Title	
Date: 06.05.2026 to 08.05.2026	**Venue: Pyramid Valley**
Time: 8.30 Am to 4.30 Pm	**Event : Pyramid Valley Visit**
No. of Participants: 180	**Event Coordinators: Dr. Kokila Kulkarni**

1. **Objectives of the event:**
   - To introduce students to mindfulness and meditation practices
   - To enhance awareness about mental wellness and stress management
   - To provide experiential learning through nature-based activities
   - To encourage emotional balance, self-awareness, and relaxation
   - To expose students to holistic wellness practices including Yoga Nidra and mindful living
2. **Event Details**
   a. **Brief description of the event**

An educational and wellness exposure visit was organized for MBA students of Sections A, B, and C to Pyramid Valley International on 6th, 7th, and 8th May 2026 respectively. The students departed from the campus at 8:30 AM and reached the venue at 9:30 AM.

The day commenced with a guided mindfulness session from 10:00 AM to 11:30 AM, where students were introduced to breathing techniques, meditation practices, and awareness exercises aimed at improving focus and emotional well-being.

From 11:30 AM to 12:30 PM, students explored the campus and visited the Gau Shala, gaining exposure to sustainable and mindful living practices. This was followed by quiet reflective time in nature from 12:30 PM to 1:00 PM.

Lunch was organized from 1:00 PM to 2:00 PM. Post lunch, students participated in a Yoga Nidra session inside the meditation pyramid from 2:00 PM to 2:30 PM, which helped them experience deep relaxation and mental calmness.

The visit concluded with a stroll through the library and campus premises before exiting the campus at 3:30 PM.

The overall experience provided students with a refreshing and holistic learning opportunity beyond the classroom environment.

b. Brief profile the resource person/s

The sessions were facilitated by trained mindfulness and meditation practitioners at

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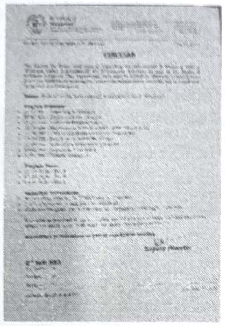
Pyramid Valley International. The facilitators guided students through mindfulness practices, meditation techniques, and Yoga Nidra sessions focused on stress reduction, self-awareness, and mental relaxation.

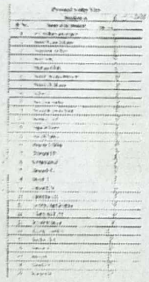
c. Brochure/Flyer

N/A

d. Circular



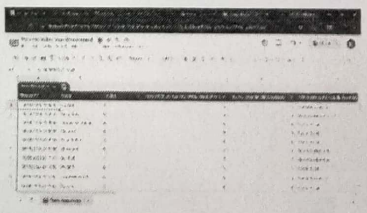
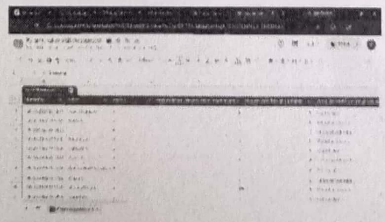
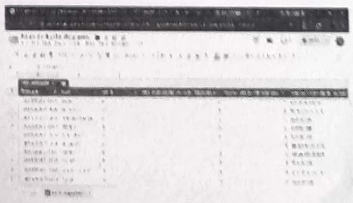
e. Attendance with signatures








f. Feedback form

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g. Outcome attained

Students gained awareness about mindfulness and meditation practices

The visit promoted stress management and emotional well-being among students

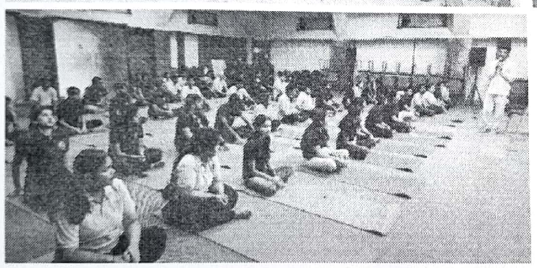
Students experienced Yoga Nidra and nature-based relaxation techniques firsthand

The program enhanced student engagement, reflection, and interpersonal bonding

Students developed appreciation for holistic wellness and balanced living practices

h. Photo gallery (selected 4 to 5 photos with relevant captions)






Event Co-ordinator

Director

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