BHUJBAL KNOWLEDGE CITY Mumbai Educational Trust	**MET's Institute of Technology (Polytechnic), Nashik** **Department of Information Technology (Inst. Code: 0776)** **(NBA Accredited Programme)** www.metbhujbalknowledgecity.ac.in

AY: 2025-26

Name of Activity	Guest Lecture on Pranic Healing
Academic Year	2025–2026
Department	Department of Information Technology
Institute	MET's Institute of Technology Polytechnic, Nashik
Date & Time	05/08/2025 | 09:00 AM to 12:00 PM
Venue	Seminar Hall
Number of Students	200
Resource Person	Mrs. Kalpana Kambale Ms. Bhagya alias Rohini Sarode
Name of Coordinator	Mrs. Anumeha Lal and Mrs. P.M. Takate

Objectives of the Session :

- To introduce students to the basic concepts and techniques of Pranic Healing.
- To promote awareness of stress management and emotional well-being.
- To encourage self-awareness and practices for maintaining mental and physical balance.
- To support students' personal development and improve their academic focus.
- To create awareness about the importance of relaxation and a balanced lifestyle.

Applicable Programme Outcomes (POs) :

PO No.	POs	Reason
PO6	The Engineer and the World	Develops awareness of personal well-being and its importance in social and professional life.
PO7	Ethics	Encourages positive values, self-discipline and responsible behaviour.
PO8	Individual and Collaborative Team Work	Promotes positive interaction and understanding among participants.

PO9	Communication	Encourages listening, interaction and effective communication during the session.
PO11	Life-Long Learning	Encourages continuous personal development and self-awareness

Applicable Programme Educational Objectives (PEOs) :

PEO No	PEO	Reason
PEO I	Knowledge & Career Growth	Encourages personal development and continuous learning for overall growth.

Applicable PSO's :

No direct PSO mapping	The activity focuses on personal well-being, stress management and self-awareness rather than specific IT knowledge or processes.

Topics Covered	Activities Conducted	Learning Outcomes
Introduction to Pranic Healing	Introduction to the basic concepts of Pranic Healing.	Gained awareness of Pranic Healing and its basic principles.
Self-Awareness and Personal Development	Discussion on self-awareness and personal growth.	Recognized the importance of self-awareness and personal development.
Mental and Physical Balance	Guidance on relaxation and maintaining a balanced lifestyle.	Understood the importance of relaxation and overall well-being.
Emotional Well-being	Guidance on emotional balance and positive thinking.	Developed awareness of emotional well-being.

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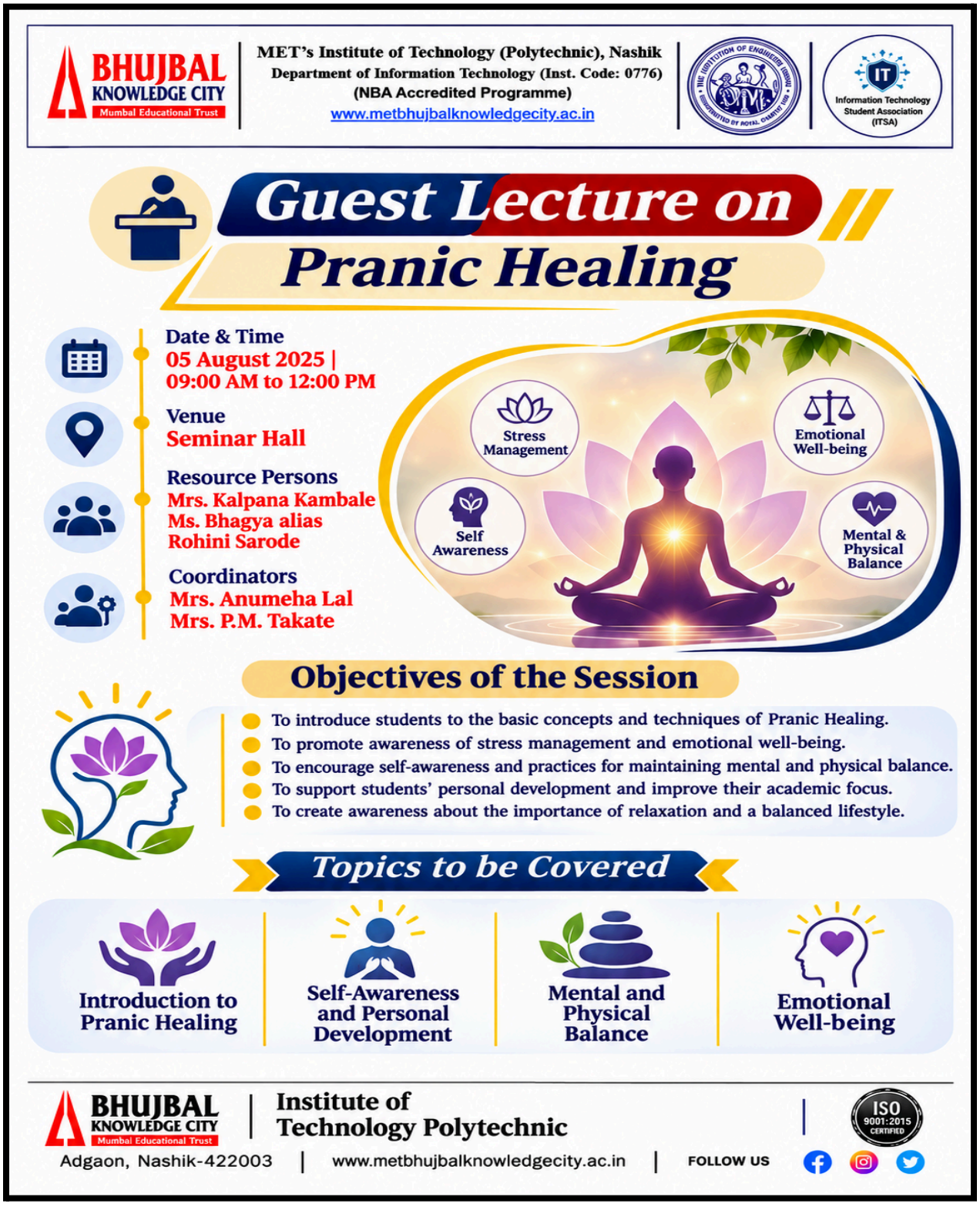
Ms. V.R.Patil	Mrs. Anumeha Lal | Mrs. P.M. Takate	Mr.S.B.Patil
Prepared By	**Guest Lecture In-Charge**	**HOD**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Mumbai Educational Trust
MET's Institute of Technology (Polytechnic), Nashik
Department of Information Technology (Inst. Code: 0776)
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www.metbhujbalknowledgecity.ac.in
Information Technology Student Association (ITSA)
Guest Lecture on
Pranic Healing
Date & Time
05 August 2025 |
09:00 AM to 12:00 PM
Venue
Seminar Hall
Resource Persons
Mrs. Kalpana Kambale
Ms. Bhagya alias
Rohini Sarode
Coordinators
Mrs. Anumeha Lal
Mrs. P.M. Takate
Stress Management
Emotional Well-being
Self Awareness
Mental & Physical Balance
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Topics to be Covered
Introduction to Pranic Healing
Self-Awareness and Personal Development
Mental and Physical Balance
Emotional Well-being
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