



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

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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	Guest Session: Women's Wellbeing as a Catalyst for Success
Name of the Guest Speaker	Ms. Neha Ramchandani, Health and Beauty Coach & SBPIM Alumni
Committee	Industry Institute Interaction
Faculty Coordinator Name	Dr. Kajal Maheshwari
Student Coordinator Name	Ms. Shreya Vijapure
Day & Date	Friday, March 15, 2024 04: 00 pm
Venue	Room No. 203
Number of Participants	38
Nature of the Activity (Curricular / Co-Curricular / Extra-Curricular)	Co Curricular

Brief Information of the Activity:

Topic of the Activity : - Guest Session: Women's Wellbeing as a Catalyst for Success

Objectives : -

1. To Enhance Awareness of Women's Wellbeing: The session aimed to educate female students on the significance of personal wellbeing in achieving success both professionally and personally.
2. To Provide Practical Tips for Health and Beauty: The speaker intended to share practical advice on maintaining physical health and beauty, tailored specifically for women balancing academic and career aspirations.
3. To Inspire and Motivate Female Students: By sharing her personal journey and experiences, Ms. Neha Ramchandani sought to inspire and motivate the students to prioritize their wellbeing as a catalyst for success.
4. To Foster a Supportive Community:

The session aimed to create a space where female students could

discuss their challenges and support each other in their personal and professional growth.

Outcome : -

•Increased Awareness among Students:

The session successfully increased awareness about the importance of holistic wellbeing among female students. They learned how aspects like mental health, physical fitness, and self-care directly influence their success.

•Practical Insights and Tips:

Students gained valuable tips and strategies for maintaining their health and beauty, which they could easily incorporate into their daily routines. The practical nature of the advice made it highly relatable and actionable.

•Empowerment and Motivation:

Ms. Neha's story and her approach to life motivated many students to rethink their priorities and focus more on their personal wellbeing. Her success as a professional and her emphasis on self-care served as a powerful example for the attendees.

•Enhanced Community Building:

The interactive nature of the session allowed students to share their thoughts and experiences, fostering a sense of community and support among the attendees. This interaction helped in building a network of like-minded individuals who could support each other.

Brief Report : -

The guest session titled "*Women's Wellbeing as a Catalyst for Success*" was organized on March 15, 2024, at 4:00 PM in Room No. 203, specifically for the female students of MBA I & II year. The event featured Ms. Neha Ramchandani, a Health and Beauty Coach and an esteemed alumni of SBPIM, as the guest speaker.

The session began with a warm welcome by the faculty coordinator, followed by Ms. Neha's insightful talk. She emphasized the importance of maintaining a balance between academic or professional pursuits and personal wellbeing. Drawing from her own experiences, Ms. Neha highlighted how neglecting self-care can negatively impact one's overall success and provided practical tips on health, fitness, and beauty.

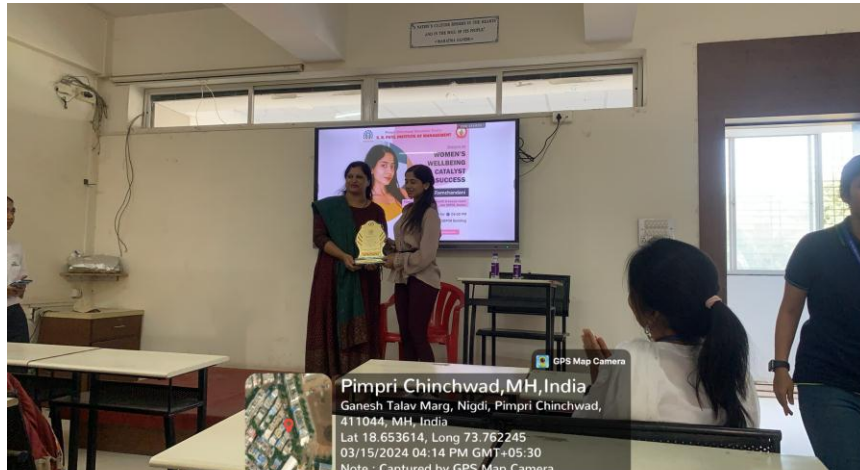
The students were highly engaged throughout the session, participating actively in the Q&A segment. They appreciated the practical advice and the motivational aspects of the session, which were relevant to their everyday lives. The session concluded with a vote of thanks from the faculty coordinator.

Overall, the session was a resounding success, achieving its objectives of raising awareness, providing practical insights, and fostering a sense of community among the female students.

Geo-tag Photos : -



Student introducing the Guest Ms. Neha Ramchandani, Health and Beauty Coach & SBPIM Alumni



Dr. Rooplai Kudare while felicitation the Ms. Neha Ramchandani, Health and Beauty Coach & SBPIM Alumni



Students' attending the Session by Ms. Neha Ramchandani, Health and Beauty Coach & SBPIM Alumni

**Dr. Kajal Maheshwari
Event Coordinator**

**Dr. Amarish Padma
IQAC Coordinator**

**Dr. Kirti Dharwadkar
Director**