

**Gokhale Education Society's**  
**SIR DR. M. S. GOSAVI COLLEGE OF PHYSIOTHERAPY**  
**& HEALTH CARE MANAGEMENT, NASHIK**



MSG Center for Excellence, Prin. T. A. Kulkarni Vidyanagar, Near Jogging Track Krushinagar, Nashik- 5.  
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**ACTIVITY REPORT**

1.	Name of the activity	Mindfulness: Art of living health and happiness
2.	Nature of the activity	Guest Lecture
3.	Organizing department/s	Not Applicable
4.	Name of the Event in-charge	Dr. Archana Bodhale, Dr. Jayashree Jagtap
5.	Date & Time	4 <sup>th</sup> May,2024 at 12:00 pm
6.	Venue / Place	4 <sup>th</sup> year classroom, ground Floor, GES Auditorium Nursing, Krushinagar Campus
7.	E mail / Circular / Notification about the event (mentioning Date, time, venue, guest, speaker, faculty etc.)	Notice copy is attached
8.	Pamphlet (if any)	Not applicable
9.	Total number of participants/beneficiaries	56
10.	Attendance (if applicable)	Attached
11.	Faculty involved	No
12.	Coloured geo-tagged photos (2 to 4)	Attached
13.	Brief summary of the event in around 100 words (purpose, conduct, feedback, impact, suggestions)	GES's Sir Dr. M.S. Gosavi College of Physiotherapy had conducted guest lecture on the topic " Mindfulness: Art of living health and happiness " 4 <sup>th</sup> May,2024 at 12:00 pm by Ms. Sayali Tatar, who is currently software developer at Hyster Yale group and volunteers with Art of living along with Ms Purva Sahane, QCI Yoga teacher. Target audience was first to final year students winter batches. Both the quest lecturer demonstrated Bhastrika asana.



Principal

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**G. E. Society's**

Sir Dr. M.S.Gosavi COPT & HCM Nashik