

**One Day Workshop on "International Yoga Day"
- A report**

As part of curriculum activity a Webinar for the students of MBA was conducted in the institute. The report for the same is as below:

- Name of the event : One Day Workshop on - International Yoga Day
Date & Day : 21th June 2020
1. Time : 09:00 am to 10.30am
2. Venue : Online
3. Resource person : Mrs.Kondekar , Naturopathy & Yoga Guru
4. Organized by (Cell/Forum/Club) : Chatur Chanakya Club

Objectives of the Program:


- ✓ To understand the importance of yoga for healthy mind & body.
- ✓ To understand the yoga can help relieve stress as well and improve mental clarity.

Purpose:

- ✓ Yoga claims to promote spiritual healing by evoking awareness of your physical, mental and emotional experience.

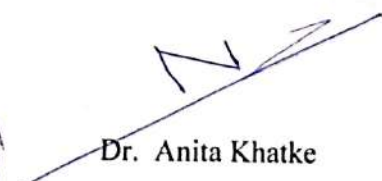
Outcome:

- ✓ Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centers attention; and sharpens concentration.


Prof. Reuben Umap

Coordinator



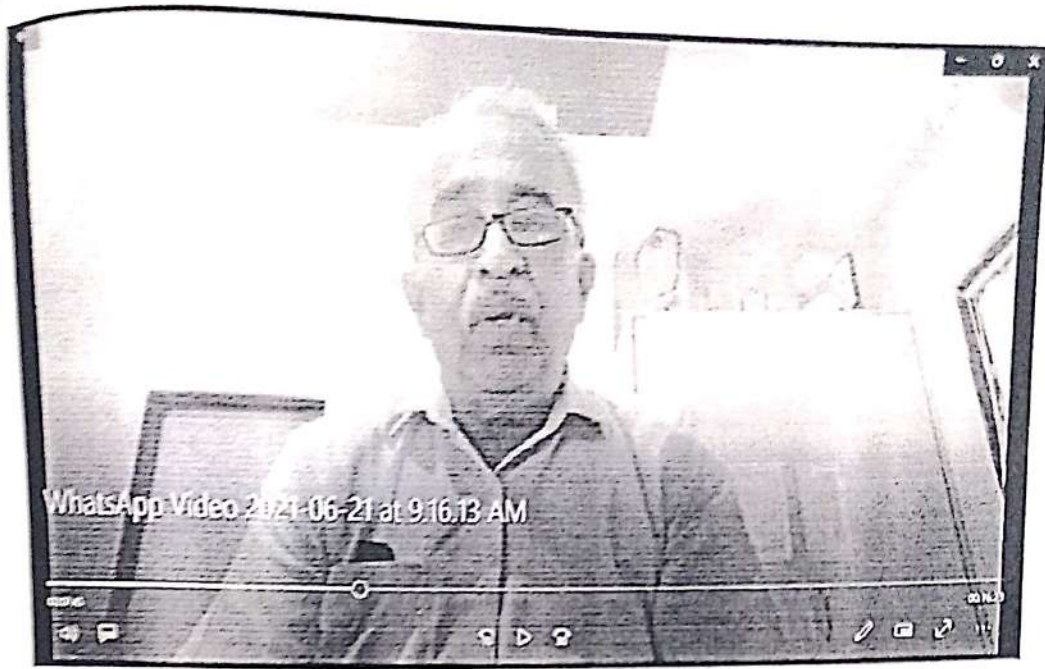

Dr. Anita Khatke

DIRECTOR
J. S. P. M. 'S
Jayawantrao Sawant Institute
Of Management & Research
Hadapsar, Pune - 411 028

Time: 9.00 am to 10.30 am

Resource Person: Dr. Kondekar





Chandarani Borude

Anup Patil

Manisha patil

Sudarshan Doke

nikhiloz 1998

akshay kamble

Rahul Chavan

shubham malekar

pradnya burtukane

**One Day Workshop on "Yoga for Healthy Mind & Body"
- A report**

As part of curriculum activity a Webinar for the students of MBA was conducted in the institute. The report for the same is as below:

- Name of the event : One Day Workshop on - Yoga for Healthy Mind & Body
Date & Day : 11th Aug 2020
1. Time : 11:15 am onwards
2. Venue : Online
3. Resource person : Mrs. Manali Dev, Certified Yoga Teacher
4. Organized by (Cell/Forum/Club) : Chatur Chanakya Club

Objectives of the Program:


- ✓ To understand the importance of yoga for healthy mind & body.
- ✓ To understand the yoga can help relieve stress as well and improve mental clarity.

Purpose:

- ✓ Yoga claims to promote spiritual healing by evoking awareness of your physical, mental and emotional experience.

Outcome:

- ✓ Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centers attention; and sharpens concentration.


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Yoga helps with





  Chandarani Borude

  Anup Patil



  Manisha patil



  Sudarshan Doke

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  akshay kamble

  Rahul Chavan

  shubham malekar

  pradnya burtukane

**Two Days Workshop on "International Women's Day
- A report**

As part of curriculum activity a Webinar for the students of MBA was conducted in the institute. The report for the same is as below:

Name of the event	: One Day Workshop on - International Women's day (Two days seminar)
Date & Day	: 8 &9 March, 2021,
1.Time	: 09:00 am to 10.30am
2.Venue	: Online
3. Resource person	: 1. Mrs. Kondekar , Naturopathy & Yoga Guru 2.Dr. Pallavi Prasad, Mrs Tiara India
4. Organized by (Cell/Forum/Club)	: Chatur Chanakya Club

Objectives of the Program:

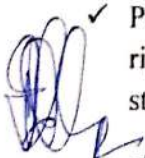
- ✓ To understand the way you conduct yourself or dress, reflects a part of your personality
- ✓ To understand the Good Grooming is merely taking care of yourself and your body

Purpose:

- ✓ Redefine Yourself
- ✓ Personality development helps you develop an impressive personality and makes you stand apart from the rest.

