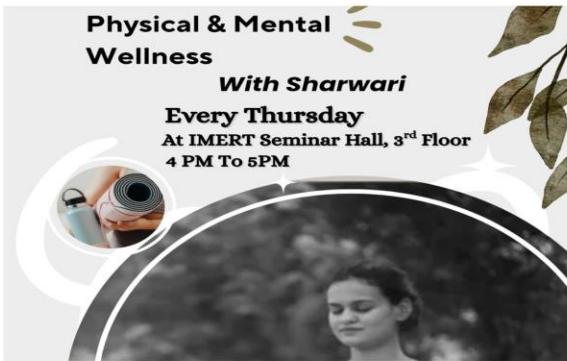


## Report on Session on Yoga, Meditation, Mental wellbeing

|  |   |                  |                             |
|--|---|------------------|-----------------------------|
| <b>Date of the Event:</b><br><b>(DD/MM/YYYY)</b> | 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup><br>November 2025 | <b>Duration:</b> | <b>4.00pm-5.30pm</b>        |
| <b>Day of the Event:</b>                         | Thursday  | <b>Venue:</b>    | Atma yog kuti/Seminar Hall, |
| <b>No of participants</b>                        | 33  |                  |                             |



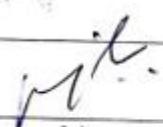
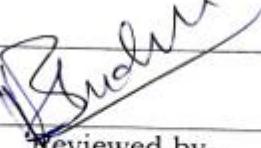


Since 1994



### **Brief report /Description on the event**

In recognition of the growing academic, professional, and personal pressures faced by MBA students, a series of **Yoga and Meditation for Mental Well-Being** sessions were organized. The primary objective was to enhance students' emotional resilience, concentration, and overall mental health through evidence-based mindfulness and yogic practices. Certified Yoga Trainer **Ms Sharvari Dorge** conducted the session **every Thursday at 4.00pm**. Students were benefited by the Meditation Mental Well-Being sessions by allowing them in managing academic stress and cultivating healthier mental habits. The initiative demonstrated the value of integrating holistic well-being practices into business education, contributing to improved student performance, emotional balance, and overall learning experience. Students along with faculty members attended the sessions.

|  |  |  |
|--|--|--|
| <br>Prepared by-<br>Prof Pranjal Jadhav<br>Faculty Co-ordinator | <br>Reviewed by-<br>Dr Jitendra Bhandari<br>HOD | <br>Approved by-<br>Dr Shubhangee Ramaswamy<br>Director |
|--|--|--|



Since 1994

**Marathwada MitraMandal's**  
**INSTITUTE OF MANAGEMENT EDUCATION RESEARCH AND TRAINING**  
**(IMERT), Pune**  
**S. No. 18, Plot No. 5/3, CTS No. 205, Behind Vandevi Temple, Karvenagar,**  
**Pune – 411052**



|   |   |   |
|---|---|---|
|   |   |   |
| Prepared by-<br>Prof Pranjal Jadhav<br>Faculty Co-ordinator | Reviewed by-<br>Dr Jitendra Bhandari<br>HOD | Approved by-<br>Dr Shubhangee Ramaswamy<br>Director |