
	ZEAL EDUCATION SOCIETY'S ZEAL COLLEGE OF ENGINEERING AND RESEARCH NARHE PUNE -41 INDIA	
Record No.: ZCOER-ACAD/R/059	Revision: 00	Date: 23/08/2022

YOGA/STRESS MANAGEMENT SESSION

Department: Civil Engineering
Date: 23/08/2022

Academic Year: 2022-23
Semester: I

To,
Head of The Department,

Subject: Report of Yoga/Stress Management Session Dated 23/08/2022

Respected Sir,

I am submitting the report of Yoga/Stress Management session conducted on 23/08/2022. I request you to note the observations during session conduction.

The session started at 11:00AM with a welcome note given by Kaushal Vatari. Total 50 students were present for the session from Civil department.

- A brief introduction of the guest Mr. Sumit Nikam was Given by Kaushal Vatari.
- After the introduction, the guest Mr. Sumit Nikam started the session by enlightening the students and addressing them about various types of stress a person can have in his/her life.
- Further on, the guest showed the students many ways through which they can try to tackle the stress in them.
- The session was carried on by some breathing exercises.
- The guest also carried on various dance activities to release the stress of the students and also entertained them by telling a short story.
- The session was concluded by a vote of thanks given by Kaushal Vatari and felicitation by Cesa President Mr. Shrenik Pawar.

Photographs of conducted session are attached below:



Venue: SE Classroom, Civil Department

Attendee: 50 Students (SE, BE)

Prof. A. A. Turate
Cesa Coordinator

Prof. A. V. Wakchaure
Academic Coordinator

Dr. G. S. Anaokar
HOD