



**PCET's**

**S. B. Patil Institute of Management, Pune**



## **REPORT ON OM CHANTING AND MEDITATION**

**Name of the Event:** - Session Om Chanting and Mediation

**Date:** - 21/11/2019

**Time:** - Morning before Class 9:00 AM to 9:30 PM

**Venue:** - Class

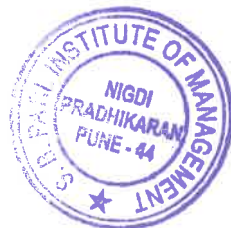
**Number of Students Attended:** - 43

**Event Coordinator:** - Dr. Amarish Padma

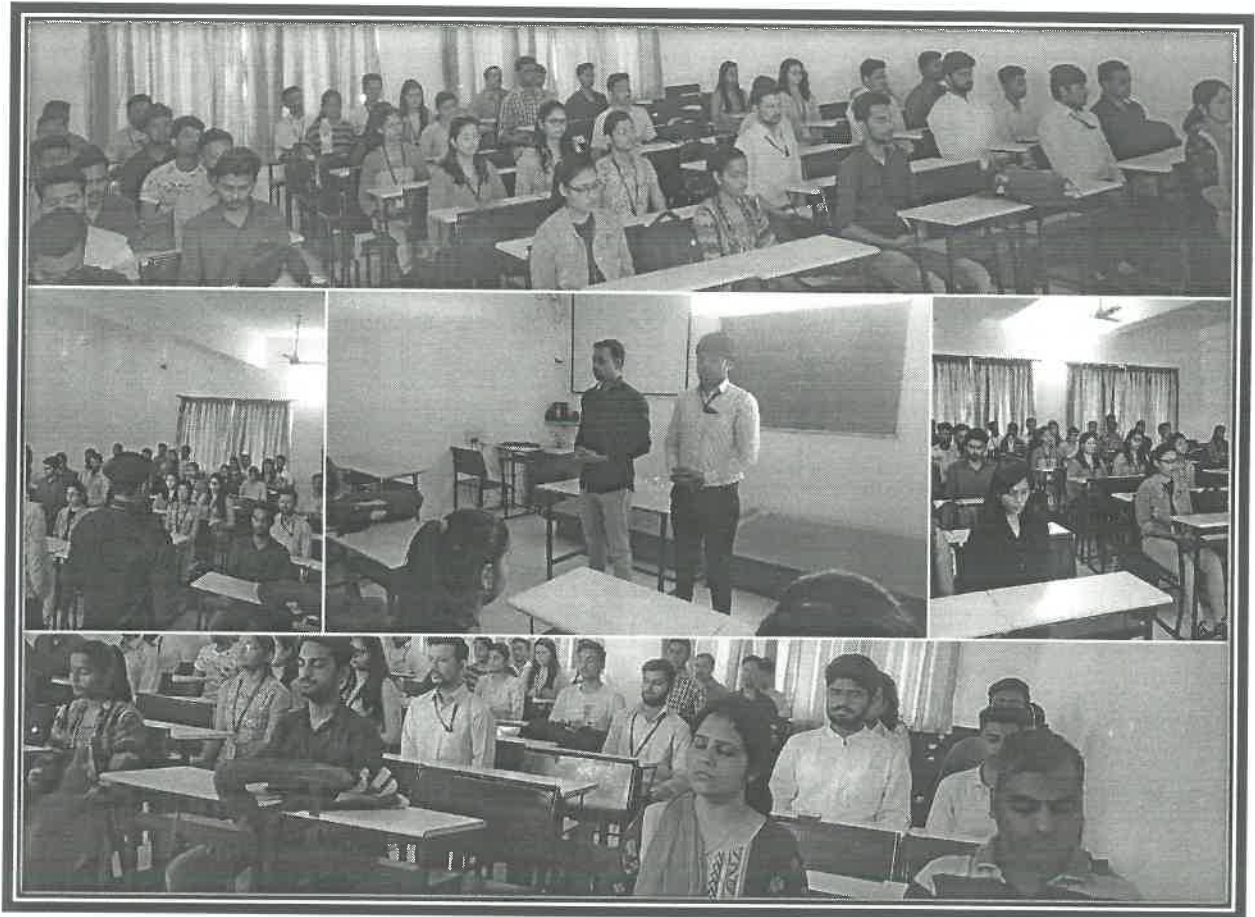
**Program Details:** -

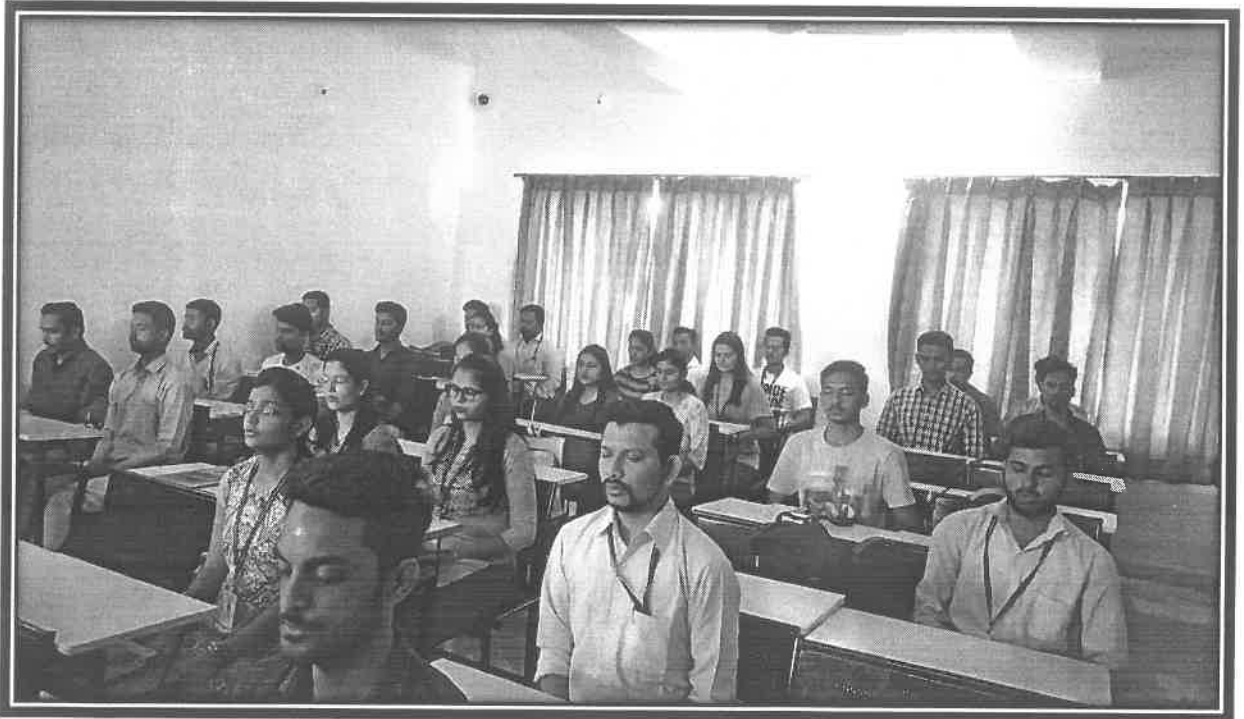
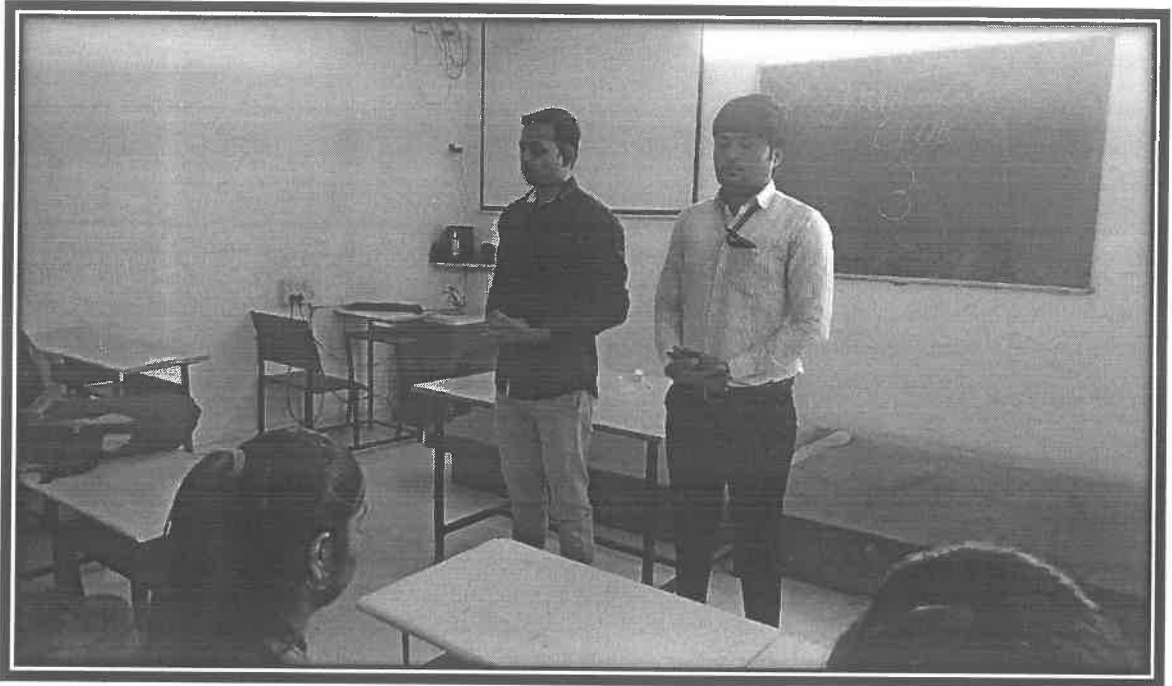
The SBPIM Yoga & Wellness Club conducted "OM Chanting" session for the MBA-I & II Year students session helped students to refresh and energies them. The session was conducted on 21<sup>st</sup> November 2019.

