



Topic: Immunity Boosting Program

Date: 3rd – 5th July, 2021

Venue: Online Zoom Meeting

Faculty coordinators: Dr. Amarish Padma

Students Coordinators: Ms. Ashwini Suresh

No of students participated: 55

No of Faculty participated: 02

Report:

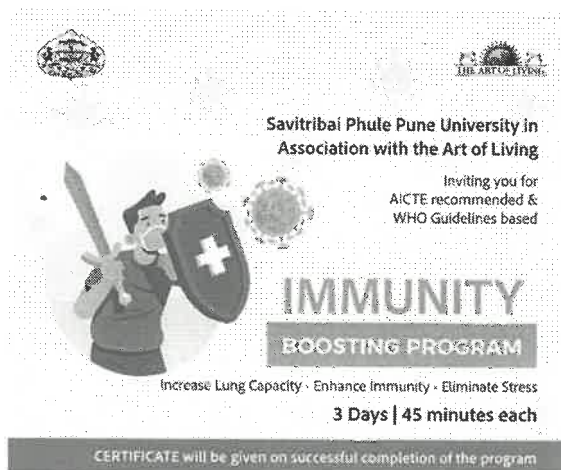
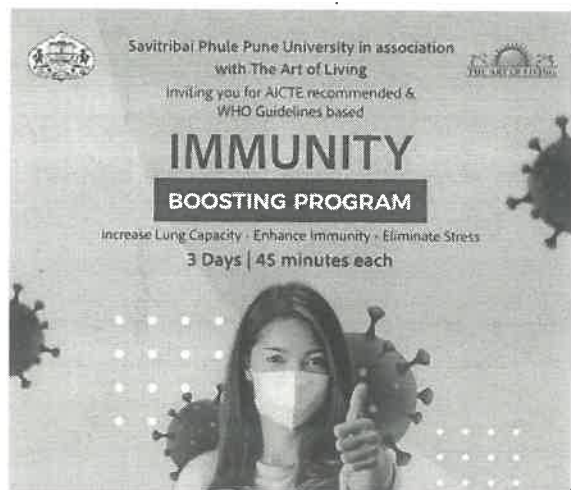
S. B. Patil Institute of Management organized 'The Art of Living Covid Care Program' for the faculty and students of the institution from July 3, 2021, to July 5, 2021, from 6.00 pm to 7.00 pm. via online mode. The COVID-19 crisis impacted management education along with skills. As per the circular by AICTE in association with Art of Living these sessions were conducted in a series of three protocols consisting of asanas, meditations, and breathing exercises or pranayamas to improve people's immunity, boost their mental resilience, and provide peace of mind. Yoga, breathing exercises and meditation significantly reduce fear and anxiety thereby maintaining good physical and mental health. The 30 minutes protocols of Asanas, Pranayama & Meditation were delivered in three categories:

- For a healthy population in order to help them build overall immunity and lung capacity.
- Supportive intervention of effective breathing exercises and stretches for patients with mild symptoms either at home or hospitals.
- Supporting rehabilitation and recovery during Post Covid.

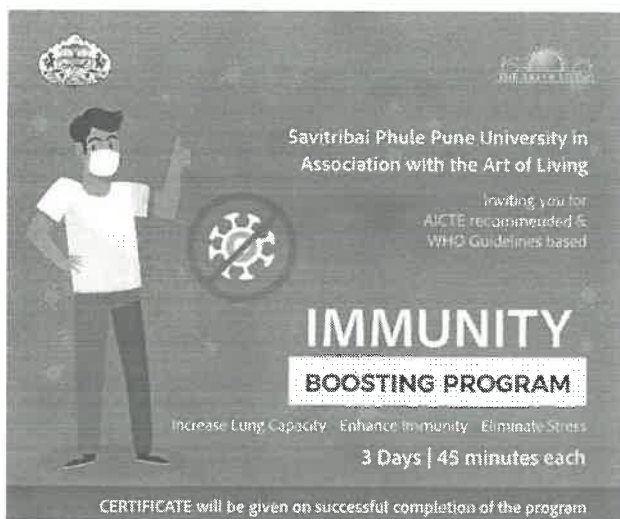


As per the above protocol, Session will be conducted online by certified Art of Living Faculties. A 3-day program of immunity enhancement was conducted for faculty and students by Mr. Hemant Pawar and Ms. Priti Dakhole. These sessions helped participants to achieve a relaxed state of mind that enables healing and regeneration. This event was coordinated by faculty Dr. Amarish Padma, and student Ms. Ashwini Suresh.

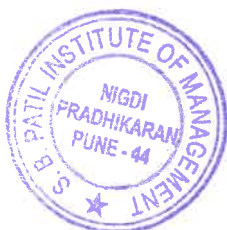
Photos:

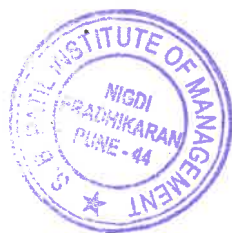


College -
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College -
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Certificate

This certificate has been awarded to

Ashwini Suresh

in recognition of the successful completion of the
Online Yoga Program for Boosting Immunity
conducted by The Art of Living for students of

PCET S. B. Patil Institute of Management

from 03 July 2021 to 05 July 2021

Practice of the techniques taught in this program builds immune strength,
learning capacity, and enhances the overall quality of life.

MADHU RAO
CHAIRMAN
THE ART OF LIVING

Dr. Amarish Padma

Assistant Professor, SBPIM



Dr. Kirti Dharwadkar

Director, SBPIM

