



5.1.2

**List with Report &
Photograph of
Programmes /Activities
conducted to enhance Life
Skills**



Y. & M. Anjuman Khairul Islam's
POONA INSTITUTE OF MANAGEMENT
SCIENCES & ENTREPRENEURSHIP

(A Religious & Linguistic Minority Institution, Recognized by DTE, Govt. of Maharashtra, Affiliated to Savitribai Phule Pune University.)

Approved by AICTE, New Delhi ISO 9001-2015 Certification

Office : K. B. Hidayatullah Road, Camp, Pune - 411 001. Tel. : 020 26448781 Website : www.ikpimse.ac.in Email : director.pimse@gmail.com

| CRITERION V | |
|----------------------|----------------------------|
| KEY INDICATOR | 5.1 Student Support |
| METRIC NO. | 5.1.2 |

Life Skills

(Yoga, Physical fitness, Health & Hygiene)

2018-2023

List of Programmes /Activities conducted to enhance Life skills (Yoga, physical fitness, health and hygiene)

| Year | Name of the Activity |
|---------|---|
| 2022-23 | Awareness program for Health body using Yoga |
| 2022-23 | InBound Activity : Team Building in Groups |
| 2022-23 | Tug Together, Win Forever: Tug of War Challenge |
| 2021-22 | The Power of Meditation: Cultivating Inner Balance and Focus for MBA Success |
| 2020-21 | Yoga for Health - yoga at Home |
| 2020-21 | Hygienic Horizons: Careers Shaping Health and Hygiene |
| 2019-20 | Holistic Well-being: Integrating Yoga and Mindfulness into MBA Life |
| 2018-19 | Nutrition and Healthy Eating Habits for MBA Professionals: Fueling Success from Within |
| 2018-19 | Fitness and Wellness for Busy MBA Students: Strategies for a Healthy Lifestyle |
| 2018-19 | The Art of Work-Life Integration: Balancing Health and Professionalism in the MBA Lifestyle |



Dr. Porinita Banerjee
Director (In Charge)





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Dr. Porinita Banerjee

Director (Incharge)

M.Com., MBA, M.Phil., PHD.

Brief Information of the Activity

| | | | |
|--|--|---------------------------|---|
| Name of the Activity | Awareness program for Health body using Yoga | | |
| Date of the Activity | 21/2/2022 | Nature of Activity | Life skills ,Yoga, physical fitness, health and hygiene |
| Objective for conducting the Activity | Promote awareness about the importance of a healthy body and mind. | | |
| Outcome | Yoga's emphasis on mindfulness and meditation techniques helped participants reduce stress, anxiety, and improve mental clarity and focus. | | |
| No. of Participants | 31 | | |

Documents Attached

- 1) Notice
- 2) Report
- 3) Photograph
- 4) Attendance Sheet



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Dr. Porinita Banerjee

Director (Incharge)

M.Com., MBA, M.Phil., PHD.

Date: 19/02/2022

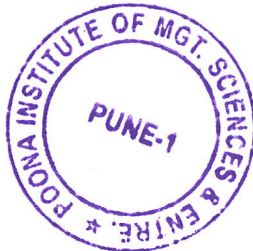
NOTICE

All the Students of MBA/ MBA-IT/ MBA-HRD are hereby informed that Session on “Awareness program for Health body using Yoga” will be organized on Monday 21st February, 2022 at 11.00 am onwards.

Venue: PIMSE Lawn.

Dr. Porinita Banerjee

Director (Incharge)



REPORT

Awareness program for Health body using Yoga

AKI's Poona Institute of Management Sciences & Entrepreneurship (PIMSE) organized a transformative session titled "Awareness program for Health body using Yoga." The session aimed to introduce MBA students to the benefits of meditation in enhancing their personal and professional lives. The session was conducted by yoga trainers, Mr. Meghanand. The primary objective of the session was to promote awareness about the importance of a healthy body and mind among MBA students about the importance of Yoga and how it can contribute to their overall success in the business world.

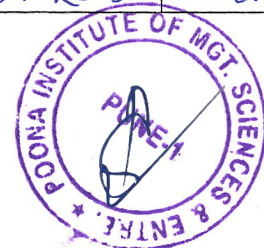


**Anjuman Khairul Islam Poona Institute of Management Sciences and
Entrepreneurship**

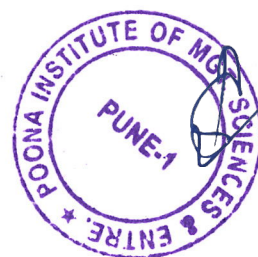
Attendance Sheet

| | | | |
|---------------------------------|---|-------------------|------------|
| Name of Activity: | Awareness program for health body using yoga | Date of Activity: | 21/02/2022 |
| Organizing Department/ Cell: | Student development Cell | Time of Activity: | 11:00am |

| Sr. No. | Name of the Participant/ Student | Course | Signature |
|---------|----------------------------------|------------------------------|--------------|
| 1 | MOHAMMAD AMIR | MBAIT | M. Amir |
| 2 | Nadeem Akter | MBA I st year | Nadeem |
| 3 | Aditya Anand Nimbalkar | MBA II | Adi |
| 4 | Karan Joseph | MBA HRD | K. Joseph |
| 5 | Roshan Mathew | MBA HRD I | Rm |
| 6 | darish majeed Reshi | MBAIT | D. Reshi |
| 7 | Touphi Junghare | MBA II | Touphi |
| 8 | mulla aftab Salim | MBAIT | A. Salim |
| 9 | Tuba Ansari | MBA HRD II | Tuba |
| 10 | Karthik Sandhu | MBAIT I st year | K. Sandhu |
| 11 | Saurav mahadaw Suralkar | MBA I st year | Saurav |
| 12 | motiwala qaron | MBAIT I st year | Qaron |
| 13 | Pravalka Pidathale | MBA IT | P. Pidathale |
| 14 | Toha Saroda | MBA I st year | Toha |
| 15 | Arwa Chakkiwal | MBA II | Arwa |
| 16 | Ashish Kevat | MBA HRD I st year | Ashish |
| 17 | Vaidehi Anil Deshmukh | MBA II | Vaidehi |
| 18 | Alisha Fatima | MBA IT th | A. Fatima |
| 19 | Muskan Salim Khan | MBA HRD II | Muskan |
| 20 | Barkat Babu | MBA IT I st year | Barkat |
| 21 | Mane Kunal Pradeep | MBA HRD I | Mane |



| | | | |
|----|------------------------|---------------------|----------|
| 22 | Kishori Popatrao Kadam | MBA ID | Kishori |
| 23 | Danish Shiledar | MBA IT ID | DS |
| 24 | Pratik Deepak Alhat | MBA HRD | DAlhad |
| 25 | Matake Mazhar Isak | MBA I ST | MMIshak |
| 26 | Salman Yusuf Pathan | MBA I ST | Sipathan |
| 27 | Magar Krushna Sanjay | MBA ID | KSM |
| 28 | Surbhi Suresh Ubale | MBA IT ID | Surbhi |
| 29 | Naziya Fatima | MBA IT | Fatima |
| 30 | Jadhav Piyanka Pratap | MBA IT ID | Piya |
| 31 | Premnath Londhe | MBA HRD | Plondhe |
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Dr. Porinita Banerjee

Director (Incharge)

M.Com., MBA, M.Phil., PHD.

Brief Information of the Activity

| | | | |
|--|--|---------------------------|---|
| Name of the Activity | InBound Activity : Team Building in Groups | | |
| Date of the Activity | 1/6/2023 | Nature of Activity | Life skills ,Yoga, physical fitness, health and hygiene |
| Objective for conducting the Activity | Enhance communication and cooperation skills among team members. | | |
| Outcome | The activity led to better communication among team members, with an emphasis on active listening and effective expression of ideas. | | |
| No. of Participants | 27 | | |

Documents Attached

| |
|---------------------|
| 1) Notice |
| 2) Report |
| 3) Photograph |
| 4) Attendance Sheet |



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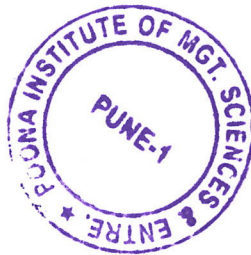
Date: 29/05/2023

NOTICE

All the Students of MBA/ MBA-IT/ MBA-HRD are hereby informed that Session on “InBound Activity - Team Building in Groups” will be organized under IQAC on Thursday 1st June, 2023 at 12.30 pm onwards. Students are instructed to attend the Session in uniform without fail.

Dr. Porinita Banerjee

Director (Incharge)



REPORT

On June 1st, 2023, our institute organized a highly engaging and interactive session on "Inbound Activity: Team Building in Groups." The objective of this session was to enhance teamwork, foster collaboration, and strengthen interpersonal relationships among the participants. Adv. Mohammad Ali Shaikh led the session as the speaker and facilitator.

The "Inbound Activity: Team Building in Groups" session was an enriching experience for all participants. Adv. Mohammad Ali Shaikh's guidance and expertise were instrumental in creating a positive and engaging learning environment.

The skills and insights gained during this session are expected to have a lasting impact on the personal and professional lives of our participants. We remain committed to providing opportunities for personal growth, teamwork, and effective group dynamics within our institute.