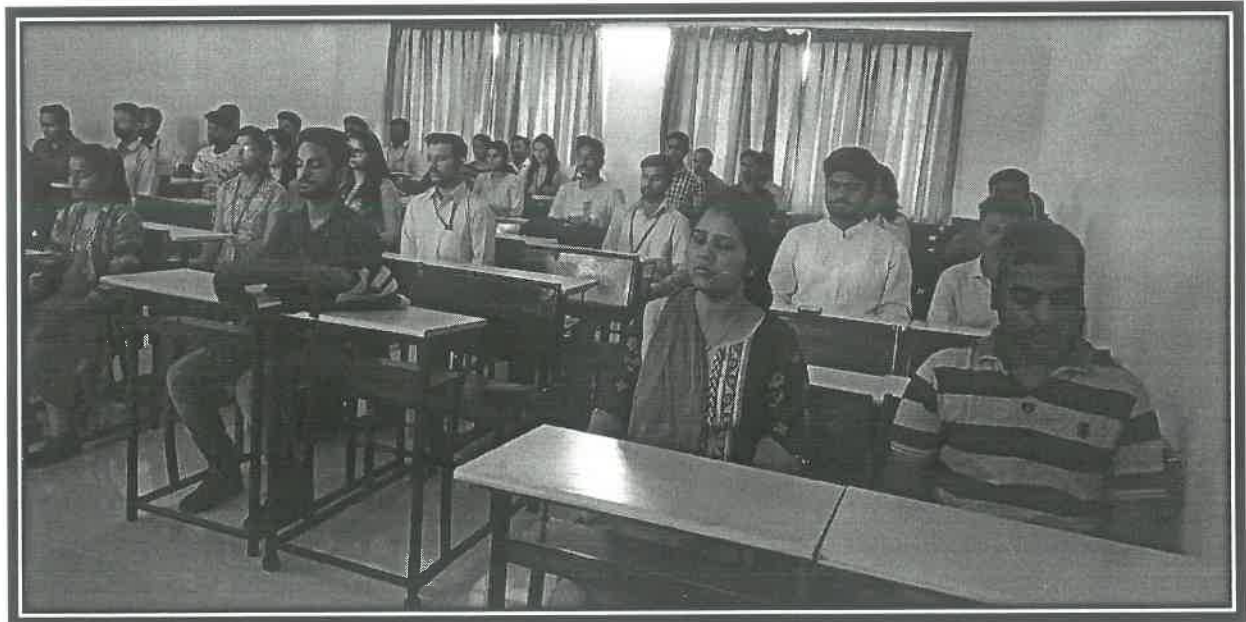
The regular sessions are conducted on OM chanting during the class hours. These chanting bring harmony in the body and mind. Students chant mantras loudly and together in a group and recite in a normal or medium tone of the voice. These vibrations and rhythmic pronunciation also have a physical effect on the body by slowing down the nervous system and calming the mind similar to meditation. When the mind is relaxed, blood pressure decreases and ultimately the health of heart improve. So SBPIM club decides to practice these chanting as a part of their life.





Photos of the Event: -







Dr. Amarish Padma   
Dr. Kajal Maheshwari   
Event Coordinator, SBPIM



  
Dr. Kirti Dharwadkar  
Director I/C, SBPIM