

REPORT

IMPORTANCE OF MENTAL HEALTH AND POWER BREATHING TECHNIQUES

Vidya Pratishthan's Kamalnayan Bajaj Institute of Engineering and Technology, Baramati conducted the 'Importance of Mental Health and Power Breathing Techniques' program on 28th March at 11:30 a.m. Mr. Dnyaneshwar Pawar was invited as the chief guest.

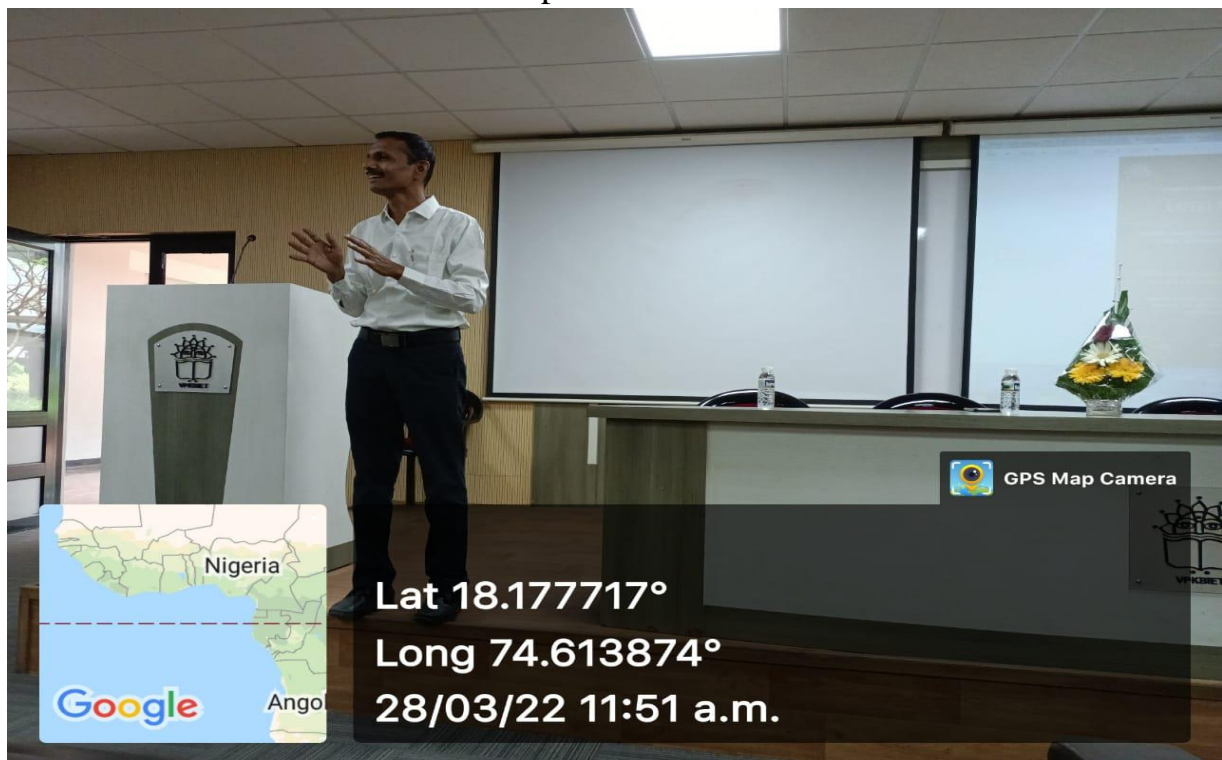


Ms. Siddhi Popade started the program by welcoming all the students and the introduction of the chief guest was given by Ms. Ankita Pomane.

Mr. Rohit Tarade, HOD of Electrical Engg. Department enlightened the students with the importance of Mental Health and how important it is in today's world.

Thereafter the chief guest, Dr. Dnyaneshwar Pawar interacted with the students discussing about the problems students faced in their daily lives and provided them with solutions which will help them increase their productivity as well as concentration. He also taught various power breathing techniques and conducted

a meditation session which was helpful for the students as well as the faculties.



Over all this program helped the students to realize how important it is to take care of their mental health as well as their physical health.



Then Dr. Deepak Sonowane shared his thoughts with the students.

Vote of thanks was delivered by Mrs. Pooja Jaiswal.



The anchoring was done by Ms. Siddhi Popade and Ms. Ankita Pomane.

For the said program Institute's Principal, Dr. R. S. Bichkar, HOD Electrical Department Mr. Rohit Tarade, SDO Mr. Hanumant Borate, NSS Officer Dr. Deepak Sonowane, Mrs. Pooja Jaiswal along with all the members of teaching staff and students from various departments were present. During the entire program the Covid norms were followed.