

# Balancing five elements through ancient technology of keeping Daities properly at living place”

Conducted by: Prof Manish Umale

Dates: 16/07/2022



## “ Stress Management ”

Conducted by: Dr. Vivek Sunnapwar

Dates: 06/08/2022



# Yoga session

Conducted By

Prof Shobha Lolge



# Mind Relaxation

Prof. Jayendra Jadhav

Date: 06/01/2023