Adv. Mohammad Ali Shaikh during sessions with Students of Poona Institute of Management Sciences & Entrepreneurship on June 1st, 2023



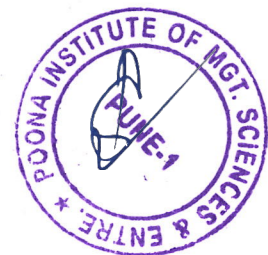
**Anjuman Khairul Islam Poona Institute of Management Sciences and
Entrepreneurship
Attendance Sheet**

| | | | |
|------------------------------|---|-------------------|-----------|
| Name of Activity: | In Bound Activity :- Team Building in group | Date of Activity: | 11/6/2023 |
| Organizing Department/ Cell: | Student development Cell | Time of Activity: | 12.30 pm |

| Sr. No. | Name of the Participant/ Student | Course | Signature |
|---------|----------------------------------|----------------------------------|-----------|
| 1 | Naziya Fatima | MBA IT ^{1st} | Naziya |
| 2 | Kartik Sandhu | MBA IT ^{1st} | Kartik |
| 3 | Muskan Salim Khan | MBA HRD II | Muskan |
| 4 | Ashish Kevat | MBA HRD II | Ashish |
| 5 | Alisha Jalina | MBA I st | Alisha |
| 6 | Poitee Chandrakant Chougule | MBA IT D ^N | Poitee |
| 7 | Taha Sajodeh | MBA I st | T.S. |
| 8 | Roshan Mathew | MBA HRD I | Rm |
| 9 | Warisha Parveen | MBA HRD II | Parveen |
| 10 | matwala qaron | MBA IT I ^{year} | Matwala |
| 11 | Toupti Junghare | MBA II | Toupti |
| 12 | darish majed Reshi | MBA IT | Darish |
| 13 | Aditya Anil Nimbalkar | MBA II | Adi |
| 14 | Brennath Londhe | MBA HRD | Brennath |
| 15 | Jadhav Popyanka Pratap | MBA IT D ^N | Priya |
| 16 | Mane Kunal Praadeep | MBA HRD I | Mane |
| 17 | Mulla Aftab Salim | MBA IT ^{1st} | Mulla |
| 18 | Vaidehi Anil Deshmukh | MBA II | Vaidehi |
| 19 | Arya Chakkival | MBA II | Arya |
| 20 | Bhosale Bhagyashree Vijay | MBA IT II | Bhosale |
| 21 | Karan Joseph | MBA HRD | Joseph |



| | | | |
|----|------------------------|--------------------------|----------|
| 22 | Danish Shiledar | MBA IT II | DS. |
| 23 | Nihal Ayub Maniyar | MBA IT 2 nd | Noor. |
| 24 | Salman Yusuf Pathan | MBA I st | Spathan- |
| 25 | Magor Krushana Sanjay | MBA II | KSM |
| 26 | Amit Laxman Kale | MBA HRDI | Akale. |
| 27 | Pratik Deepak Alhat | MBA HRD ^b | D.Akhat |
| 28 | Kishori Popatrao Kadam | MBA II | Kishori |
| 29 | Tuba Ansari | MBA HRDI | Pube |
| 30 | Barkat Babu | MBA IT | BB |
| 31 | Surbhi Suresh Ubele | MBA IT II | Surbhi |
| 32 | Nadeem Akhtar | MBA I st year | Akhtar. |
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Dr. Porinita Banerjee

Director (Incharge)

M.Com., MBA, M.Phil., PHD.

Brief Information of the Activity

| | | | |
|--|--|---------------------------|---|
| Name of the Activity | Tug Together, Win Forever: Tug of War Challenge | | |
| Date of the Activity | 3/3/2023 | Nature of Activity | Life skills ,Yoga, physical fitness, health and hygiene |
| Objective for conducting the Activity | Fostering teamwork, unity, and physical fitness among team members. | | |
| Outcome | to promote physical fitness, teamwork, and a sense of togetherness within our organisation | | |
| No. of Participants | 32 | | |

Documents Attached

1) Notice

2) Report

3) Photograph

4) Attendance Sheet

Y& M AKI's

**Poona Institute of Management Sciences &
Entrepreneurship**

Organizes

Tug Together, Win Forever

Tug of War Challenge

 **3rd March, 2023**

 **12:30pm**

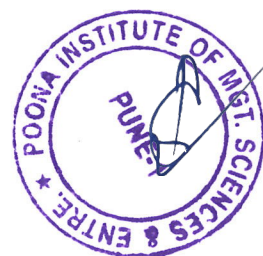
REPORT

On March 3, 2023, our institute hosted an exhilarating sport activity, the "Tug Together, Win Forever" Tug of War Challenge. This event was organized to promote teamwork, strength, and sportsmanship among the participants and was enthusiastically supervised by Mrs. Lubna Shaikh. The "Tug Together, Win Forever" Tug of War Challenge was an outstanding success, fostering teamwork, unity, and physical fitness among our participants. We extend our sincere congratulations to all the teams and participants for their unwavering determination and sportsmanship. We would also like to express our gratitude to Mrs. Lubna Shaikh for her valuable guidance and support in making this event a memorable one. It was her leadership that helped create a positive and inclusive atmosphere for everyone involved.

We look forward to hosting more such events in the future to promote physical fitness, teamwork, and a sense of togetherness within our institute.



Students Participation during the activity of Poona Institute of Management Sciences & Entrepreneurship

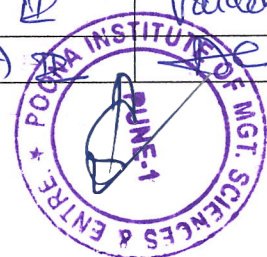


**Anjuman Khairul Islam Poona Institute of Management Sciences and
Entrepreneurship**

Attendance Sheet

| | | | |
|------------------------------|--|-------------------|----------|
| Name of Activity: | Tug Together, Win Forever :- Tug of war challenge | Date of Activity: | 3/3/2023 |
| Organizing Department/ Cell: | Student development cell | Time of Activity: | 12:30pm |

| Sr. No. | Name of the Participant/ Student | Course | Signature |
|---------|----------------------------------|------------------------|-----------|
| 1 | Karan Joseph | MBA HRD | Kjoseph |
| 2 | Salman Yusuf Pathan | MBA I st | Spathan |
| 3 | Amit Laxman Kale | MBA HRD | A-kale. |
| 4 | Karth Sandhu | MBA IT I st | Ksandhu |
| 5 | Tuba Ancari | MBA HRD II | Tuba |
| 6 | Touphi Junghare | MBA II | Touphi |
| 7 | Mulla Aftab Salim | MBA IT | Aftab |
| 8 | Aditya Anand Nimbalkar | MBA II | Adi |
| 9 | Danish Majeed Reshi | MBA IT I st | DReshi |
| 10 | Magar Krishna Sanjay | MBA II | KSM |
| 11 | Alisha Fatima | MBA I st II | Afatima |
| 12 | Danish Shiledar | MBA IT II | D.S. |
| 13 | Taha Saxodq | MBA I st | T.S. |
| 14 | Roshan Mathew | MBA HRD 2 | Rm |
| 15 | Jadhav Poryunka Pratap | MBA IT II | Poriya |
| 16 | Motiwala Aaron | MBA IT I st | Aaron |
| 17 | Surbhi Suresh Ubale | MBA IT 2 nd | Surbhi |
| 18 | Mane Kunal Poadeep | MBA HRD II | Mane. |
| 19 | Barkhat Babu | MBA HRD I | B.B. |
| 20 | Vaidehi Anil Deshmukh | MBA II | Vaidehi |
| 21 | Arwa Chakkiwal | MBA | Arwa |





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Dr. Porinita Banerjee

Director (Incharge)

M.Com., MBA, M.Phil., PHD.

Brief Information of the Activity

| | | | |
|--|---|---------------------------|--|
| Name of the Activity | The Power of Meditation: Cultivating Inner Balance and Focus for MBA Success | | |
| Date of the Activity | 16/06/2022 to 21/6/2022 | Nature of Activity | Life skills Yoga, physical fitness, health and hygiene |
| Objective for conducting the Activity | Introduce MBA students to the practice of meditation as a tool for enhancing inner balance and concentration. | | |
| Outcome | Participants left the program with a stronger sense of mental resilience, better equipped to navigate the challenges of their MBA journey and future careers. | | |
| No. of Participants | 44 | | |

Documents Attached

1) Notice

2) Report

3) Photograph

4) Attendance Sheet



Anjuman Khairul Islam

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Dr. Porinita Banerjee

Director (Incharge)

M.Com., MBA, M.Phil., PHD.

Date: 10/05/2022

NOTICE

All the Students of PIMSE are hereby informed that Session on “The Power of Meditation: Cultivating Inner Balance and Focus for MBA Success” will be organized on Thursday 16th June to 21st June 2022 at 9.30 am onwards.

