



**Sandip Foundation's**  
**Sandip Institute of Engineering and Management,**  
**Department of Engineering Sciences & Humanities**  
**Academic Year 2021-22**

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- 1.Event Title : Art of Living**
- 2.Event Date : 25/12/2021**
- 3. Resource Person : Prof.Shrainik working as head of rural housing finance HDFC Ltd Pune branch.**
- 4.Duration : 1 Hour**
- 5.No.Of participants : 198**
- 6.Venue : Online (Google meet)**
- 7.Event Co-ordinator : Prof.Rashmi J. Nayak**
- 8.Event Objectives : Reduced stress  
Increased concentration & focus  
Ability to manage negative emotions  
Improved self-esteem & confidence  
Greater creativity**

