



PIMPRI CHINCHWAD EDUCATION TRUST  
A Trusted Brand in Education Since 1990..

Pimpri Chinchwad Education Trust's

**S. B. PATIL INSTITUTE OF MANAGEMENT**

*AICTE Approved / Permanently Affiliated to SPPU, Pune*

NBA Accredited | NAAC Accredited |

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

Phone: 020-27656900 / 8796076060 / 7887570600 | Email: sbpatilmba@gmail.com,

Website: www.sbpatilmba.com



# MINDFULNESS IN STRESS MANAGEMENT

THIS CERTIFICATE IS PRESENTED TO

**Mr./Ms. Gugale Sahil Sampatlal**

in Recognition for attending the guest session on **Mindfulness in Stress Management** held on **24th February 2023** from 10:00 a.m. to 11:30 a.m. at S.B.Patil Institute of Management.

**Dr. Kirti Dharwadkar**  
Director, SBPIM