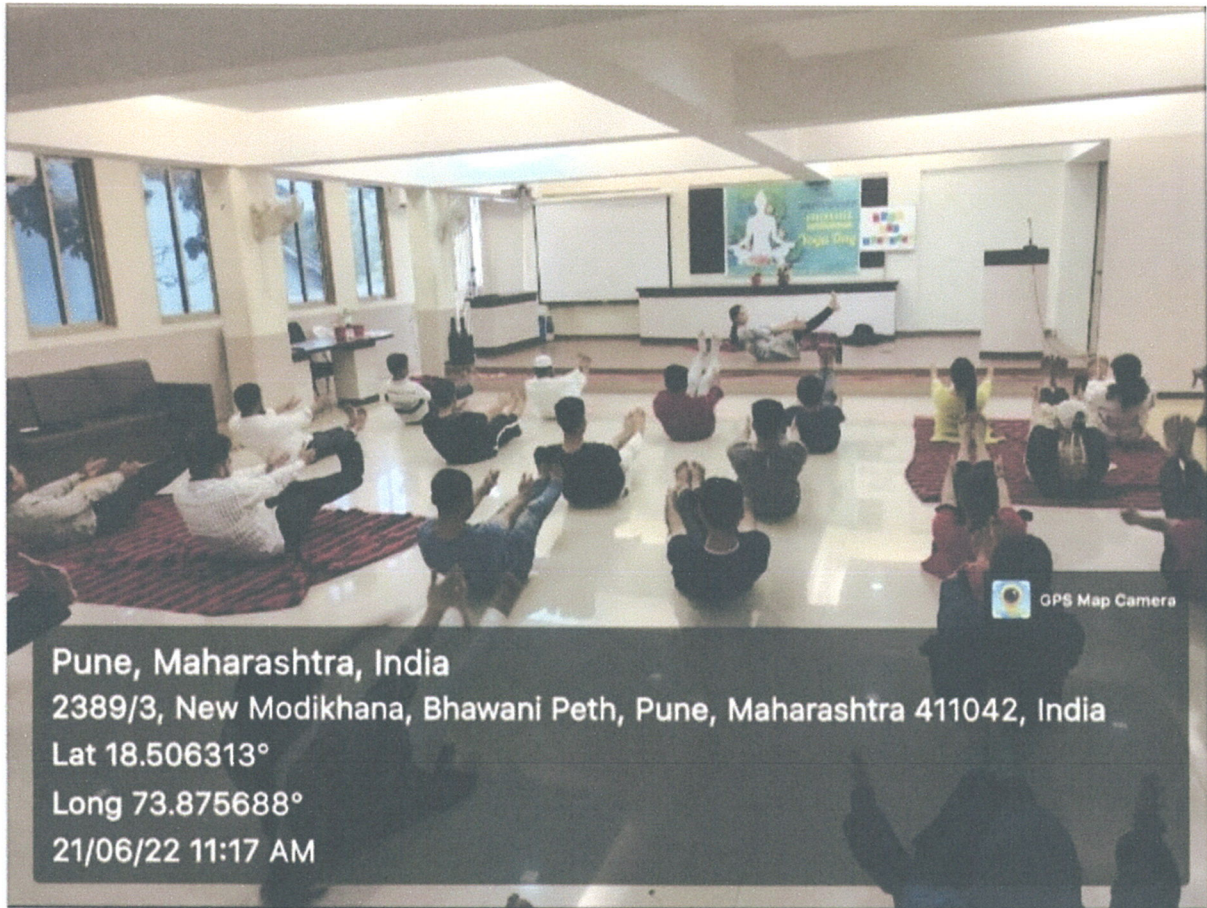
Dr. Porinita Banerjee
Director (Incharge)



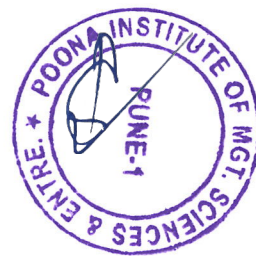
REPORT

AKI's Poona Institute of Management Sciences & Entrepreneurship (PIMSE) organized a transformative session titled "The Power of Meditation: Cultivating Inner Balance and Focus for MBA Success." The session aimed to introduce MBA students to the benefits of meditation in enhancing their personal and professional lives. The session was held from 16th June 2022 to 21st June 2022 and was conducted by renowned yoga trainers, Mr. Meghanand and Mrs. Mita Thakkar. The primary objective of the session was to create awareness among MBA students about the importance of meditation and how it can contribute to their overall success in the business world. The session aimed to provide practical techniques and tools for cultivating inner balance, focus, and emotional well-being. They also highlighted the long-term benefits of meditation in terms of overall well-being and success in personal and professional life. The session on "The Power of Meditation: Cultivating Inner Balance and Focus for MBA Success" conducted by Mr. Meghanand and Mrs. Mita Thakkar was a resounding success. The students gained valuable insights into the practice of meditation and its potential to enhance their personal and professional lives. The session equipped them with practical tools and techniques to cultivate inner balance, improve focus, and develop emotional intelligence. The Institute acknowledges the trainers' expertise and expresses gratitude for their valuable contribution to the students' growth and development.





Mrs.Mita Thakkarduring the session with Students of Poona Institute of Management Sciences & Entrepreneurship performing the Yoga ashanas from 16th June 2022 to 21st June 2022



**Anjuman Khairul Islam Poona Institute of Management Sciences and
Entrepreneurship**

Attendance Sheet

| | | | |
|------------------------------|--------------------------|-------------------|-----------|
| Name of Activity: | The Power of Meditation | Date of Activity: | 21/6/2022 |
| Organizing Department/ Cell: | Student development Cell | Time of Activity: | 9.30am |

| Sr. No. | Name of the Participant/ Student | Course | Signature |
|---------|----------------------------------|--------------------------|-----------|
| 1 | Sajan Shaji | MBA HRD | Sajan S |
| 2 | Yasir Yunus Khan | MBA 1 st year | Y Khan |
| 3 | Saad Mukhtar Kazi | MBA I | Kazi |
| 4 | Deepika Pisal | MBA I | Deep. |
| 5 | Rayaan Jalgoankar | MBA 1 st year | Rayaan |
| 6 | Jadhav Priyanka Preetap | MBA IT I | Priyanka |
| 7 | Bhupal Amit Prasanna | MBA 2 nd | Bhupal |
| 8 | ATKESHAM .S. | MBA 2 nd year | Atkesham |
| 9 | Kalpana Vaidya | MBA HRD II | Kalpana . |
| 10 | Zohab Farid Dalal | MBA I | Farid. |
| 11 | Khan Fiza Nazia | MBA 1 st year | N.f Khan |
| 12 | Patel Bilal Yakeeb | MBA HRD II | B. Patel |
| 13 | Aamir Aslam Khan | MBA IT 2 nd | Aamir |
| 14 | MOHAMMAD SAIF | MBA IT 2 nd | M Saif |
| 15 | Nelson Souza | MBA 2 nd | Nelson . |
| 16 | Danish Shaheed | MBA IT 1 st | Danish |
| 17 | Khan Anisa Yunus | MBA I | Khan |
| 18 | Tazeen Shaikh | MBA HRD I | T. Shaikh |
| 19 | Junaid Nasir Khan | MBA HRD I | Khan |
| 20 | Suleman Javed | MBA 2 | S Javed. |
| 21 | Pawar Jyostna Krishnat | MBA IT | Jyostna |



Anjuman Khairul Islam Poona Institute of Management Sciences and Entrepreneurship**Attendance Sheet**

| | | | |
|------------------------------|------------------------------|-------------------|-----------|
| Name of Activity: | Yoga for Health Yoga at Home | Date of Activity: | 21/6/2020 |
| Organizing Department/ Cell: | Student Development Cell | Time of Activity: | 11.00 am |

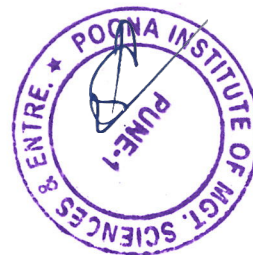
| Sr. No. | Name of the Participant/ Student | Course |
|---------|----------------------------------|---------|
| 1 | Sodhi Harpreetkaur Harisingh | MBA-IT |
| 2 | Borkar Vineet Milind | MBA |
| 3 | Saluja Tarleen Kaur | MBA-HRD |
| 4 | Lokhande Hussain Nazir | MBA |
| 5 | Vikash Kumar Jha Phool Kumar Jha | MBA |
| 6 | Aniket Shivaji Bankar | MBA |
| 7 | Lopez Joe Cajetan | MBA-HRD |
| 8 | Gaurav Narayanswamy Naidu | MBA-HRD |
| 9 | Burhanuddin Sikandar | MBA-IT |
| 10 | Idris Tinwala | MBA |
| 11 | Ansari Abujar Mohamed | MBA-IT |
| 12 | Shaikh Gulnaz Zuber | MBA-HRD |
| 13 | Dmello Amanda Miran | MBA-IT |
| 14 | Mustafa Mohammed Pathan | MBA |
| 15 | Rahul Anand | MBA |
| 16 | Mohammad Saif | MBA-IT |
| 17 | Shaikh Muktar Nazir | MBA |
| 18 | Mohammad Osama Abdul Khaliq | MBA-IT |
| 19 | Sayyed Rifat Ahsan | MBA-HRD |
| 20 | Kulkarni Pooja Shripad | MBA-IT |
| 21 | Shaikh Saifulla Iqbal | MBA |
| 22 | Kadiri Mohsin Abdul Rashid | MBA |
| 23 | Sayyed Sheeba Mohd Hanif | MBA |
| 24 | Faisal Gani | MBA-IT |
| 25 | Kawade Sourabh Nansaheb | MBA-IT |
| 26 | Saluja Tarleen Kaur | MBA-HRD |
| 27 | Lokhande Hussain Nazir | MBA |
| 28 | Tadavi Vasim Samsher | MBA-HRD |
| 29 | Kawade Sourabh Nansaheb | MBA-IT |
| 30 | Shaikh Asif Chand | MBA-IT |
| 31 | Ahuja Gaurav Madanlal | MBA |



