

Time and Stress Management Workshop

Name of the Programme: Time and Stress Management Workshop

Organizer: IQAC, Bharatiya Mahavidyalaya, Amravati

Date: 13th March 2014

Venue: Bharatiya Mahavidyalaya, Amravati

Chairperson: Dr. A. J. Gadewar (Principal, Bharatiya Mahavidyalaya, Amravati)

Chief Guest/ Speaker: Adv. Atul Bharadwaj (National Trainer Personality Development)

Teachers Participated: 90

Programme Outcome:

Stress negatively impacts the physical and mental health of a person. As it mars the creativity it also decreases the level of productivity. The stress created during the exams is another area of concern. Stress management workshop aimed at helping the teachers to cope the stress they encounter in day to day life.

The teachers learnt the techniques of effectively managing the stress.

They also learnt to make proper use of time so that they can reduce the effect of stress.



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(IQAC Coordinator)

The Hitavada Vidarbha Line

Nagpur, Saturday
March 15, 2014

EXCLUSIVE FOR THE READERS IN VIDARBHA

Workshop organised on 'Time and Stress Management'

■ Amravati Bureau
AMRAVATI, Mar 14

A DAY-LONG workshop on 'Time and Stress Management' was jointly organised by Bharatiya Mahavidyalaya, Amravati, and Students' Welfare Department of Sant Gadge Baba Amravati University here at Bharatiya Mahavidyalaya recently.

Dr A J Gadewar, Principal of the College, chaired the programme while Adv Atul Bhardwaj, Key Guide for the workshop, Prof Anil Bhugarkar, Head of Commerce Department of the College, Dr Anil Khandekar, National Social Scheme Officer of the College and Prof Vidya

Patharkar, Women Programme Officer, were present on the dais on the occasion.

Guiding the workshop, Adv Atul Bharadwaj gave important tips to the students regarding examination. He asserted need of time management and also need to remain cautious while running behind the success.

Dr A J Gadewar, in his presidential speech, said that life is invaluable and asserted need to maintain mental and physical fitness while achieving success in this competitive era.

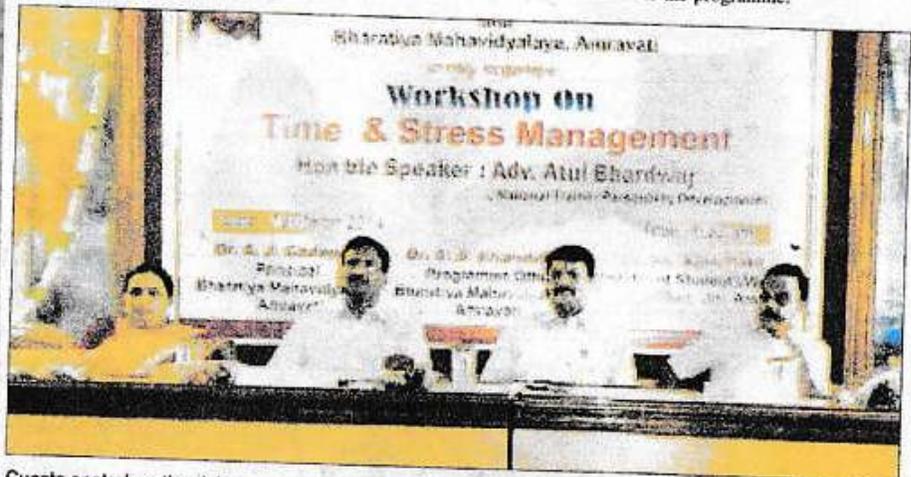
He also asserted need to maintain co-ordination between time and era for achieving goals in life. He wished

all students success for their examinations and also for their future.

At the outset, guests inaugurated the workshop by lighting the traditional lamp.

Organisers offered floral welcome to all the guests. Organisers also honoured Adv Atul Bharadwaj and Prof Anil Bhugarkar by presenting mementoes to them.

Prof Patharkar delivered introductory remarks. Prof Nilesh Kadu, Assistant NSS Programme Officer of the College conducted the proceedings while Dr Anil Khandekar proposed a vote of thanks. Teaching and non-teaching staff from the college was present in large numbers for the programme.



Guests seated on the dais.