



Dr. D. Y. Patil Educational Federation's
Dr. D. Y. PATIL COLLEGE OF ENGINEERING & INNOVATION
Survey No. 27/A/1/2C, Varale Campus, Near Talegaon Railway Station,
Tal. Maval, Dist. Pune 410 507, Ph: 020 48522561, 565,566
Web Site: www.dypcoei.edu.in, Email: principal.dypcoei@dypatilef.com

Dr. D. Y. Patil
Founder, Dr. D. Y. Patil Group

Dr.SushantPatil
President, DYPEF

Dr. Suresh Mali
Principal, DYPCOEI

Department of First Year Engineering

Report on Stress Management and Personality Development through Sahajyoga Meditation

Day & Date: 24th August 2023

Time: 10:30 AM to 12:15 PM

Mode of Conduction: Offline

Speaker: Mr. Ganesh Mali, Associated with Sahaj Yoga Foundation

Students Attended: 154 Students

Type of Activity: Yoga and Meditation

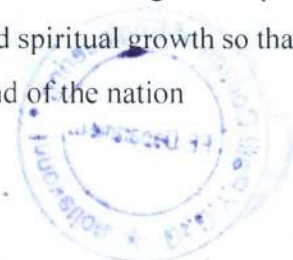
Objectives:

- To enable the student to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.

Summary of the Activity/Event:

In this Program, Mr. Ganesh Mali, Associated with Sahaj Yoga Foundation gave important information to the students for the integration of their physical, mental, and spiritual growth so that the students can become healthier and more integrated members of society and of the nation

- Sahajyoga importance.
- Exercise, Breathing, Relaxation, Diet



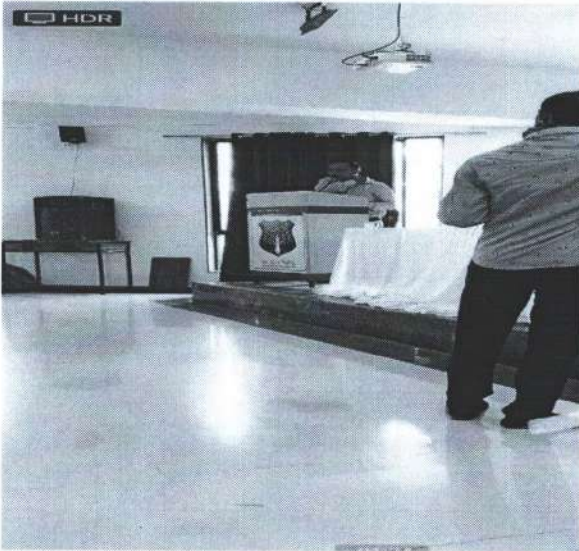


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Mr. Ganesh Mali interacting with First Year students



First Year Engineering Students attending Yoga session



First Year Engineering Students attending Yoga session



First Year Engineering Students attending Yoga session

Ms. Sherin Kurian / Ms. Pratiksha Patil

Induction Coordinator

Mrs. Dipannita Mondal

Head, First Year Engineering

Dr. Suresh Mali

Principal, DYPCOEI





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- Positive Thinking & Meditation

Outcome:

- Reduced stress
- Increased mindfulness and an improved mood

Expert Lecture Details:

EXPERT SESSION BY	Mr. Ganesh Mali, Associated with Sahaj Yoga Foundation
ORGANISATION	DYPCOEI, Varale
LOCATION	Seminar Hall, DYPCOEI, VARALE, TALEGAON
DATE	24 th August 2023
OBJECTIVES	To enable the student to have good health