Anjuman Khairul Islam Poona Institute of Management Sciences and Entrepreneurship**Attendance Sheet**

| | | | |
|------------------------------|--|-------------------|-----------------|
| Name of Activity: | Hygienic Horizon's Career Shaping Health & Hygiene | Date of Activity: | 31/7/2021 |
| Organizing Department/ Cell: | Student Development Cell | Time of Activity: | 10.30 am onward |

| Sr. No. | Name of the Participant/ Student | Course |
|---------|----------------------------------|---------|
| 1 | Mohammad Osama Abdul Khaliq | MBA-IT |
| 2 | Attar Danish Asif | MBA-HRD |
| 3 | Shaikh Saifulla Iqbal | MBA |
| 4 | Shaikh Mazhar Naziruddin | MBA |
| 5 | Shaikh Imran Yusuf | MBA |
| 6 | Tadavi Vasim Samsher | MBA-HRD |
| 7 | Sayyed Faraz Altaf | MBA-IT |
| 8 | Lokhande Hussain Nazir | MBA |
| 9 | Shaikh Muktar Nazir | MBA |
| 10 | Mohammad Osama Abdul Khaliq | MBA-IT |
| 11 | Borkar Vineet Milind | MBA |
| 12 | Shaikh Abrar Jakir | MBA |
| 13 | Shaikh Saifulla Iqbal | MBA |
| 14 | Kulkarni Pooja Shripad | MBA-IT |
| 15 | Shaikh Yasmeen Jilani | MBA |
| 16 | Gaurav Narayanswamy Naidu | MBA-HRD |
| 17 | Ahuja Gaurav Madanlal | MBA |
| 18 | Dmello Amanda Miran | MBA-IT |
| 19 | Sayyed Alisha Anwar | MBA-IT |
| 20 | Shaikh Muntaha Abdul Sattar | MBA-HRD |
| 21 | Meraj Nazir Qureshi | MBA |





Anjuman Khairul Islam
POONA INSTITUTE OF MANAGEMENT SCIENCES AND ENTREPRENEURSHIP

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Office: K. B. Hidayatullah Road, Camp, Pune - 411001.

Tel.: 020-26448781.

Website: <http://pimse.edu.in> Email: director.pimse@gmail.com

Dr. Porinita Banerjee

Director (Incharge)

M.Com., MBA, M.Phil., PHD.

Brief Information of the Activity

| | | | |
|--|---|---------------------------|--|
| Name of the Activity | Yoga for Health - yoga at Home | | |
| Date of the Activity | 22/6/2020 | Nature of Activity | Yoga, physical fitness, health and hygiene |
| Objective for conducting the Activity | Enhance their ability to understand spoken English language, including accents and dialects. | | |
| Outcome | The activity fostered active engagement and a passion for English language learning, leading participants to seek further opportunities for language development. | | |
| No. of Participants | 31 | | |

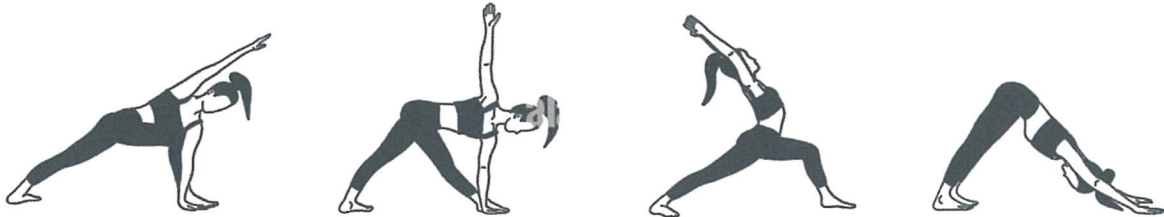
Documents Attached

| |
|---------------------|
| 1) Notice |
| 2) Report |
| 3) Photograph |
| 4) Attendance Sheet |

Y & M AKI's

Poona Institute of Management Sciences & Entrepreneurship

YOGA FOR HEALTH - YOGA AT HOME



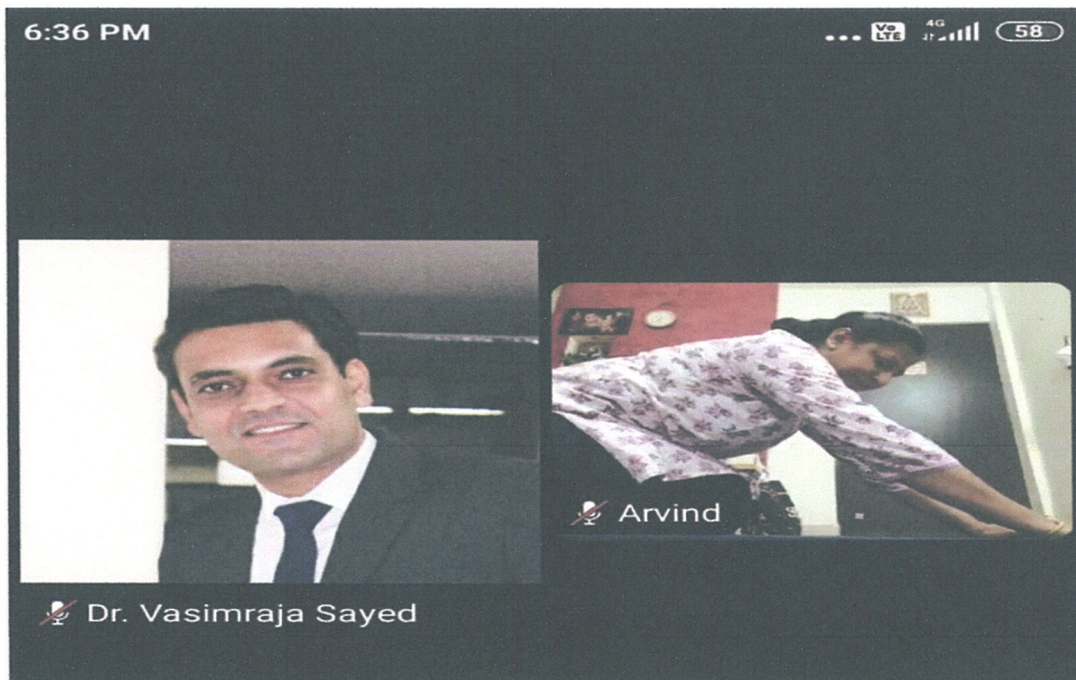
On
Monday 22th June, 2020

9.00 am onwards.

REPORT

On 21st June 2020, our institute conducted an online session on "Yoga for Health - Yoga at Home" as per the Guideline given by Savitribai Phule Pune University, to promote the importance of yoga in maintaining physical and mental well-being. The session was led by Mrs. Archana Arvind, an experienced yoga trainer. This report aims to provide an overview of the session and its key highlights. The primary objective of the session was to educate participants about the benefits of practicing yoga at home and encourage them to incorporate yoga into their daily routine. The session focused on simple yet effective yoga asanas (postures) and pranayama (breathing exercises) that can be easily practiced at home, without the need for specialized equipment or a large space.

The session included guidance on different pranayama techniques, such as deep breathing, alternate nostril breathing, and relaxation breathing. Mrs. Archana Arvind explained the importance of conscious breathing and its impact on overall well-being. The "Yoga for Health - Yoga at Home" session conducted on 21st June 2020 was a successful and informative event. Mrs. Archana Arvind's expertise and guidance enabled participants to learn and practice yoga in the comfort of their homes. Overall, the event was well-received, and participants expressed their gratitude for the opportunity to learn from a skilled yoga trainer.

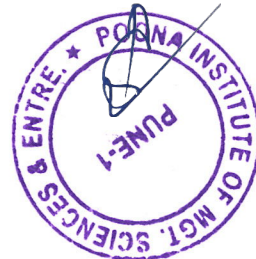


Mrs. Archana Arvind during the online Session of Yoga techniques



| Anjuman Khairul Islam Poona Institute of Management Sciences and Entrepreneurship | | | |
|---|------------------------------|-------------------|-----------|
| Attendance Sheet | | | |
| Name of Activity: | Yoga for Health Yoga at Home | Date of Activity: | 21/6/2020 |
| Organizing Department/ Cell: | Student Development Cell | Time of Activity: | 11.00 am |

| Sr. No. | Name of the Participant/ Student | Course |
|---------|----------------------------------|---------|
| 1 | Sodhi Harpreetkaur Harisingh | MBA-IT |
| 2 | Borkar Vineet Milind | MBA |
| 3 | Saluja Tarleen Kaur | MBA-HRD |
| 4 | Lokhande Hussain Nazir | MBA |
| 5 | Vikash Kumar Jha Phool Kumar Jha | MBA |
| 6 | Aniket Shivaji Bankar | MBA |
| 7 | Lopez Joe Cajetan | MBA-HRD |
| 8 | Gaurav Narayanswamy Naidu | MBA-HRD |
| 9 | Burhanuddin Sikandar | MBA-IT |
| 10 | Idris Tinwala | MBA |
| 11 | Ansari Abujar Mohamed | MBA-IT |
| 12 | Shaikh Gulnaz Zuber | MBA-HRD |
| 13 | Dmello Amanda Miran | MBA-IT |
| 14 | Mustafa Mohammed Pathan | MBA |
| 15 | Rahul Anand | MBA |
| 16 | Mohammad Saif | MBA-IT |
| 17 | Shaikh Muktar Nazir | MBA |
| 18 | Mohammad Osama Abdul Khaliq | MBA-IT |
| 19 | Sayyed Rifat Ahsan | MBA-HRD |
| 20 | Kulkarni Pooja Shripad | MBA-IT |
| 21 | Shaikh Saifulla Iqbal | MBA |
| 22 | Kadiri Mohsin Abdul Rashid | MBA |
| 23 | Sayyed Sheeba Mohd Hanif | MBA |
| 24 | Faisal Gani | MBA-IT |
| 25 | Kawade Sourabh Nansaheb | MBA-IT |
| 26 | Saluja Tarleen Kaur | MBA-HRD |
| 27 | Lokhande Hussain Nazir | MBA |
| 28 | Tadavi Vasim Samsher | MBA-HRD |
| 29 | Kawade Sourabh Nansaheb | MBA-IT |
| 30 | Shaikh Asif Chand | MBA-IT |
| 31 | Ahuja Gaurav Madanlal | MBA |





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Dr. Porinita Banerjee

Director (Incharge)

M.Com., MBA, M.Phil., PHD.