Outcome:

- ✓ Personal Grooming is basically Etiquette which means "the art of doing the right thing at the right time in social settings". A person who is well groomed and follows the etiquette or the standard behavior, stands out in a crowd.


Prof. Reuben Umap

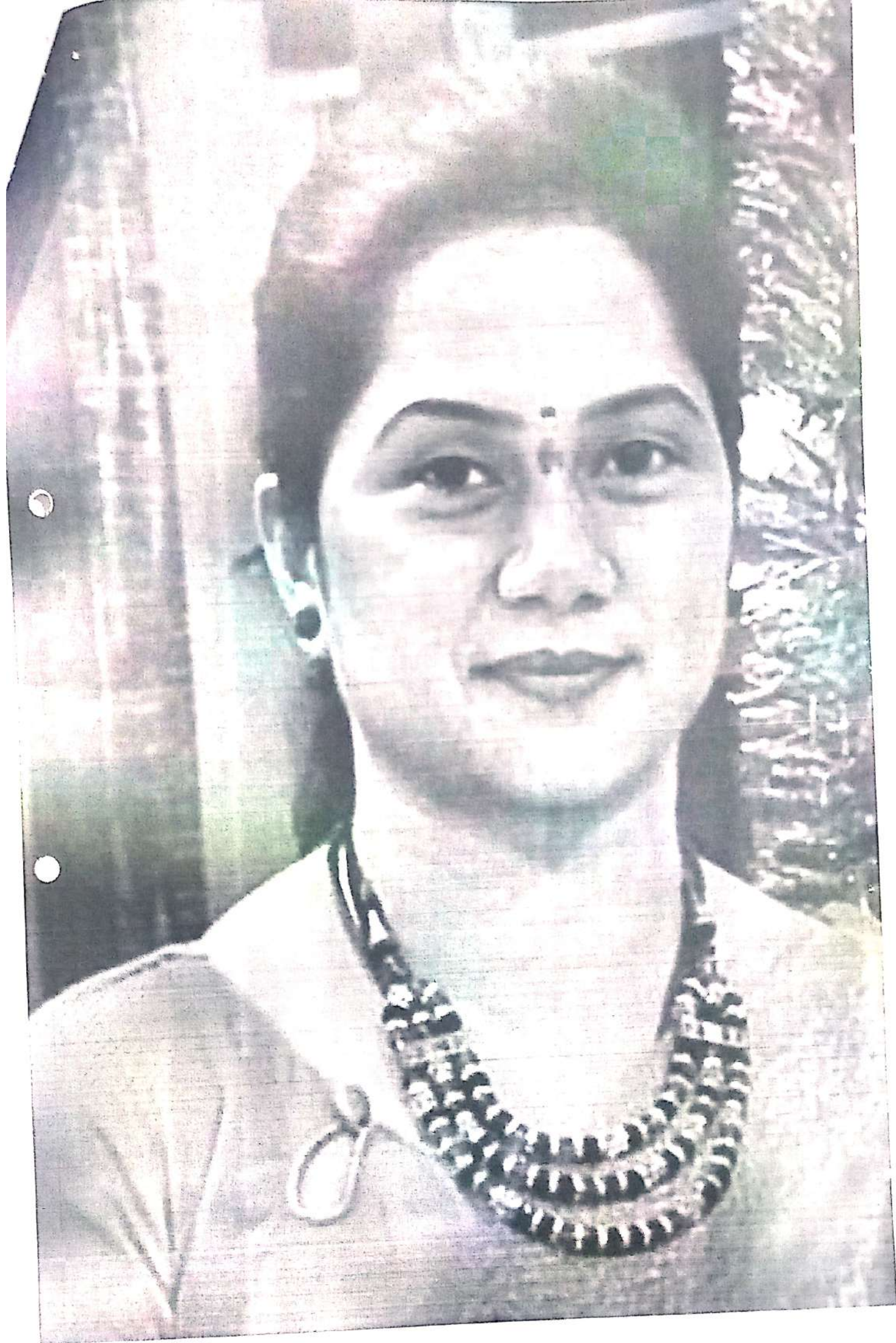
Coordinator
































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Hadapsar, Pune - 411 028





- KK** Kiran khatik   >
-  Mallayya Mathapati   >
- MK** Mithun Khandekar   >
- MP** Mrudula Pacharne   >
- NB** Nahin bagwan   >
- NK** Nikita Kale   >
-  nish Varshindkar   >
- NA** Nishigandha adkine   >
- OA** OPPO A1k   >
- PA** Pallavi Avaghade   >
- PR** Pallavi Rajpathak   >
- PR** Patil Rohan Ravindra   >
- PS** Patil Swati   >

Invite



Shreyash Sanmath



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Aishwarya kapade



Akash Muladhar



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Akash Vasant Patil



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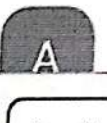
Ankita Gawande



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Invite

