

Team building activities



Physical activities



**Health
Promotion
@
SIBM Pune**



Health Checkups

Access to
Psychologists

Health and Wellness at SIBM Pune

SIBM Pune prioritizes the holistic well-being of its students, faculty, and staff, emphasizing both mental and physical health.

We understand that a balanced approach to health can significantly enhance learning and personal growth. To this end, physical activities like yoga sessions, and annual health check-ups ensure monitoring and promotion of physical well-being, ensuring that everyone is at their best. Mental health is supported through various initiatives, including mindfulness sessions and access to counselling services via Symbiosis Center for Emotional Wellbeing (SCEW). We also foster a strong sense of community and teamwork through engaging team-building exercises that not only boost morale but also enhance collaborative skills. Additionally, our team gets together for creative expressions, celebrating diversity and encouraging a sense of belonging and achievement. These initiatives are designed to create a supportive and vibrant environment where everyone can thrive.

Our commitment towards enhancing mental and physical wellness extends to environmental health as well. These efforts not only create a greener, more serene campus conducive to relaxation and physical activity, but also install a deep sense of environmental responsibility and connectedness with nature.

Mental and Physical Well being



Physical Fitness for Students



Standing Yoga Session for Faculty and Staff



Meditation for Mental well-being



Team building activities



Team building activities



Birthday Celebration



Tree Plantation



Stress busting sessions for Faculty & Staff Members



Stress busting sessions for Faculty & Staff Members