



K. K. Wagh Polytechnic, Nashik.

Hirabai Haridas Vidyanagari, Amrutdham, Panchavati, Nashik-422003
Department of Artificial Intelligence and Machine Learning [AN]



Academic Year: 2026-27(ODD)

Date of Report: 01/08/2026

Activity Summary Report

Title of Activity: Counselling session on “Balancing Breathing Techniques for Self Development.”

Date of Activity: 01/08/2026

Type of Activity: Counselling Session

Activity for Class: SYAN-NOVA

Total Students Attended: 45

Recourse Person(s) Name and Designation: Dr. Pratibha Chandak Psychological Counselor	Department/Section: Psychological Counselor
Organization K. K. Wagh Education Society, Nashik	Email-id: pmchandak@kkwagh.edu.in Mobile No: 9422756611
○ This Counseling session have covered the following topics - ● To introduce different breathing techniques that promote relaxation and emotional balance. ● To help participants manage stress, anxiety, and negative emotions through breathing exercises. ● To improve concentration, self-confidence, and emotional resilience. ● Encourage participants to adopt breathing techniques as part of their daily routine for personal growth and self-development. ● Promoting better decision-making by reducing mental distractions. Encouraging a positive attitude toward challenges and personal growth.	 
CO's attained: CO205.2	
PO's attained: PO1,PO5	
Outcomes/Conclusion: From this Counselling session, students will be able to learn Balancing Breathing Techniques for Self Development; Conscious breathing helps regulate the body's stress response, enhances concentration, promotes relaxation, and develops greater self-awareness. Self-development is a continuous process that requires discipline, mindfulness, and healthy habits.	

Counselling Session on “Balancing Breathing Techniques for Self Development.”



Ms. D. N. More
Coordinator

Mrs. R. Y. Thombare
HOD- AN