

DES SNFLC

A One Day Workshop

On

Unlimited Power of the Mind and Stress Relief

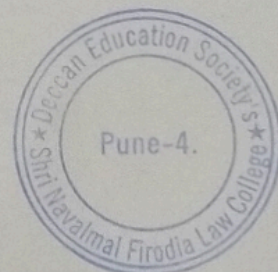
On Thursday, 6th February 2025

Programme Report

Academic Year

2024-25

Adler





डॉ.ई.एस. श्री. नवलमल फिरोदिया विधी महाविद्यालय, पुणे.

आयोजित कार्यशाळा

"मनाची अमर्याद शक्ति व तणावमुक्ती"



प्रमुख वक्ते
डॉ. दत्ता कोहिनकर
लेखक, माईड पोवर ट्रेनर

दिनांक व वेळ
६ फेब्रुवारी २०२५
दुपारी १२ ते २

डॉ. सुनिता आढाव

उपस्थित

डॉ.ई.एस. श्री. नवलमल फिरोदिया विधी महाविद्यालय, पुणे.

संयोजक

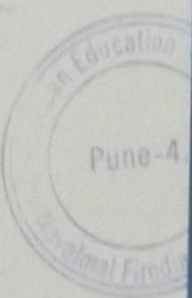
अॅड. अशोक पलंगडे

उपस्थित, नियोजक माईड अॅडिने पॅपेर, डॉ.ई.एस.

आढाव, माईडिगल्ल विभाग सचिवी,

डॉ.ई.एस. श्री. नवलमल फिरोदिया विधी महाविद्यालय, पुणे.

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DECCAN EDUCATION SOCIETY'S

Shri. Navalmal Firodia Law College, Pune

(Permanently Affiliated to Savitribai Phule Pune University ID No. PU/PN/LAW/207/2004)

Recognised by "2 (f) & 12 (B) of UGC Act 1956"

(Approved by Bar Council of India) NAAC Accredited: **B++**

A One Day Workshop

On

Unlimited Power of the Mind and Stress Relief

On Thursday, 6th February 2025

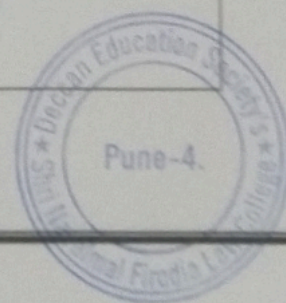
Programme Report

DES' Shri. Navalmal Firodia Law College, Pune organised a One-day workshop on Unlimited Power of Mind and Stress Relief for the student to understand the power and strength of mind and to learn techniques of stress relief.

Details of Workshop:

PROGRAMME SCHEDULE

Sr. No.	Particulars	Time	By
1	Introduction of the Program	12:00 pm to 12.05pm	Asst. Prof. Prithviraj Chavan
2	Introduction Felicitatation of guest speaker	12.05pm to 12.10pm	Asst. Prof. Sumit Tak



			By Adv. Ashok Palande
3	Keynote Address	12.10pm to 2.00pm	Dr. Datta Kohinkar
4	Vote of Thanks	2.00 pm to 2.05pm	Asst. Prof. Prithviraj Chavan

A one-day workshop on "**Unlimited Power of the Mind and Stress Relief**" was conducted on 6th February 2025 at Kundanmal Firodia Auditorium with intent to empower students with techniques to harness their mental potential and manage stress effectively.

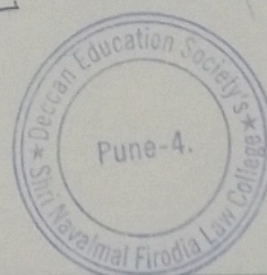
At the beginning of workshop Asst. Prof. Prithviraj Chavan heartily welcomed the dignitaries on the dais and the audience and gave brief introduction of the Workshop. Asst. Prof. Sumit Tak gave introduction of Chief guest. Dr. Datta Kohinkar and requested Adv. Ashok Palande to felicitate chief guest.

The session commenced with an introduction to the mind's capabilities, followed by interactive discussions on mindfulness, positive thinking, and stress management strategies. Dr. Datta Kohinkar guided participants through practical exercises, including breathing techniques, guided meditation, and visualization methods, to enhance focus and inner peace.

Participants engaged in experiential learning activities designed to cultivate self-awareness, improve emotional resilience, and boost confidence. The workshop emphasized the importance of a positive mindset in overcoming daily challenges and achieving personal and professional success. The session concluded with an open discussion and Q&A session, allowing participants to share their experiences and insights.

Lastly, Prithviraj Chavan, faculty coordinator of the event proposed the formal vote of thanks and declare program to be concluded.

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Dr. Sunita Adhwa,
Principal

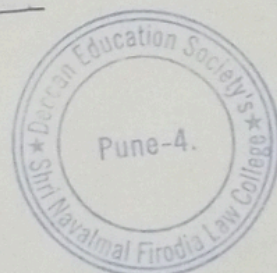
Prithviraj D. Chavan

Prithviraj D. Chavan
Faculty Co-ordinator

Photos:



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