Brief Information of the Activity

| | | | |
|--|---|---------------------------|---|
| Name of the Activity | Hygienic Horizons: Careers Shaping Health and Hygiene | | |
| Date of the Activity | 31/07/21 | Nature of Activity | Life skills ,Yoga, physical fitness, health and hygiene |
| Objective for conducting the Activity | Providing Valuable insights into career opportunities within the Health and Hygiene sectors | | |
| Outcome | Facilitated meaningful interactions, leaving a positive impact on students' perspectives regarding careers in these dynamic fields. | | |
| No. of Participants | 55 | | |

Documents Attached

| |
|---------------------|
| 1) Notice |
| 2) Report |
| 3) Photograph |
| 4) Attendance Sheet |



Anjuman Khairul Islam

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Dr. Porinita Banerjee

Director (Incharge)

M.Com., MBA, M.Phil., PHD.

Date: 27/07/2021

NOTICE

All the Students of MBA/ MBA-IT/ MBA-HRD are hereby informed that Session on “Hygienic Horizons: Careers Shaping Health and Hygiene” will be organized on 31st July 2021 at 12.30 pm onwards.

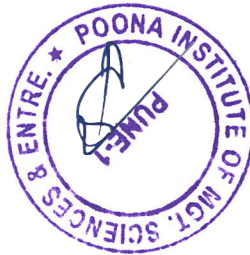
Zoom Platform

Meeting ID: 798 4790 4656

Passcode: Vj8DQM

Dr. Porinita Banerjee

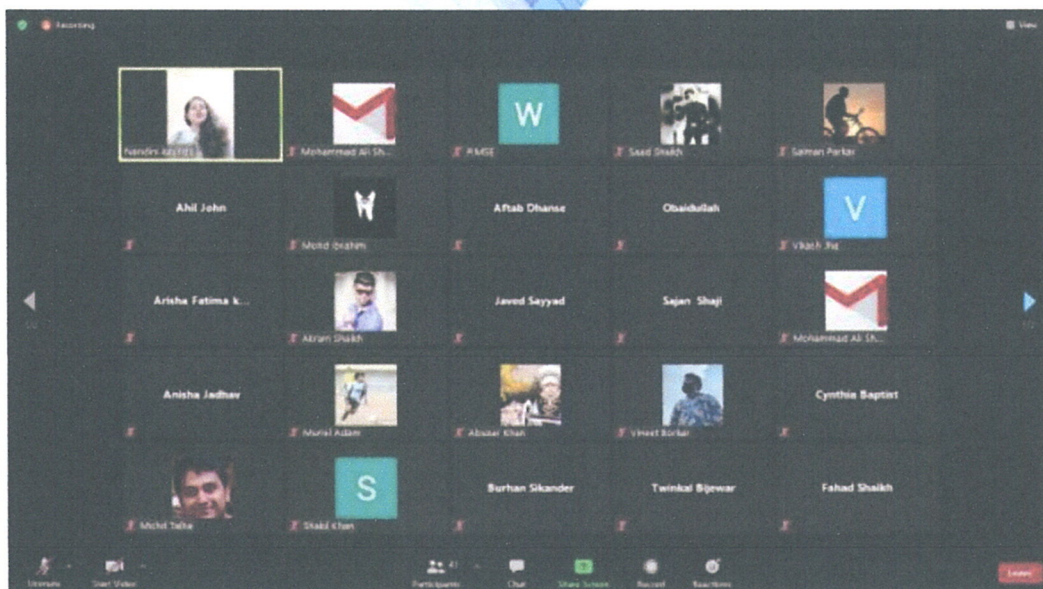
Director (Incharge)



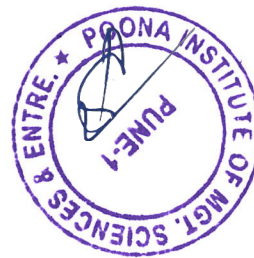
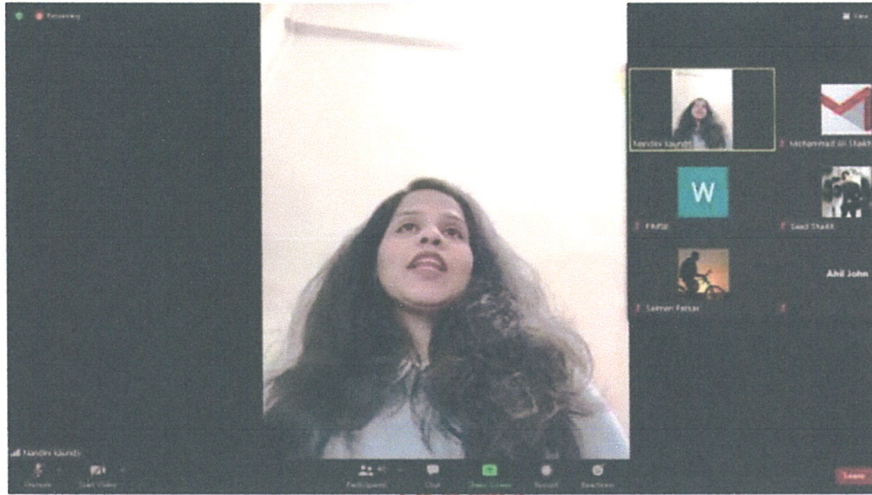
REPORT

The session organized by PIMSE proved enlightening, providing MBA/MBA-IT/MBA-HRD students with valuable insights into career opportunities within the Health and Hygiene sectors. The session facilitated meaningful interactions, leaving a positive impact on students' perspectives regarding careers in these dynamic fields. The speaker for the session was Mrs. Nandini Kaunds and was organized on 31st July 2021. The session aimed to illuminate career pathways and opportunities in these industries. The speaker briefed about the scope and significance of careers in Health and Hygiene sectors and also explored diverse roles and skills essential for success in these fields. She also discussed on emerging trends, innovations, and challenges in the industry. The session improved an understanding of career possibilities in Health and Hygiene sectors

Student Attendance

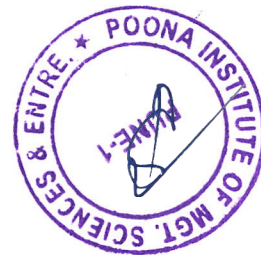


Q & A Session with students by- Mrs. Nandini Kaunds



| Anjuman Khairul Islam Poona Institute of Management Sciences and Entrepreneurship | | | |
|---|---|-------------------|-----------------|
| Attendance Sheet | | | |
| Name of Activity: | Hygienic Horizon's Career Shaping Health & Hygiene | Date of Activity: | 31/7/2021 |
| Organizing Department/ Cell: | Student Development Cell | Time of Activity: | 10.30 am onward |

| Sr. No. | Name of the Participant/ Student | Course |
|---------|----------------------------------|---------|
| 1 | Mohammad Osama Abdul Khaliq | MBA-IT |
| 2 | Attar Danish Asif | MBA-HRD |
| 3 | Shaikh Saifulla Iqbal | MBA |
| 4 | Shaikh Mazhar Naziruddin | MBA |
| 5 | Shaikh Imran Yusuf | MBA |
| 6 | Tadavi Vasim Samsher | MBA-HRD |
| 7 | Sayyed Faraz Altaf | MBA-IT |
| 8 | Lokhande Hussain Nazir | MBA |
| 9 | Shaikh Muktar Nazir | MBA |
| 10 | Mohammad Osama Abdul Khaliq | MBA-IT |
| 11 | Borkar Vineet Milind | MBA |
| 12 | Shaikh Abrar Jakir | MBA |
| 13 | Shaikh Saifulla Iqbal | MBA |
| 14 | Kulkarni Pooja Shripad | MBA-IT |
| 15 | Shaikh Yasmeen Jilani | MBA |
| 16 | Gaurav Narayanswamy Naidu | MBA-HRD |
| 17 | Ahuja Gaurav Madanlal | MBA |
| 18 | Dmello Amanda Miran | MBA-IT |
| 19 | Sayyed Alisha Anwar | MBA-IT |
| 20 | Shaikh Muntaha Abdul Sattar | MBA-HRD |
| 21 | Meraj Nazir Qureshi | MBA |





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Tel.: 020-26448781.

