

Report

on

“Expert Session on Stress Relief – Yoga and Meditation”

Organized by Department of Artificial Intelligence and Data Science

29th January, 2026

Event Summary

- Event Title- **Expert session on “Stress Relief – Yoga and Meditation”**
- Duration – 90minutes
- Target Participants-All Engineering Students
- Resource Person-Mr.Nitin Sonawane, MET BKC Polytechnic, Nashik
- Event Coordinator-Mrs. Radha P. Sali (Assistant Professor, AI & DS)

Almost 13 students from SE AI & DS years were benefited by the said session. The expert session on Stress Relief through Yoga and Meditation aims to provide practical techniques for managing stress, enhancing mental well-being, and improving focus. Through guided practices, participants will learn how mindfulness, breathing exercises, and physical postures can help in achieving a balanced and healthier lifestyle.

❖ **Objectives**

1. Raise Awareness About Academic Stress
2. Introduce Yoga and Meditation as Effective Coping Tools
3. Enhance Focus and Concentration
4. Encourage Healthy Lifestyle Habits
5. Create a Positive Campus Environment.

❖ **Session Overview**

The expert session on "**Stress Relief Yoga and Meditation**" is designed specifically for engineering students to address the increasing levels of academic stress, mental fatigue, and emotional burnout experienced during their academic journey. The session aims to introduce students to the principles and practices of yoga and meditation as effective tools for enhancing mental well-being, focus, and emotional balance.

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❖ Key Highlights of the Session

Topics Covered

The expert delivered an insightful lecture covering:

- **Expert-led Demonstration**
Live demonstration by a certified yoga and meditation trainer with experience in stress management techniques.
- **Introduction to Stress and Its Effects**
Brief talk on the causes of academic stress and its impact on mental and physical health.
- **Breathing Techniques (Pranayama)**
Practice of simple yet effective breathing exercises to calm the mind and reduce anxiety instantly.
- **Stress-relieving Yoga Asanas**
Easy-to-perform yoga postures suitable for daily routines, focused on tension release and relaxation.
- **Guided Meditation Session**
Short, guided mindfulness meditation to promote inner peace and improve concentration.
- **Mindfulness and Mental Wellness Tips**
Practical advice on how to stay balanced, focused, and mentally strong during academic pressure.
- **Interactive Q&A Segment**
Open forum for students to ask questions and discuss their challenges related to stress and mental well-being.
- **Take-home Practice Plan**
Handout or digital guide with simple daily yoga and meditation practices for long-term benefits.

❖ Feedback and Impact

A post-session survey was conducted to assess the effectiveness of the session. Key findings:

Participant Feedback:

- **Positive Engagement:** Students expressed high levels of satisfaction with the session content, delivery, and practical demonstrations.
- **Hands-on Experience Appreciated:** Many participants valued the opportunity to practice real-time breathing techniques and yoga postures.
- **Relevant and Useful:** Students felt the session directly addressed their academic stress and offered simple, effective solutions.

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- **Interactive and Supportive:** The Q&A and open discussion encouraged students to share their concerns and receive expert guidance.

Impact on Students:

- **Reduced Anxiety:** Participants reported feeling more relaxed, calm, and mentally refreshed after the session.
- **Improved Focus:** Students shared that meditation helped improve concentration during studies and exams.
- **Adoption of Routine:** Many students showed interest in incorporating short yoga and meditation sessions into their daily schedules.
- **Increased Awareness:** The session promoted awareness of the importance of mental health and stress management in academic life.

❖ **Conclusion**

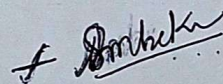
The expert session on **Stress Relief Yoga and Meditation** proved to be a highly beneficial and enriching experience for engineering students. In the midst of academic rigor and performance pressure, the session provided a much-needed pause for students to reconnect with their inner calm, learn practical stress management techniques, and understand the importance of mental well-being.

By combining theory with guided practice, students were not only introduced to the benefits of yoga and meditation but also encouraged to integrate these simple yet powerful tools into their daily lives. The overwhelmingly positive feedback reflects the relevance and impact of the session in supporting students' academic journey and personal growth.

This initiative marks a meaningful step toward fostering a healthy, balanced, and mindful campus environment, and sets the foundation for ongoing wellness programs in the future.



Mrs. Radha P. Sali
Event Coordinator

Dr. S. V. Gumaste

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Poster / Flyer / Leaflet about the event

MET's Institute of Engineering

Department of Artificial Intelligence and Data Science

Expert Session on

"Stress Relief: Yoga and Meditation"

Speaker

Mr. Nitin Sonawane

MET BKC Institute of Polytechnic, Nashik

📍 IOE Seminar Hall

📅 29th January, 2025 ⌚ 11:00 AM

Target Audience:

All Engineering Students of IOE

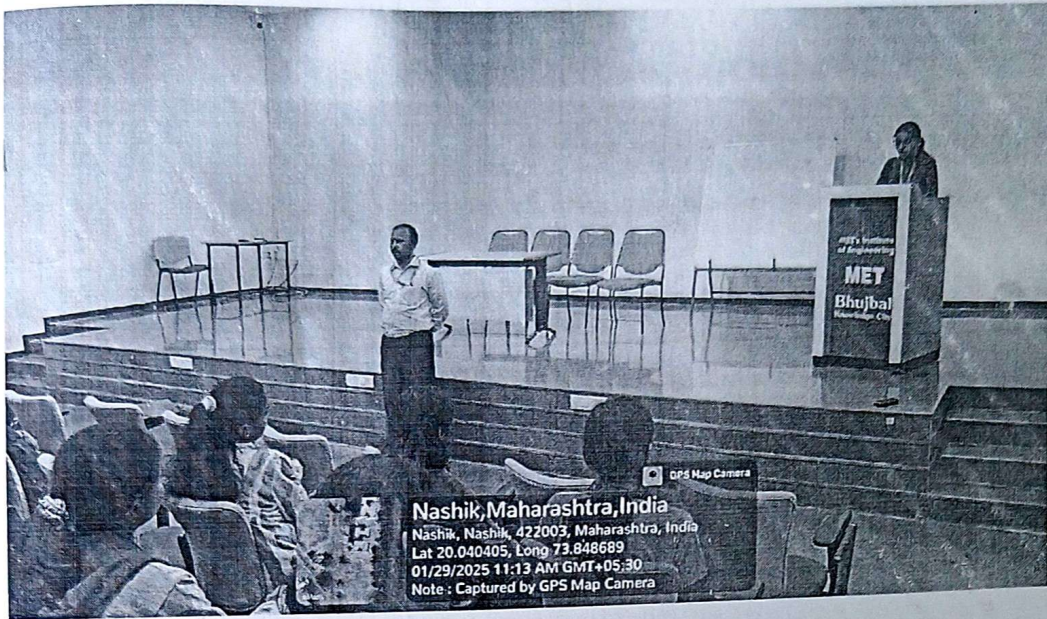
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