



**Lokmanaya Tilak Jankalyan Shikshan Sansthan's  
Priyadarshini College of Engineering  
Health and Happiness Cell**



**Date: 19/11/25**

**Venue:** T & P Seminar Hall, Wing -A, Ground Floor.

**Participated by:** Staff (Teaching and Non-Teaching) of PCE (More than 70 staff attended the talk).

**Event:** Masterclass on Emotional & Energetic Wellness

**Time:** 03:00 p.m. to 05:00 p.m.

**Resource:** Mrs. Anjali Sakharkar, Lead Team Leader, Metobody, Your DIY Health Buddy, Nagpur.

**Event Coordinators:** Dr. (Mrs.) N. R. Hatwar, Health and Happiness Incharge, and Team

**Objective:** 1) To help participants manage emotions and reduce stress effectively.

2) To enable participants to understand and balance their personal energy for overall well-being.



**Remark:** The Masterclass on Emotional & Energetic Wellness received an excellent response, with enthusiastic participation from attendees. The session successfully enhanced awareness about emotional balance and energy management, empowering participants with simple yet impactful techniques for their overall well-being.

**Incharge**

**Dr. (Mrs.) N. R. Hatwar  
Health and Happiness Cell**