Website : www.akipimse.com Email : info@akipimse.com

Dr. SHAKEEL AHMED

Director

Brief Information of the Activity

| | | | |
|--|--|---------------------------|--|
| Name of the Activity | Holistic Well-being: Integrating Yoga and Mindfulness into MBA Life | | |
| Date of the Activity | 21/6/2019 | Nature of Activity | Yoga, physical fitness, health and hygiene |
| Objective for conducting the Activity | Educate MBA students about the importance of holistic well-being in managing the challenges and stresses of their academic and professional lives. | | |
| Outcome | Many participants learned effective stress management techniques that allowed them to navigate the pressures of MBA life with greater ease | | |
| No. of Participants | 45 | | |

Documents Attached

1) Notice

2) Report

3) Photograph

4) Attendance Sheet



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Dr. SHAKEEL AHMED

Director

Date: 17/06/2019

NOTICE

All the Students of PIMSE are hereby informed that Session on “Holistic Well-being: Integrating Yoga and Mindfulness into MBA Life” will be organized on Friday 21st June, 2019 at 11.00 am onwards.

Dr. Shakeel Ahmed
Director

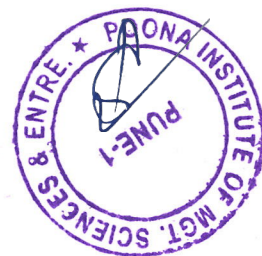


REPORT

On 21st June 2019, our institute organized a session on "Holistic Well-being: Integrating Yoga and Mindfulness into MBA Life." The purpose of the session was to highlight the importance of holistic well-being and introduce MBA students to the benefits of incorporating yoga and mindfulness practices into their lives. The session was conducted by Mrs. Anjali Puranik, an experienced yoga trainer. The session began with an introduction to the concept of holistic well-being, emphasizing the need to address not only the physical but also the mental, emotional, and spiritual aspects of one's life. Mrs. Anjali Puranik shared her expertise and explained the profound impact yoga and mindfulness can have on improving overall well-being. Overall, the session successfully highlighted the importance of integrating yoga and mindfulness into the lives of MBA students, offering those tools to enhance their overall well-being and effectively manage the challenges of their academic journey.



Mrs. Anjali Puranik during the Yoga act to the Participants of Poona Institute of Management Sciences & Entrepreneurship



**Anjuman Khairul Islam Poona Institute of Management Sciences and
Entrepreneurship**

Attendance Sheet

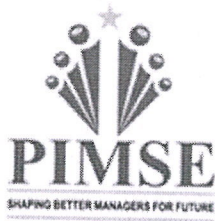
| | | | |
|------------------------------|---|-------------------|-----------|
| Name of Activity: | Holistic Well-being: Integrating yoga and mindfulness | Date of Activity: | 21/6/2019 |
| Organizing Department/ Cell: | Student development Cell | Time of Activity: | 11:00 am |

| Sr. No. | Name of the Participant/ Student | Course | Signature |
|---------|----------------------------------|-------------------------|-----------|
| 1 | Patel Huzef Aslam | MBA I | Patel |
| 2 | Shivanand Sadanand | MBA IT I | SS |
| 3 | Khade Chetan Sunil | MBA I st | Chetank |
| 4 | Waghmare Rahul Bharat | MBA 2 | Rahul |
| 5 | Khan Taha Azam | MBA I st | T. Khan |
| 6 | Raza Talha | MBA II | Talha |
| 7 | Khan Maaz Mahin | MBA I | Mahin |
| 8 | Baig Amada Karim | MBA 2 nd | Baig |
| 9 | Saluja Tarleen Kaun | MBA HRD 2 | Tarleen |
| 10 | Rahul Anand | MBA I st | Rahul |
| 11 | Bookar Vineet Milind | MBA I | Bookar |
| 12 | SHAIKH FAIR YUSUF | MBA 2 nd | Fshaikh |
| 13 | Jadhav sneha sanjay | MBA HRD I | Sneha |
| 14 | Mogre Vineet Nanda | MBA I | Vineet |
| 15 | Behere Rajita Kalu | MBA HRD 2 nd | Rajita |
| 16 | Khan Adil Yunus | MBA II | Khan |
| 17 | Shaikh asif chand | MBA IT | Asif |
| 18 | Patel Shakir Shamji | MBA I | Shakir |
| 19 | Shaikh baizan Farver | MBA II nd | Shakir |
| 20 | Jithin Johnson | MBA HRD I | Jithin |
| 21 | Tadavi Vasim Samsher | MBA HRD I | Vasim |



| | | | |
|----|--------------------------|--------------------------|------------|
| 22 | Loobak Moiz Irfan | MBA 2nd | Loobak |
| 23 | Kuravle Jahad aziz | MBA HRD | J. Kuravle |
| 24 | Khan Zoya Feroz | MBA IT 2nd | Khan, |
| 25 | Sayed Asbaaz Hanif | MBA 2 | Sayed. |
| 26 | Shaikh Muktar Nazir | MBA I | Muktar. |
| 27 | Dongare Shradha anandias | MBA II year | Shradha |
| 28 | Kulkarni Ravi Shripad | MBA IT 2nd | Ravi |
| 29 | Shaikh Sabq Salim | MBA I st | S. Shaikh |
| 30 | Ahlfar Mustafa | MBA IT 2 | AM |
| 31 | Shaikh Sama Shahid | MBA IT 2nd | Sama |
| 32 | ALVI TALAL AZIZ | MBA I st year | Alvitlal |
| 33 | Pillay Ravina Ravi | MBA 2nd | Ravina |
| 34 | Shaikh Uzair Sajeed | MBA IT II | Uzair |
| 35 | Rehman Aslam | MBA IT 2 nd | Rehman |
| 36 | Khan inayat parwar | MBA IT II | I Khan. |
| 37 | Peter Flavia Johnson | MBA IT st | P. Peter |
| 38 | Landge Shreyal Suhaz | MBA IT 2 | SSL |
| 39 | Patil Akshay Shivaji | MBA HRD 2nd | Patil |
| 40 | Shaikh alfan anis | MBA 2nd | Ashakh |
| 41 | Kannake Sarang Vilas | MBA IT 2 | sarang |
| | | | |
| | | | |
| | | | |
| | | | |





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Dr. SHAKEEL AHMED

Director

Brief Information of the Activity

| | | | |
|--|---|---------------------------|--|
| Name of the Activity | Nutrition and Healthy Eating Habits for MBA Professionals: Fueling Success from Within | | |
| Date of the Activity | 11/02/2019 | Nature of Activity | Yoga, physical fitness, health and hygiene |
| Objective for conducting the Activity | Educate MBA professionals about the importance of nutrition and healthy eating habits in sustaining high levels of energy, focus, and productivity. | | |
| Outcome | Participants demonstrated increased levels of energy, focus, and productivity, which positively impacted their work and overall success. | | |
| No. of Participants | 50 | | |

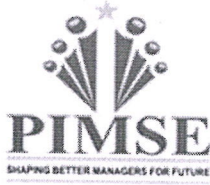
Documents Attached

1) Notice

2) Report

3) Photograph

4) Attendance Sheet



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Dr. SHAKEEL AHMED

Director

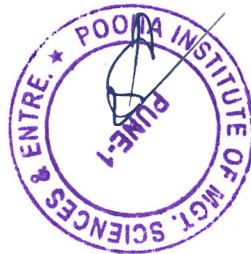
Date: 4/2/2019

NOTICE

All the Students of MBA/ MBA-IT/ MBA-HRD are hereby informed that Session on “Nutrition and Healthy Eating Habits for MBA Professionals: Fueling Success from Within” will be organized on Monday 11th February, 2019 at 10.30 am onwards. Students are instructed to attend the Session without fail.

Dr. Shakeel Ahmed

Director

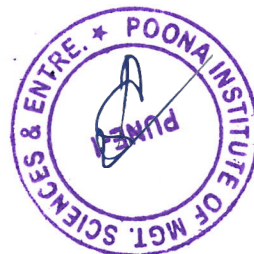


REPORT

The session on "Nutrition and Healthy Eating Habits for MBA Professionals: Fueling Success from within" was conducted on February 11, 2019, at our institute. The aim of the session was to educate MBA students about the importance of nutrition and healthy eating habits in their professional lives. Mrs. Sunita Jagale, a renowned yoga trainer, was invited to facilitate the session and share her expertise on the subject. The session on "Nutrition and Healthy Eating Habits for MBA Professionals: Fueling Success from Within" conducted by Mrs. Sunita Jagale was highly informative and engaging. MBA students gained valuable insights into the significance of nutrition and its impact on their professional lives. They also learned practical strategies to incorporate healthy eating habits into their busy schedules. The introduction of yoga techniques for stress management added an extra dimension to the session, equipping students with tools for enhancing their overall well-being.



