
2	2224002	Azad Riza Mukhtar	
3	2224003	Badhe Sachin Rajendra	<i>Sachin</i>
4	2224004	Barge Ayush Rohidas	<i>Ayush Barge</i>
5	2224005	Bhagwat Shubham Shrinivas	<i>Shubham</i>
6	2224006	Bhalerao Bhumika Vinod	<i>Bhumika</i>
7	2224007	Chikate Gaurav Prabhakar	
8	2224008	Dabhade Dnyaneshwari Shashikant	
9	2224009	Daundkar Nishant Shivram	<i>Nishant</i>
10	2224010	Dendage Siddhesh Subhash	<i>Siddhesh</i>
11	2224011	Deshmukh Maitreyee Satish	
12	2224012	Deshpande Rutuja Govind	
13	2224013	Dhanawade Apurva Ajay	
14	2224014	Gawade Aniket Rajendra	
15	2224015	Hagawane Atharva Ashok	<i>Atharva</i>
16	2224016	Hire Sakshi Mahendra	<i>Sakshi</i>
17	2224017	Hiwale Akanksha Vinayak	<i>Akanksha</i>
18	2224018	Huse Shubhangi Dattatrya	
19	2224019	Ingole Abhishek Rajesh	
20	2224020	Jabshetti Kshitija Dattatray	
21	2224021	Jagadale Sangram Maruti	<i>Sangram</i>
22	2224022	Jagadhane Snehal Bhagawat	
23	2224023	Jagtap Yogesh Ganesh	
24	2224024	Jain Yash Rajesh	
25	2224025	Joshi Atharva Vivek	<i>Atharva</i>
26	2224026	Joshi Vaibhavi Shripad	<i>Vaibhavi</i>
27	2224027	Kadam Hrutika Nagesh	<i>Hrutika</i>
28	2224028	Kadam Shruti Nitin	<i>Shruti</i>
29	2224029	Kalbhor Vasudha Vitthal	<i>Vasudha</i>
30	2224030	Kaldoke Prasad Rohidas	<i>Prasad</i>
31	2224031	Karande Mohit Madhav	
32	2224032	Chilekar Nayan Nitin	
33	2224033	Katkule Prasad Dnyaneshwar	<i>Katkule</i>
34	2224034	Kawade Nikita Vilas	

MINDFULNESS - IN STRESS MANAGEMENT

Dir - A

Date : 24/02/2023

Sr No.	Roll No.	Name of the Student	Signature
35	2224035	Kolekar Dhanshree Tukaram	
36	2224036	Kulkarni Samradynnee Suhas	
37	2224037	Mane Yash Dinesh	
38	2224038	Manjare Shubham Ravindra	
39	2224039	Marekar Sagar Suresh	
40	2224040	Mashakhetri Kaushal Dnyaneshwar	
41	2224041	Mehetre Sanskar Ramesh	
42	2224042	Mengade Omkar Dnyaneshwar	
43	2224043	Mestry Akshata Mahesh	
44	2224044	More Isha Sanjay	
45	2224045	Mujawar Aafreen Valimohammad	
46	2224046	Mujawar Parvej Ashpak	
47	2224047	Nimbalkar Om Shivaji	
48	2224048	Padalkar Mohini Bapurao	
49	2224049	Pangudwale Vaibhav Dattatray	
50	2224050	Pawar Aniket Shashikant	
51	2224051	Rathod Onkar Ram	
52	2224052	Sadigale Pratik Pradeep	
53	2224053	Satao Tushar Dinkar	
54	2224054	Shelar Deepika Kiran	
55	2224055	Bangar Tejas Dattatraya	
56	2224056	Shinde Madhuri Khandu	
57	2224057	Shinde Shivam Anil	
58	2224058	Shinde Tejas Valiba	
59	2224059	Shinde Vijay Bhiku	
60	2224060	Shivankar Debu Dhanu	
61	2224061	Tade Shubham Anant	
62	2224062	Talla Gayatri Santosh	
63	2224063	Tayade Pooja Anilrao	
64	2224064	Vibhute Shweta Rajendra	
65	2224065	Wadekar Kanchan Prakash	
66	2224066	Wagh Piyush Nivrutti	
67	2224067	Waghmare Nilesh Annasaheb	
68	2224068	Yadav Dhanshree Balu	
69	2224069	Yeole Pratiksha Rajendra	

