



# Gujarat Technological University

(Accredited with A+ Grade by NAAC)

## School of Management Studies

### Report on “Guest Session as a part of Abhigam-2025: An Induction Week for BBA (Batch 2025-29) Students”

**1. Title of Event:** Guest Session

**2. Type of Event:** An Induction Week for BBA (Batch 2025-29) Students

**3. Date, Time and Venue of the Event:**

Date: 10<sup>th</sup> July, 2025

Time: 2:00 PM to 4:00 PM

Venue: Acharya Chanakya Hall, GTU - School of Management Studies, Chandkheda, Ahmedabad

**4. Description of the Event:**

This expert session is a vital part of the orientation program, aiming to instill awareness among students about the significance of maintaining physical health alongside academic pursuits. Delivered by Mr. Gajanan Pawar—an experienced sport educator and the visionary founder of Kreedha Tantra Academy—the session focuses on how physical activity contributes to overall well-being, stress management, mental clarity, discipline, and long-term success. With rising academic pressure and increasingly sedentary lifestyles, students often overlook the need for regular physical movement. This session aims to break that mindset and promote a healthier, more active student culture.

Objectives:

- To educate students about the physical, mental, and emotional benefits of regular physical activity.
- To help students understand the correlation between physical fitness and academic performance.
- To encourage the integration of sports, yoga, or regular exercise into daily routines.
- To promote awareness about lifestyle-related issues stemming from inactivity and poor health habits.
- To inspire students to adopt discipline, endurance, and focus—qualities those are often cultivated through sports and physical activities.

Rationale: In the modern academic environment, students often face stress, anxiety, and burnout. Most of these challenges are intensified by a lack of movement and physical



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engagement. By organizing this session, the institution aims to lay the foundation for a holistic education—one that values both mental and physical growth. Physical activity is not merely about fitness; it is about building resilience, improving concentration, enhancing emotional stability, and fostering leadership and teamwork. Starting this conversation early in the student's journey ensures that they are better prepared to manage academic demands while leading a balanced and healthy lifestyle. This session is designed to shift perspectives—from seeing physical activity as an optional pastime to recognizing it as an essential pillar of personal and professional development.

## 5. Name of Expert & Brief Speech:

We had with us Mr. Gajanan Pawar, Founder, Director and CEO of Kreed Tantra Academy. He's a management professional by education, a visionary leader & a social entrepreneur. He founded Kreed Tantra Academy in Ahmedabad with the mission of children fitness & wellbeing.

## 6. Number of Participants:

A total of 79 fresh students of BBA Batch 2025-29 attended the session.

## 7. Flyer of the Event:

**Gujarat Technological University**  
School of Management Studies

**ABHIGAM-2025**  
AN ORIENTATION WEEK  
BBA Batch 2025-29

"सफलता की ओर, प्रगति की शुरुआत"

**Speakers:**

- Shri Naresh Bhatt, Retd. Senior Scientist, ISRO
- Mr. Ravi Varmora, Founder & CEO, Univa Agritech
- Mr. Maulin Pandya, MD, Ananta Vidhyamketan Pvt. Ltd.
- Mr. Dhruv Saldiva, Co-Founder Educareo
- Mr. Manish Motwani, Anchor
- Mr. Sahag Panchal, Mind & Memory Coach
- Mr. Gajanan Pawar, Founder & CEO Kreed Tantra Academy Pvt. Ltd.

**Inviters:**

- Prof. (Dr.) Pankajray Patel, Director
- Dr. Neela Multani, Program Coordinator
- Mr. Rajan Modha, Asst. Program Coordinator

**Location:** Acharya Chanakya Hall

**Date:** 8<sup>th</sup> July to 14<sup>th</sup> July, 2025  
**Time:** 10:30 AM Onwards

**Locate us @ :** GTU SMS, Academic Block-4, GTU Campus, Visat Gandhinagar Highway, Chandkheda, Ahmedabad Gujarat

**Social Media:** @GTUSMS



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## 8. Feedback of the Event:

This session proved to be one of the most engaging and impactful segments of the orientation program. Focused on the critical theme of physical well-being as a foundation for a balanced life, the session struck a meaningful chord with students.

Mr. Pawar's dynamic presentation style, combined with his real-life experiences and deep insights, kept the audience actively involved throughout. His emphasis on how physical activity influences mental health, academic performance, and emotional stability was especially relevant and thought-provoking.

Students appreciated his relatable examples and practical advice on integrating simple yet consistent physical routines into daily life. The interactive nature of the session encouraged participation, and many students shared personal reflections, questions, and takeaways.

### Key Highlights:

- Strong student engagement and interaction
- Practical takeaways on fitness, time management & stress relief
- Raised awareness of lifestyle choices affecting health
- Emphasis on discipline, teamwork, and focus through physical activity

The session was highly successful in achieving its objective of sensitizing students to the long-term importance of physical activities. It was well-received by the attendees and added great value to the holistic vision of the orientation program.

Students left the hall inspired and more mindful of incorporating physical wellness into their daily lives. His engaging style, practical techniques, and deep insights into memory building and personal development resonated well with the audience.

Students found the session highly motivational and walked away with valuable tools to enhance their focus, confidence, and mental clarity. It was a well-received and inspiring experience that added great value to the overall event.

## 9. Photographs of the Event:





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## 10. Social Media Post:



**GTU - School of Management Studies**

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As a part of Orientation Week, Mr. Gajanan Pawar, Founder and CEO of Kreedha Tantra Academy Pvt. Ltd., conducted a session on the "Importance of Physical Activities in Life". The session included various enthusiastic games and fun activities to energize the students.



### Report Prepared By:

Mr. Chirag Pugalia, Student, BBA, Semester-5

### Report Edited By:

Dr. Neela Multani, Assistant Professor, GSMS