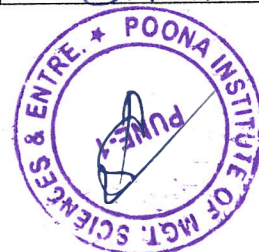
Prof. Porinita Banerjee & Prof. Sheena Abraham tasting health foods prepared by students

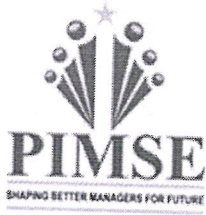


**Anjuman Khairul Islam Poona Institute of Management Sciences and
Entrepreneurship
Attendance Sheet**

| | | | |
|------------------------------|---|-------------------|-----------|
| Name of Activity: | Nutrition and Healthy Eating Habits for MBA professionals | Date of Activity: | 11/2/2019 |
| Organizing Department/ Cell: | Student Development Cell | Time of Activity: | 10:30 am. |

| Sr. No. | Name of the Participant/ Student | Course | Signature |
|---------|----------------------------------|-----------|-------------|
| 1 | Pawar Ganesh Vithal | MBA IT 2 | Pawar |
| 2 | Khan Afia Naem | MBA 2 | Afia. |
| 3 | Daware Surarna Vishal | MBA IT 2 | Surarna. |
| 4 | Misal Sunny Shrish | MBA HRD 2 | Misal Sunny |
| 5 | Khan Fiza Nasir | MBA 7 | Fiza |
| 6 | Khan Jaizan Bryan | MBA IT 2 | Khan |
| 7 | Patel Majid Wajid | MBA 2 | MPatel |
| 8 | Mohammad Ashik | MBA 2 | MA |
| 9 | Mohammad Zaid | MBA IT 2 | MZaid |
| 10 | Jarhat Bashir | MBA 2 | JB |
| 11 | Yadav Munna Ramji | MBA 2 | M. Ramji |
| 12 | Azhar Kadar Shaikh | MBA IT 2 | Kadar |
| 13 | Diyaz Khan | MBA 2 | DK |
| 14 | Shaikh Zuhri Hanif | MBA 2 | Zuhri |
| 15 | Kulkarni Ravi Shripad | MBA IT 2 | Ravi |
| 16 | Bed Sachin Ravi | MBA 2 | Bed. |
| 17 | Mundal Bashir Musq | MBA 2 | Musa. |
| 18 | Shaikh Azshki Akter | MBA HRD 2 | Azshki |
| 19 | Khan Zoya Firoz | MBA IT 2 | Zoya. |
| 20 | Tanwar Jahir Talha | MBA 7 | Tanwar |
| 21 | Khan Parvin Noon | MBA HRD 2 | P.Khan. |





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Dr. SHAKEEL AHMED

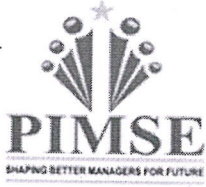
Director

Brief Information of the Activity

| | | | |
|--|---|---------------------------|---|
| Name of the Activity | Fitness and Wellness for Busy MBA Students: Strategies for a Healthy Lifestyle | | |
| Date of the Activity | 3/12/2018 | Nature of Activity | Life skills ,Yoga, physical fitness, health and hygiene |
| Objective for conducting the Activity | Foster a culture of wellness and balance within the MBA program | | |
| Outcome | a reduction in stress levels, leading to improved mental well-being and academic performance. | | |
| No. of Participants | 50 | | |

Documents Attached

1. Notice
2. Report
3. Photograph
4. Attendance Sheet



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Tel.: 020-26448781.

Website : www.akipimse.com Email : info@akipimse.com

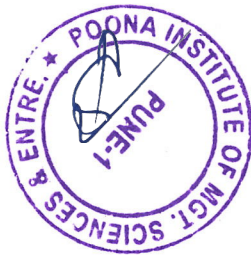
Dr. SHAKEEL AHMED
Director

Date: 28/11/2018

NOTICE

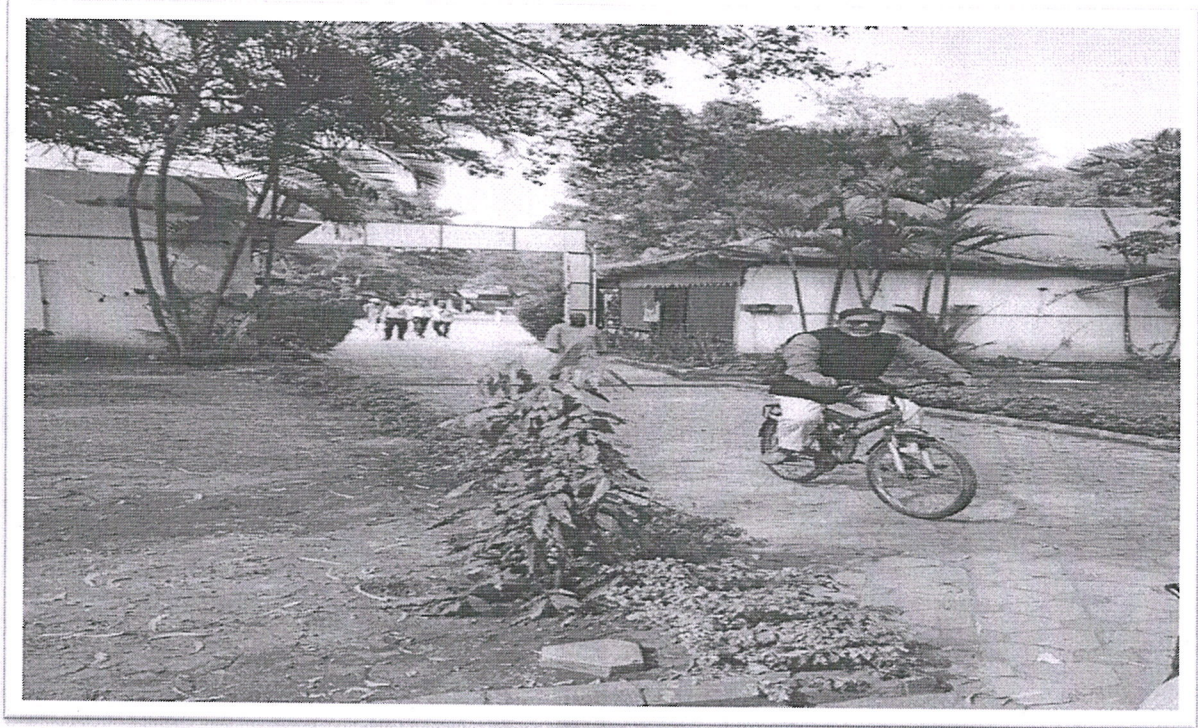
All the Students of MBA/ MBA-IT/ MBA-HRD are hereby informed that Session on “Fitness and Wellness for Busy MBA Students: Strategies for a Healthy Lifestyle” will be organized on Monday 3rd December, 2018 at 12.30 pm onwards. Students are instructed to attend the Session in uniform without fail.

Dr. Shakeel Ahmed
Director



REPORT

On 3/12/2018, our institute organized a session on "Fitness and Wellness for Busy MBA Students: Strategies for a Healthy Lifestyle" specifically aimed at MBA students. The objective of the session was to provide valuable insights and practical strategies to help MBA students maintain a healthy lifestyle despite their busy schedules. The speaker for the session was Dr. Shakeel Ahmed, has given inputs. We extend our sincere gratitude to Dr. Shakeel Ahmed for sharing his expertise and delivering an insightful session on fitness and wellness for MBA students. Additionally, we would like to thank all the MBA students who actively participated and made the session a success.



Dr. Shakeel Ahmed demonstrating students of Poona Institute of Management Sciences & Entrepreneurship for Fitness



| Anjuman Khairul Islam Poona Institute of Management Sciences and Entrepreneurship | | | |
|---|---|-------------------|-----------|
| Attendance Sheet | | | |
| Name of Activity: | fitness and wellness for Busy MBA student | Date of Activity: | 3/12/2018 |
| Organizing Department/ Cell: | Student development cell | Time of Activity: | 12.30 pm |

| Sr. No. | Name of the Participant/ Student | Course | Signature |
|---------|----------------------------------|------------|-------------|
| 1 | Khan Parvin Noor | MBA HRD II | P. Khan |
| 2 | Jadhav Sneha Sanjay | MBA HRD I | Sneha |
| 3 | Chavan Akhilesh Anil | MBA HRD I | AAE |
| 4 | Khan Aqila Naem | MBA 2 | Office |
| 5 | Dawane Suvarna Vishal | MBA IT I | Suvarna |
| 6 | Zankar Vaishnavi Madan | MBA HRD I | Vaishnavi |
| 7 | Patel Majid Wajid | MBA 2 | M Patel |
| 8 | Jareen Kalamullah | MBA 2 | Jareen |
| 9 | Kulkarni Ravi Shripad | MBA IT I | Ravi |
| 10 | Tanwar Tahir Talha | MBA I | T/T |
| 11 | Kothibre Aniket Vinayak | MBA IT 2 | A. Kothibre |
| 12 | Patil Diya Vilas | MBA HRD I | D. Patil |
| 13 | Azhar Kadar Shaikh | MBA IT I | Kadar |
| 14 | Pawar Ganesh Vithal | MBA IT I | Pawar |
| 15 | Mandal Bashir Musq | MBA I | Musq |
| 16 | Bed Sachin Ravi | MBA I | Bed |
| 17 | Mohammad Zaid | MBA IT 2 | M. Zaid |
| 18 | Khan Zoya Feroz | MBA IT I | Zoya |
| 19 | Dhanve Sagar Gulab | MBA IT 2 | S. Dhanve |
| 20 | Riyaz Khan | MBA I | Riyaz |
| 21 | Misal Sunny Shishish | MBA HRD I | M. Sunny |



| | | | |
|----|-------------------------|-----------------------|-----------|
| 22 | Jonare Kishore Madhukar | MBA ITT | Jonare |
| 23 | Yadar Vinita Mullesh | MBA HRD I | Vmire, |
| 24 | Khan Jaizan Zayan | MBA IT2 | Jkhan |
| 25 | Mohammad Ashik | MBA I | MA |
| 26 | Inamdar Saad Kader | MBA IT2 nd | Saad. |
| 27 | Patil Akshaya Shivaji | MBA HRD I | Patil |
| 28 | Jain Sumeet Rajendra | MBA I | Jain |
| 29 | Shaikh Zuhri Hanif | MBA HRD II | Zuhri |
| 30 | Jarhar Bashir | MBA I | JB |
| 31 | Yadav Munna Ramaji | MBA 2 | M.Ramaji |
| 32 | Khan Fiza Nasir | MBA I | Azga |
| 33 | Yadar Neeta Ramnarayan | MBA ITI | Neeta |
| 34 | Shaikh Arshi Akhtar | MBA HRD I | Ashankh |
| 35 | Kazi Shiraj Irshad | MBA HRD I | Kazi |
| 36 | Thakkar Tejas Sunil | MBA I | T.Thakkar |
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Anjuman Khairul Islam's
POONA INSTITUTE OF MANAGEMENT SCIENCES & ENTREPRENEURSHIP

