



**SANDIP**  
UNIVERSITY  
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## **Event Report**

**Event Name:** Balance and Breath: Meditation, Stress Relief, and Mental Well-being

**Date of the Event:** 16<sup>th</sup> Feb. 2026

**Duration of the Event:** 1 day

**Venue:** S- Building, School of Law, Sandip University, Nashik

**Name of the Expert:** Ms. Sayali Pachpute

**Name of the Event Faculty Coordinators:** Mr. Atul Gaware and Bonny Ghosh

### **Objective of the Program:**

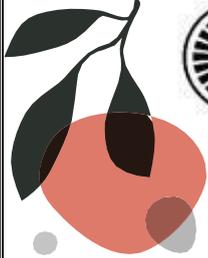
The Balance and Breath: Meditation, Stress Relief, and Mental Well-being event was designed to promote mental well-being through guided meditation, breath work techniques, and practical stress-relief strategies for the School of Law (SoL) students. In today's fast-paced environment, managing stress and cultivating inner balance are essential for both personal and professional effectiveness. The program aimed to provide SoL students with accessible tools to enhance emotional resilience, focus, and overall wellness.

### **The key objectives are:**

- To introduce participants to fundamental meditation practices.
- To teach effective breathing techniques for stress reduction.
- To enhance awareness of mental health and emotional regulation.
- To encourage daily mindfulness habits for long-term well-being.
- To create a supportive space for relaxation and reflection.

**Theme of the Competition:** Balance and Breath: Meditation, Stress Relief, and Mental Well-being

Flyer of the Event:



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**NAAC**  
GRADE **A**

## Balance and Breath: Meditation, Stress Relief, and Mental Well- being



**16th Feb.'26**  
**11 am to 12 pm**  
**School of Law**  
**S Building**

**Ms. Sayali Pachpute, Yoga Shashtra  
Expert**

**Event Organizer: School  
of Law**



**Photographs of the Event:**