P.C.E.T'S
S. B. PATIL INSTITUTE OF MANAGEMENT

MINDFULNESS - IN STRESS MANAGEMENT

Div - B

Date : 24/02/2023

Sr No.	Roll No.	Name of the Student	Signature
1	2224070	Aghav Kaduji Bhikaji	
2	2224071	Amrutkar Ruchita Kiran	Amrutkar
3	2224072	Gangotri Aryan Anant	Aryan
4	2224073	Bakal Anushka Sharad	Anushka
5	2224074	Bansal Khush Vinod	
6	2224075	Bhandarkar Prasad Pravin	
7	2224076	Bhange Dhananjay Ramchandra	Bhange
8	2224077	Bhosale Trupti Balu	Trupti
9	2224078	Bhoyar Samiksha Nilkanth	
10	2224079	Bhuse Shruti Dattatraya	
11	2224080	Chafekarande Vaishnavi Govind	
12	2224081	Chauthe Uday Satish	
13	2224082	Dahake Dhananjay Gajanan	
14	2224083	Darwade Shradha Deepak	
15	2224084	Deshmukh Aniruddha Gautamrao	
16	2224085	Deshmukh Dhairyashil Dhananjay	
17	2224086	Dole Ramdhan Janardhan	Dole
18	2224087	Dusane Sumit Vilas	Sumit
19	2224088	Gawade Vinit Pandurang	
20	2224089	Gharde Achal Rajvilas	
21	2224090	Giram Divya Dinkar	
22	2224091	Gorade Rupali Valmik	
23	2224092	Jadhav Shivam Prakash	Shivam
24	2224093	Jadhav Shivanjali Sadashiv	Shivanjali
25	2224094	Jagdale Adeeth Raajhoo	
26	2224095	Jagtap Kanchan Dnyaneshwar	Kanchan
27	2224096	Jagtap Purna Balkrishna	Purna
28	2224097	Kakade Savali Uday	
29	2224098	Kate Tejasvi Nandkumar	Tejasvi
30	2224099	Khobarkhede Mangla Rameshwar	
31	2224100	Kudave Siddhi Sanjay	
32	2224101	Kumbhar Sahil Shankar	Sahil
33	2224102	Kuskar Rutuja Shripad	
34	2224103	Londhe Amita Tanaji	Amita

MINDFULNESS - IN STRESS MANAGEMENT

Div - B

Date : 24/02/2023

Sr No.	Roll No.	Name of the Student	Signature
35	2224104	Madake Rushikesh Tanaji	
36	2224105	Mahajan Gaurav Santosh	
37	2224106	Mandle Yash Ashok	
38	2224107	Mohite Prajakta Suresh	<i>Prajakta</i>
39	2224108	More Himanshu Sunil	
40	2224109	More Rutuja Sadashiv	<i>Rsmole.</i>
41	2224110	Mulay Pradosh Milind	
42	2224111	Mungale Ameya Ravindra	<i>amagesh M.</i>
43	2224112	Nandre Manjiri Kishor	
44	2224113	Nikam Urvashi Panjabrao	
45	2224114	Pande Sumedha Sudhakar	
46	2224115	Patharkar Vaishnavi Santosh	
47	2224116	Patil Apurva Ravindra	<i>Patil</i>
48	2224117	Patil Nikhil Uttam	
49	2224118	Patil Rohan Hiranman	<i>Patil</i>
50	2224119	Patil Satish Raghunath	
51	2224120	Patil Shubham Dhanaji	<i>Shubham</i>
52	2224121	Patil Shubham Rajendra	<i>S.R.P.</i>
53	2224122	Phad Vaibhavi Chhabu	
54	2224123	Prajapati Suraj Ramjanak	<i>Suraj P.</i>
55	2224124	Rahinj Dipchandra Kishor	<i>Rahinj</i>
56	2224125	Rathod Shrinivas Sanjay	
57	2224126	Rokade Shrikant Ramdas	<i>Shrikant</i>
58	2224127	Ahire Roshan Rohidas	
59	2224128	Salvi Yuvraj Shamuvel	<i>Yuvraj</i>
60	2224129	Sawant Omkar Ashok	<i>O.A.Sawant</i>
61	2224130	Shelke Vaibhav Vitthal	
62	2224131	Shinde Rutuja Shinde	<i>Rutuja</i>
63	2224132	Thakur Bhagyesh Kiran	
64	2224133	Tivhane Dnyaneshwari Dilip	<i>Dnyan.</i>
65	2224134	Ugile Pranali Satish	<i>Pranali</i>
66	2224135	Uttekar Aditya Dattaram	<i>Uttekar</i>
67	2224136	Vanve Amit Diliprao	
68	2224137	Wani Harsh Yogesh	<i>Harsh</i>
69	2224138	Jha Anshu Khagesh	<i>Anshu</i>

