

## First Year Engineering

### Guest Lecture by Mr. Dilip Nalgirkar on “सहजयोग”

Date:- 03/01/2017

Guest Lecture was arranged by SKN Sinhgad College of Engineering, Pandharpur on Tuesday, 03/01/2017 at 11.00 am in Seminar Hall of Main Building.



Dr.C.P.Pise,Shri Dilip Nalgirkar

Shri Dilip Nalgirkar is basically an engineer. His educational qualification is BE (ENTC) and delivering lectures on various topics like stress management, Importance of YOGA through Sahaj Yoga etc.



Prof.A.I.Nikam felicitating Shri.Dilip Nalgirkar

Shri Dilip sir along his team visits to different institutes and gives demo of Meditation to be stress free.



Dr.C.P.Pise felicitating Shri.Nalgirkar



Demo Practical of Meditaitaion

Shri Dilip sir along his team visited the institute and delivers the session on Stress Management. He said stress is not the reason of external forces but it is caused due to internal forces. Number of videos shown on “how to be stress free” and how to manage the daily routine applying spirituality.

Miss. Pournima Kotgiri anchored the session and Prof. Mrs. S. K.Kotgiri co-ordinated the session.