

# Capacity Building and Skill Enhancement Programme

## Life skills : “Yoga Physical Fitness”



**Mr. Pritish Laad**  
(Patanjali certified Yoga Instructor)

**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.

**FEB 2022**

**04**

**Day & Date : Friday, 4<sup>th</sup> February 2022**

**Time : 7.30 am to 8.30 am**

Ar. Smita Patil  
Lecture Series Co-ordinator

Dr. Ujjwala Palsuley  
Principal, MMCOA



**MARATHWADA MITRA MANDAL'S COLLEGE OF ARCHITECTURE**

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