MINDFULNESS - IN STRESS MANAGEMENT

Div - C



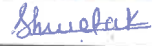

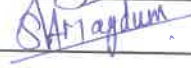


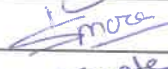






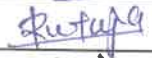

Date : 24/02/2023

Sr No.	Roll No.	Name of the Student	Signature
1	2224139	Adsul Abhishek Anand	<u>Abhishek</u>
2	2224140	Agrawal Neha Manoj	<u>(M)gel</u>
3	2224141	Ahire Kundan Sandeep	
4	2224142	Babar. Aishwarya Siddheshwar	<u>Babar</u>
5	2224143	Bagade Omkar Bharat	<u>mka</u>
6	2224144	Bansode Bhumika Sunil	
7	2224145	Bhise Shubham Hambirrao	<u>Bhise</u>
8	2224146	Butte Swapnil Muktaaji	<u>Swapnil Butte</u>
9	2224147	Chaudhari Pratiksha Drupad	<u>(B)haudhari</u>
10	2224148	Katkar Abhishek Maruti	<u>A.M. Katkar</u>
11	2224149	Chinchole Sonali Gurunath	<u>Sonali</u>
12	2224150	Chougule Apurva Shankar	
13	2224151	Chougule Omkar Santosh	
14	2224152	Chourasiya Simran Dhiraj	
15	2224153	Das Tanmay Manik	<u>Tanmay</u>
16	2224154	Desai Bhagyshree Namdev	
17	2224155	Dorge Manoj Dnyaneshwar	
18	2224156	Fegade Tejas Ghanshyam	<u>Tejas</u>
19	2224157	Gaikwad Rucha Sandip	
20	2224158	Gawade Aishwarya Bharat	
21	2224159	Ghule Sagar Kantilal	<u>Sagar</u>
22	2224160	Gugale Sahil Sampatlal	<u>Sahil</u>
23	2224161	Gujarathi Kshitij Arvind	<u>Gujarathi</u>
24	2224162	Hole Rahul Shankar	<u>Rahul</u>
25	2224163	Jadhao Ankita Prabhakar	
26	2224164	Jadhav Prajwal Babaji	
27	2224165	Jadhav Pranoti Jagannath	
28	2224166	Jadhav Rohit Sanjay	<u>Rohit</u>
29	2224167	Jagtap Onkar Jyotirling	<u>Onkar</u>
30	2224168	Kadam Ajay Vijaysinh	
31	2224169	Kadam Laxmikant Balaji	
32	2224170	Kalbhor Payal Ramesh	
33	2224171	Kalokhe Sakshi Sharad	<u>Kalokhe</u>
34	2224172	Kamathe Rutik Sunil	<u>Rutik</u>

MINDFULNESS - IN STRESS MANAGEMENT

Div - C

Date : 24/02/2023

Sr No.	Roll No.	Name of the Student	Signature
35	2224173	Kamble Shwetal Maruti	
36	2224174	Karande Reshma Vishnu	
37	2224175	Kate Shrutika Kishor	
38	2224176	Konapure Dinesh Chandrakant	
39	2224177	Kothawade Akanksha Deelip	
40	2224178	Kulkarni Yash Avinash	
41	2224179	Kumbhar Shweta Sanjay	
42	2224180	Kunjir Shruti Sanjay	
43	2224181	Kushire Prathamesh Jaykar	
44	2224182	Magdum Samiksha Amol	
45	2224183	Mahalungkar Hrithik Rajendra	
46	2224184	Malsure Vijay Ganesh	
47	2224185	Marathe Mayur Vilas	
48	2224186	Morade Sakshi Ekanath	
49	2224187	More Kaveri Sanjay	
50	2224188	Mote Tejashri Sanjay	
51	2224189	Mujawar Ibrahim Rajjak	
52	2224190	Nanekar Atharva Sunil	
53	2224191	Parankar Shrutika Satishrao	
54	2224192	Parerao Aniruddha Siddharth	
55	2224193	Pawar Aniket Subhash	
56	2224194	Saini Deepshikha Premkumar	
57	2224195	Sathe Rohit Vijay	
58	2224196	Sharma Ankita Anand	
59	2224197	Sharma Sakshi	
60	2224198	Shendge Abhay Vishnu	
61	2224199	Shinde Akash Nanaso	
62	2224200	Shinde Priti Anil	
63	2224201	Shinde Shraddha Vilas	
64	2224202	Ujalmbkar Rutuja Nagnath	
65	2224203	Varpe Divya Vikas	
66	2224204	Wadekar Shrutik Suraj	
67	2224205	Wani Rushikesh Santosh	