



## **'Yoga and Meditation Session'**

### **School of Commerce & Management Studies**

**Academic Year 2024-25**

#### **Subject: Report on 'Yoga and Meditation Session'**

- 1. Event Title:** Yoga and Meditation
- 2. Event Date:** 28<sup>th</sup> March 2025
- 3. Event Conduction Duration:** 10 am to 12 noon
- 4. Event Venue [Location]:** Classroom M11
- 5. Organizer of the Event (Faculty):**
  1. Dr. Shruti Shouche
  2. Mr. Rushikesh Patil
- 6. Number of Students:** 87 (BBA – Sem II)

#### **7. Event Outline, Objective and Outcome of the event:**

The School of Commerce and Management Studies (SOCMS) organised a session on 'Yoga and Meditation' for all students of BBA II nd semester on 28<sup>th</sup> March 2025, as part of the 'Wellness and Lifestyle' course in the BBA program. Ms. Sanika Karpe, dietician working with Sandarbh Seva Government Hospital, took numerous *asanas and meditation* activities like Padmasan, Pashcimottanasan, Omkar etc. She explained the usefulness of such daily exercises in building sound physical and mental health.

The event was organized to make students aware about usefulness of Yoga and Meditation to reduce stress, to bring flexibility and strength to the body and to enhance focus. The whole session was a calming and stilling activity for students.

**The lecture aimed to achieve the following specific objectives:**

**Experiential Learning:** Enable students to understand benefits of Yoga and Meditation as the part of ancient Indian heritage.

**Motivational learnings:** Trigger them to do exercise asanas and pranayam on daily basis

**Positive Behavioural Takeaways:** Impart students the importance of Yoga and Meditation exercise to achieve body flexibility, mental calmness and concentration in building their academic as well as corporate career.

#### **8. Photos:**











Report Prepared by: Dr. Shruti Shouche