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|  | PIMPRI CHINCHWAD EDUCATION TRUST'S Pimpri Chinchwad College of Engineering & Research Ravet, Pune - 412101 |  |
| Academic Year: 2025-26 | Department of BBA | Date: 27/07/2025 |

REPORT ON MEDITATION AND SPORTS ACTIVITY

Date: 26th July 2025

Time: 10:00 AM

Subject: A Combined Meditation and Sports Activity was successfully organized in our college on 26th July 2025, with the aim of promoting **physical fitness, mental well-being, and holistic development** among students.

Warm-Up and Meditation Session:

The session began with a light warm-up conducted by **Mrs. Snehal Rahude** and **Ms. Amrita Dixit**, faculty members of the **BBA Department**. Students actively participated in stretching exercises and basic physical movements that helped improve circulation and prepare their bodies for the meditation session.

Following the warm-up, a serene and focused **Meditation Session** was conducted by **Mr. Rajesh Patil**, who guided the participants through breathing exercises, mindfulness practices, and relaxation techniques. The session created a calming environment that helped both students and faculty reduce stress and enhance mental clarity.

Tug of War Competition:

After the meditation, a **Tug of War** competition was organized by **Activity Coordinators Dr. Rashmi Mishra and Ms. Harshada Deshpande from the BBA and BCA Departments**. Students were divided into teams of nine players each. The event became even more exciting when faculty members also participated.

The matches were filled with **enthusiasm, cheers, and friendly competition**, bringing energy and laughter throughout the campus. The activity not only promoted physical strength but also encouraged **teamwork, coordination, and sportsmanship** among all participants.

Report prepared by – Diya Kumar Ganeshan SY BBA (Student)



