

Bhujbal Knowledge City
MET'S Institute of Technology, Polytechnic
Department of Information Technology
AY 2022-2023

Name of Resource :	: Ms.Abhishek Kale and Surashri Ranade Faculty of Art of Living.
Name of Activity	The guest lecture beneficial for students educational and personal growth “Guest Lectuer on Aweaking to New Reality”
Description of activity	Objective: Program mainly focused on topics Gaining a new perspective on stressful situations, building skills to manage your stress, increasing self-awareness, focusing on the present, reducing negative emotions, increasing imagination and creativity, Increasing patience and tolerance. The guest lecture beneficial for students educational and personal growth.
Date and Time	20/03/2023 , Time :1.30PM to 3.30PM
Venue	Seminar hall –MET’S IOT –Polytechnic
No. of students present.	Beneficiaries SY and TY Students of IT.



INSTITUTE OF TECHNOLOGY- POLYTECHNIC
DEPARTMENT OF INFORMATION TECHNOLOGY

Organized a Guest Lecture on

Awakening to New Reality

THE ART OF LIVING

Resource Person-
Abhishek kale Surashri Ranade

Date 20/03/2023 at
Seminar Hall(IOT-P)
Time :1.30pm to 3.00pm.

HEALTH, MIND & YOGA

Prof.P.M.Takate
Guest Lecture In-charge

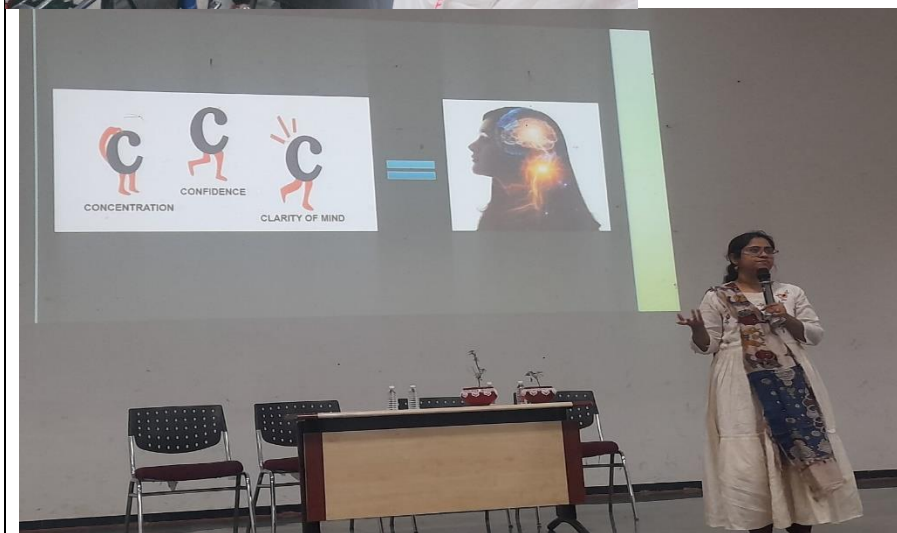
Prof.S.B.Patil
HOD IF Dept

Dr.Rajendra Narkhede
Principal

MET Bhujbal Knowledge City

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Mrs P.M.Takate
Event coordniator

Mr.S.B.Patil
HOD