

Gandhi Education Society, Kundal's
KRANTIAGRANI DR. G. D. BAPU LAD MAHAVIDYALAYA, KUNDAL

Lead College Activity Report

One Day Workshop on 'Stress Management'

Name of the Organizer: Department of Commerce

Name of the Resource Person/ Guest: Dr. A. G. Sonwale

Name of the Activity: Guest lecture on 'Stress Management'

Date and Time of activity conducted: Monday, 10th April 2023
Time: 09.30 to 11.30 a. m.

No. of students presented: 35

Short Description:

Dr. A. G. Sonwale has given the lecture on the above mentioned topic. He has focused that what is mean by stress, reasons, the stressors, how to tackle the stress. The physical and mental effected of the stress on human behavior. He has given the lecture in simple language with examples and demo. The students are also participated in the lecture.

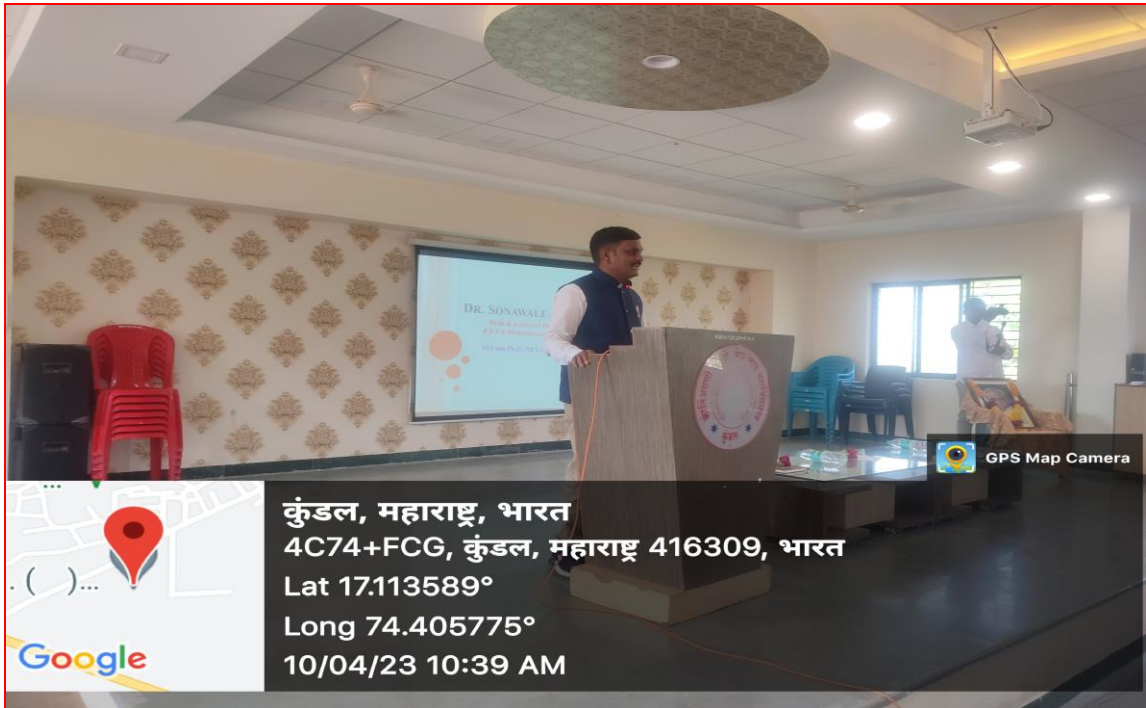
The chair person of the activity is principal, Dr. R. S. Dubal. He addressed the students that stress is essential part of the life. He has focused the advantages of exercise and eats well. The students are also appreciated their views.

Date of Report: 10th April 2023

Name of coordinator: Shri. G. N. Kharage

Sign of Coordinator

Sign of HOD





Student Attendance

Sr. No.	Name of the Student	Signature
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