

Activity Report
of
Guest Lecture on
“Art of Living”
On 31st January 2023



SANDIP
FOUNDATION

Organized by,
Ministry of Education (MoE) Institute Innovation Council (IIC)



Sandip Foundation's
Sandip Institute of Technology and Research Centre, Nashik (MS)

Date: 31st January 2023

1. Event Title: Session on “Art of Living”

2. Event Date: 31/01/2023

3. Event Conduction Duration: 03.00 PM to 4.30 PM

4. Event Venue: Mechanical Department Seminar Hall, SITRC

5. Event Resource Person Details: Mr. Saurabh Toche

(Radio Jockey (RJ) at Radio Mirchi Red FM)

6. Name of Event Coordinator: Prof. P. A. Gade

7. Event Objectives & Outcomes

➤ **Objectives of Activity:**

Students will be able to achieve peace of mind and learn how to stay happy and positive.

➤ **Outcomes of Activity:**

Students from first year engineering participated in activities to feel positive and motivated

8. Description of Event:

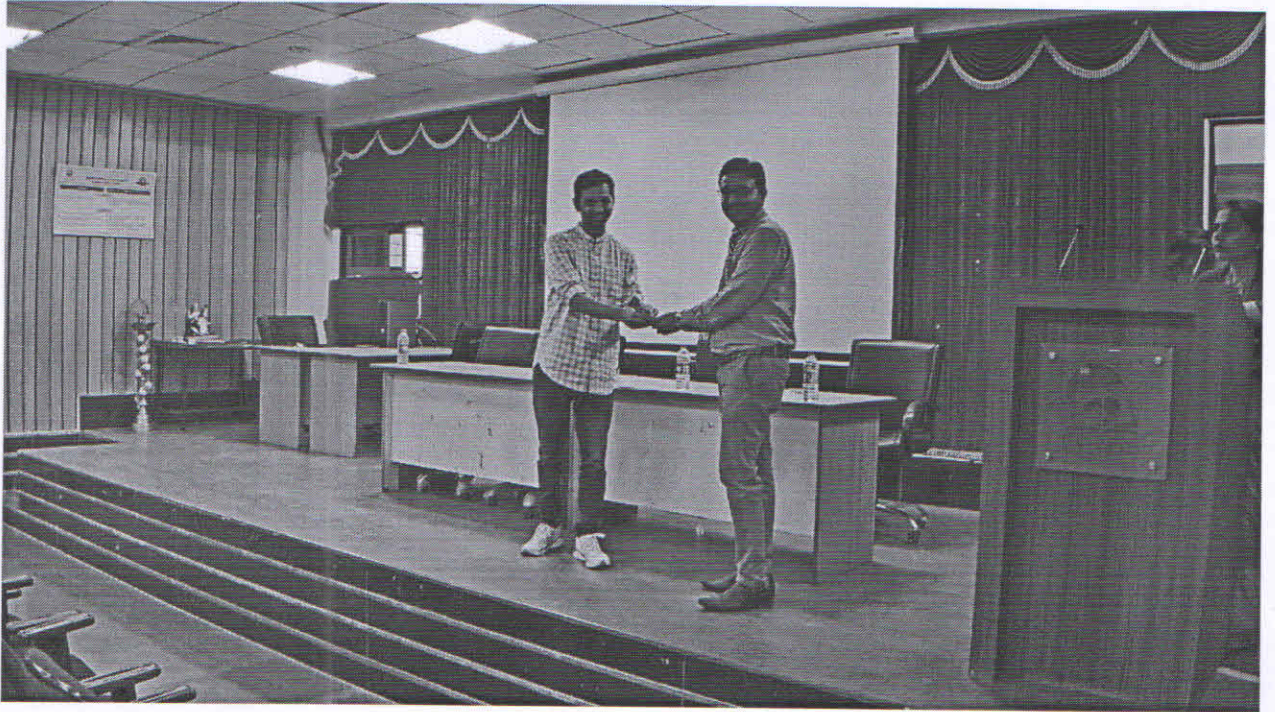
Department of Mechanical Engineering, Sandip Institute of Technology and Research Centre, (SITRC) has organized Guest Lecture on “Art of Living” on 31st January 2023. First Year Engineering students were present for the session. Mr. Saurabh Toche who is Radio Jockey (RJ) at Radio Mirchi Red FM was the speaker for the session.

