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Bharati Vidyapeeth (Deemed to be University) Pune, India.

Founder Chancellor: Dr. Patangrao Kadam
SCHOOL OF PHYSIOTHERAPY, PUNE

★ Accredited with 'A+' Grade (2017) by NAAC ★
★ Category-I University Status by UGC ★
★ NIRF Ranking - 68 ★

"Social Transformation Through Dynamic Education"



Dr. Vishwajeet Kadam
B.Tech., M.B.A., Ph.D.
Pro Vice Chancellor

Dr. Swati Bhise
MPT Neuro, PGDHHM
Principal

Ref: No: BVDU/SOP/ / 2022

Date: 08/09/2022

REPORT-GUEST LECTURE ON STRESS MANAGEMENT

Date- 7th September 2022

Time- 11 am to 12.30 pm

Venue- Conference Hall, Bharati Hospital, Pune

No of participants- 120 (Students and faculty members of School of Physiotherapy, Bharati Vidyapeeth, Pune)

Chief Speaker- Brahmakumari Dr. Smita

Guest lecture on “**Stress Management**” was organized for students and faculty members of School of Physiotherapy, Bharati Vidyapeeth, Pune in continuing the celebration of “**World Physiotherapy Day**” that falls on 8th September every year.

Session started with felicitation of BK Dr. Smita at the hands of Principal Dr. Swati Bhise Madam. Brahmakumari Dr. Smita is a Raj Yoga Meditation Teacher and Management Trainer at Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Pune. She highlighted the importance of identifying our own stress and its management through simple meditation techniques. She also gave demonstration of small meditation techniques which make great help in relieving stress.

This event was hosted by Dr. Rucha Pande, Assistant Professor, SOPT, Pune and Dr. Ketaki Kulkarni proposed vote of thanks.

Dr. Ruchita Killedar was event coordinator for this event.