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Dr. SHAKEEL AHMED

Director

Brief Information of the Activity

| | | | |
|--|---|---------------------------|--|
| Name of the Activity | The Art of Work-Life Integration: Balancing Health and Professionalism in the MBA Lifestyle | | |
| Date of the Activity | 21/07/2018 | Nature of Activity | Yoga, physical fitness, health and hygiene |
| Objective for conducting the Activity | Provide participants with strategies and tools to manage stress, maintain physical health, and prioritize self-care within the context of an intensive MBA program. | | |
| Outcome | Many students reported improved stress management skills, leading to reduced anxiety and improved mental well-being. | | |
| No. of Participants | 60 | | |

Documents Attached

1) Notice

2) Report

3) Photograph

4) Attendance Sheet



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Dr. SHAKEEL AHMED

Director

Date: 16/06/2018

NOTICE

All the Students of MBA/ MBA-IT/ MBA-HRD are hereby informed that Session on “The Art of Work-Life Integration: Balancing Health and Professionalism in the MBA Lifestyle” will be organized on Saturday 21st July, 2018 at 11.00 am onwards. Students are instructed to attend the Session in casual wear.

Dr. Shakeel Ahmed

Director

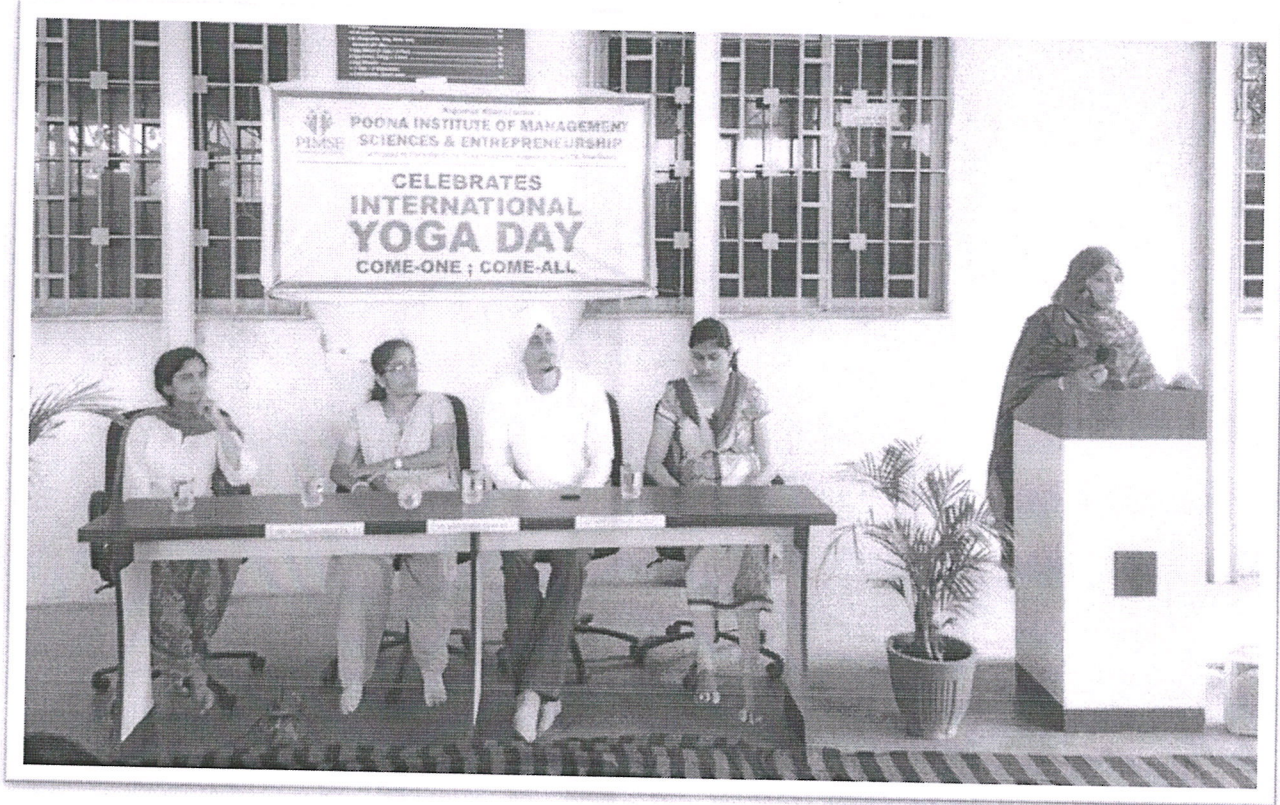


REPORT

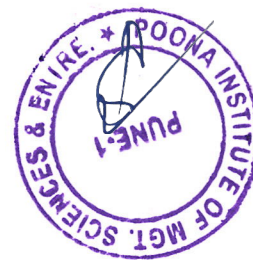
On 21st June 2018, our Institute organized a session on "The Art of Work-Life Integration: Balancing Health and Professionalism in the MBA Lifestyle." The session aimed to provide MBA students with valuable insights into maintaining a healthy work-life balance and integrating wellness practices into their busy schedules. The session featured prominent yoga trainer, Dr. Jaya Kochur, and Mrs. Manjusha Bhagat, who shared their expertise and guidance on this subject.

The session on "The Art of Work-Life Integration: Balancing Health and Professionalism in the MBA Lifestyle" provided valuable insights to MBA students regarding the significance of work-life balance and wellness practices. Dr. Jaya Kochur's yoga session and Mrs. Manjusha Bhagat's personal experiences and advice contributed to a comprehensive understanding of achieving work-life integration. The session empowered the students with practical strategies to effectively manage their time, set priorities, and prioritize self-care. By incorporating these practices, students can lead a healthier, more fulfilling lifestyle while pursuing their MBA.





Dr. Jaya Kochur and Mrs. ManjushaBhagat addressing to the students of Poona Institute of Management Sciences & Entrepreneurship for Come-one: Come All



**Anjuman Khairul Islam Poona Institute of Management Sciences and
Entrepreneurship**

Attendance Sheet

| | | | |
|---------------------------------|---|-------------------|------------|
| Name of Activity: | The art of Work-life Integration :- Balancing Heat | Date of Activity: | 21/07/2018 |
| Organizing Department/ Cell: | Student development cell | Time of Activity: | 11:00 am |

| Sr. No. | Name of the Participant/ Student | Course | Signature |
|---------|----------------------------------|------------|-----------|
| 1 | Khan Afia Naem | MBA 2 | Afia |
| 2 | Pawar Ganesh Vittal | MBA IT 2 | Pawar |
| 3 | Shaikh Arshi Akta | MBA HRO II | Arshi |
| 4 | Tanwar Tahir Talhe | MBA I | Talhe |
| 5 | Mandal Bashir Musa | MBA 2 | Musa |
| 6 | Dhanve Sagar Gulab | MBA IT 2 | Sdhare |
| 7 | Limbhite Mahaesh Mahadev | MBA IT I | LMM |
| 8 | Patel Majid Wajid | MBA 2 | Patel |
| 9 | Kulkarni Ravi Shripad | MBA IT 2 | Ravi |
| 10 | Misal Sunny Sherish | MBA HRO II | Sunny |
| 11 | Azhar Kadar Shaikh | MBA IT 2 | Kadar |
| 12 | Khan parvin noor | MBA HRO II | P.Khan |
| 13 | mohammad zaid | MBA IT 2 | Mzaid |
| 14 | Puyaz Khan | MBA I | PK |
| 15 | Bed Sachin Ravi | MBA 2 | Bed |
| 16 | Khan Zoya Firoz | MBA IT 2 | Zoya |
| 17 | Jarhat Bashir | MBA 2 | JB |
| 18 | Daware suvarna Vishal | MBA IT I | suvarna |
| 19 | Patel Divya Vilas | MBA HRO | D-Patel |
| 20 | Thakur Tejas Sunil | MBA IT 2 | T.Thakur |
| 21 | Shaikh Rubi Hanif | MBA HRO II | Rubi |

