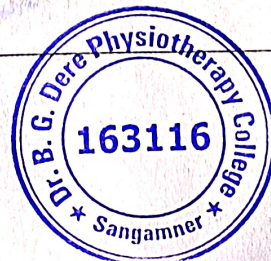
	DR. B. G. DERE COLLEGE OF PHYSIOTHERAPY Nashik – Pune Highway, Karhe, Sangamner	Doc No.	
	ACADEMIC EVENT REPORT	Date	21/01/25
Page			

No	Points for Report
1	Name of Occasion: Meditation and Mindfulness session
2	Background/ Introduction – Dr. B. G. Dere Physiotherapy College arranged a Meditation and Mindfulness session for the 1 st year students. The speaker and guide for the session was Dr. Yogini Biyani, Professor, Anatomy Dept., SST College of Ayurveda.
3	Venue – Auditorium, Dr. Bhanudas Dere College of Ayurveda, Sangamner
4	Sponsors - Self
5	Activity Schedule – Date – 21 st January 2025 Time – 2.00 – 3.30 pm
6	Participants – 1 st year students Dr. Sampada Kamlakar (PT) Dr. Auroshikha Sahu (PT) Miss. Kavita Girhe



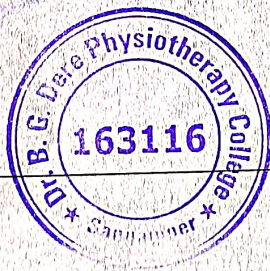
7	<p>Felicitation - The event was adjourned by felicitation of the speaker and she was given a token of appreciation and a bouquet for conducting the session at the campus.</p>
8	<p>Highlights of the Event – Dr. B. G. Dere Physiotherapy College arranged a Meditation and Mindfulness session for the students of 1st year, batch 2024-25 on 21st January 2025. The session started with welcoming and introduction of the speaker. This was followed by felicitation of the guest speaker by Dr. Auroshikha Sahu (PT). The session started with a quick meditation session. followed by informative session about the physiology of Meditation. The speaker explained in detail about the therapeutic effects and anatomical changes that happen on practising Meditation and Yoga. This was followed by another session of quick guided meditation. The vote of thanks was given by Dr. Sampada Kamlakar (PT) and the session was concluded.</p>

Report Prepared on- 21st January 2024

Report Prepared by - Dr. Sampada Kamlakar

Designation/ Dept-Assistant Professor, Neuro Physiotherapy

Signature
Organizing Chairman/ Secretary

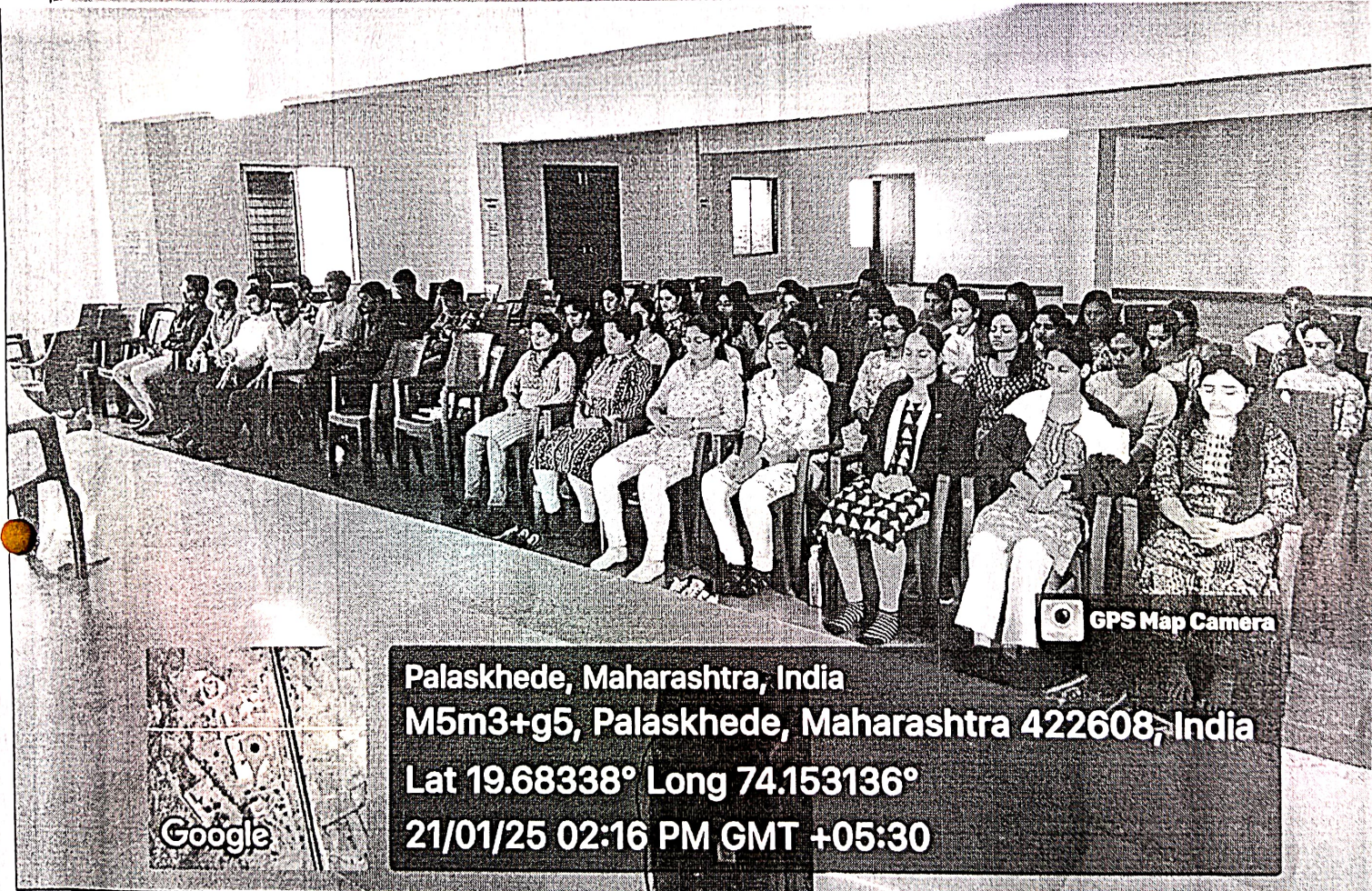
Principal
Dr. B. G. Dere Physiotherapy College
Karhe, Sangli, Dist. Ahmednagar

(Handwritten signature)
Principal



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