



Sanjeevan Gramin Vaidyakiya & Samajik Sahayata Pratishthan's  
**ARTS, COMMERCE & SCIENCE COLLEGE, ONDE**

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 (Affiliated to the University of Mumbai)

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Date: 9<sup>th</sup> December, 2022

**Internal Quality Assurance Cell**

**Report of the Event**

**A One Day Workshop on Stress and Time Management**

Internal Quality Assurance Cell of the college organized a one day workshop on Stress and Time Management on 9<sup>th</sup> December, 2022. The main purpose of this workshop was to make aware the students of how to manage stress and time keeping in view the importance of them in life. Shri. Ajit Mukundas was invited as the chief guest on this occasion. The incharge principal of the college welcomed and delivered an introductory speech. Mr. Ajit Mukundas addressed students on this occasion. He said that man is distracted in the present era. He feels insecure and unsafe. At such moment he loses his mind control and feels frustration. So, the management of stress and time is a crucial thing in the life of human being. In order to be mentally stable, he said, man should remove the bad habits and over thinking on a trivial thing unnecessarily. He also said that inner feelings should be shared with dear ones so that it can be managed in a good fashion.

65 participants were present for the programme. The programme came to an end with a vote of thanks.

  
 I/C PRINCIPAL  
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