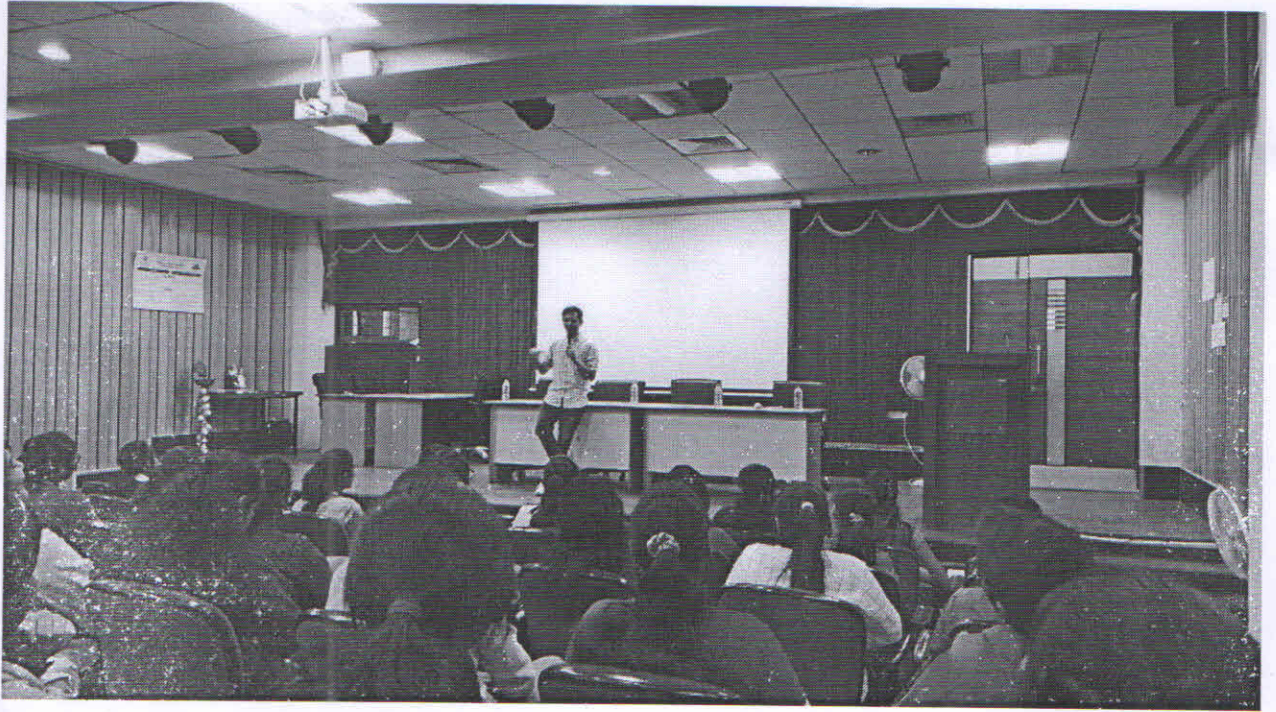
The Art of Living Foundation is a volunteer-based, humanitarian and educational non-governmental organization (NGO). It was founded in 1981 by Ravi Shankar. The Art of Living Foundation has its centers in 180 countries. Art of Living offers several stress-elimination and self-development programs based on breathing techniques, meditation and yoga.


RJ Saurabh motivated the students through different games and activities and students feel relaxed and stress free.


Event photos:-


9. Felicitation of speaker







Prof. P. A. Gade
Event Coordinator


Dr. S. G. Ghalme
HOD
Dept. of Mech. Engg.


Dr. G. M. Phade
President
MoE IIC Cell SITRC


Prof. (Dr) M. M. Patil
Principal,
SITRC