



# **Symbiosis Institute of Business Management Hyderabad**



**Symbiosis International (Deemed University), Pune**



**Report on Workshop**

## **Living Life Naturally**

**By**

**Shri Shalender, Sai Geetha Ashram**

**March 27, 2019**

## Report on Workshop of “Living Life Naturally”

A workshop was organized on March 27, 2019, with a view to provide holistic understanding of how to lead life naturally. The theme revolved around health and wellbeing of the people. It has been said that a sound mind resides in a sound body. However, what we are witnessing today is tampering with nature and its endowments whereby not only the environment got polluted but human beings too are affected.

Keeping the above in mind and people being central to carry forward our Founder and President’s philosophy, SIBM Hyderabad organized a workshop on living life naturally. All the faculty and staff from SIBM, SLS and society attended the workshop. Shri Shalender of Sai Geetha Ashram was the trainer for the workshop. He is a computer science graduate with 5 years’ experience in IT industry and for the last 10 years he is conducting these workshops under the guidance of his guru Sadguru Sai Kumar Babaji.

The session was quite interactive, wherein he shared some important tips for leading a healthy life. Apart from expressing his concern about the degradation of nature and its bounties, shared with participant’s simple tips to be followed with regard to food using the nature’s products. He talked about the nature’s prescribed food and also importance regarding seasonal and local. He also highlighted on microbial cooking and its benefits. The process of making edible vinegars with various vegetables and also preparation of natural cleansers was very much appreciated by the staff.

In the end, Director SIBM took the Swami around the campus for exploring the possibilities for organic farming whereby inmates of the campus, guests and students would be immensely benefited. Overall it was a very informative session.



**Director Dr. Ravi Kumar Jain felicitating Shri Shalendra and Mr. P M Balaji**



**Interactive Session going on and sharing some important tips for living a healthy life**

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Assistant Professor  
Faculty In-charge (WDC)

**Dr. K P Venugopala Rao**  
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**Dr. Ravi Kumar Jain**  
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