



MARATHWADA MITRA MANDAL'S
COLLEGE OF ARCHITECTURE, PUNE.

YOGA *Unleash your Inner strength with Pranayam!*

24

FEB 2025
MONDAY

TIME: 7.30 AM TO 8.30 AM



Mr. Pritish Laad is Patanjali yuva Bharat West Maharashtra State Coordinator. He is a fitness and wellness coach and specializes in individual coaching and transformation for people through yoga and meditation with vast experience.

He has experience of conducting sessions for various age-groups and address diverse challenges such as work-life balance, reducing stress and anxiety, treating insomnia, improving focus, concentration and productivity.

Mr. Pritish Laad

(Patanjali certified Yoga Instructor)

Ar. Smita Patil
Faculty Coordinator

Ar. Aniruddha Jogalekar
Principal in-charge, MMCOA