



S. G. G. S. P. Sanstha's
Shri Guru Buddhiswami Mahavidyalaya, Purna

INTERNAL QUALITY ASSURANCE CELL (IQAC)
and
SAHAJYOG PARIWAR, PARBHANI

Jointly Organized

'Sahajyog Shibir (Sahajyog Camp)'

Date: 10.01.2022

Time: 12.30pm

Venue: ICT Hall

Submitted by
Dr. Sanjay Dalvi,
Co-ordinator, IQAC,
Shri Guru Buddhiswami Mahavidyalaya, Purna

Co-ordinator
IQAC

Shri Guru Buddhiswami Mahavidyalaya
Purna (Jn) Dist. Parbhani - 431511 (M.S.)



PRINCIPAL

Shri Guru Buddhiswami Mahavidyalaya
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A Report on
"Sahajyog Shibir (Sahajyog Camp)"

The deadly pandemic Covid-19 has affected the

The public health and well-being of the society has been affected due to the Covid-19, in a variety of ways, including through isolation and loneliness, financial instability and illness and grief. In response to growing mental health concerns among youth as well as teachers, integration of mental health services in colleges became a priority. Considering these facts, the IQAC of the College and Sahajyog Pariwar, Parbhani has jointly organized a camp named "*Sahajyog Shibir*" for the staff of the College on Monday, 10th January 2022.

Mahadev Zagde, Co-ordinator, Sahajyog Pariwar, Parbhani while explained the importance of Stress Management in life. He emphasized that Sahajyog is the key to improve mental health, and it can be practiced by anyone while on duty. He told some very simple yoga which can be done at any time of the day while doing regular job.

Shri Govind Kadam, Member, SENATE, SRTM University, Nanded, was present on the dais as Guest of Honour. The Shibir was organised by IQAC, under the guidance of Dr. K. Rajkumar, Principal, to boost the morale of the teachers.

Dr. Venkat Kadam gave brief introduction of the resource persons. Dr. Sanjay Dalvi, Co-ordinator, IQAC, expressed vote of thanks. About thirty-five staff members were present at the event and they were hugely benefitted by the Shibir.


Co-ordinator
IQAC
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Dr. Sanjay Dalvi
Co-ordinator, IQAC.


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Sajyog Shibir (Sahajyog Camp) organised by IQAC 10.01.2022



Shri Mahadev Zagde explaining the Seven Chakras



The Participants performing Yoga in Sahajyog Shibir



Co-ordinator
IQAC

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