



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

**INTERNAL QUALITY ASSURANCE CELL (IQAC) and
PRAJAPITA BRAMHAKUMARI, PURNA**

Organized

'Workshop Stress-free Life'
(Workshop for the Students and the Staff)

Date: 24.11.2018

Time: 1.30 pm


Venue: ICT-1

Report submitted by:

Dr. J. S. Pulle
Co-ordinator, IQAC


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




PRINCIPAL
Shri Guru Buddhiswami Mahavidyalaya
Purna (Jn.) Dist. Parbhani

'Workshop on Stress-free Life'
(Workshop for the Students the Staff on 24.11.2018)

A workshop was organised jointly by Internal Quality Assurance Cell (IQAC) of Shri Guru Buddhiswami Mahavidyalaya, Purna and Prajapita Brahmakumari branch Purna on 'Stress-free Life' on 24th October, 2018 at 1.30 pm in the ICT hall for the students and the staff. The members of Prajapita Brahmakumari Pratibha Bahenji, Dinesh Bhai and Pranita Bahenji guided the students and the staff on living healthy and addiction-free life styles. They guided the participants about the ways to keep cool in adverse situations and maintain mental health. The calm mind, according to the resource persons, is the key to good health. Dr. Dattatreya Waghmare, the Director, SGBSP Sanstha was at the president for the Workshop. Shri Amrutraj Kadam, Joint-secretary, Shri Govindrao Kadam, Treasure and Principal Dr. K. Rajkumar were present on the dais. Dr. K. Rajkumar introduced the programme and Dr. Dattatreya Waghmare gave presidential address. Dr. Vijay Pawar conducted the programme and Dr. Prakash Bhanke expressed vote of thanks.

All the participants felt satisfied by the legal guidance and thanked the organisers for such an important workshop.

Dr. J. S. Pullc
Co-ordinator, IQAC


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Pratibha Babenji guiding the participants



Dinesh Bhai guiding the participants



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Media Coverage of the Workshop on Stress-free Life



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