



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

Tal. Vikramgad, Dist.- Palghar, Pin- 401 605
 (Affiliated to the University of Mumbai)

• E-mail : ondecollge401605@gmail.com / ondecollge@yahoo.com • Website : www.ondevikramgadcollege.com

Date: 17 February, 2023

Internal Quality Assurance Cell

Report of the Event

A One Day Workshop on How to Keep ourselves away from Mobile

Internal Quality Assurance Cell of the college organized a workshop on How to keep ourselves away from Mobile on 17 February 2023 with a view to make students aware of bad effects mobile on human being Bhramhakuari Kashimira, the director Prajapita Bramha Kumari's Vishwavariya Vishwa Vidyalaya, Wada, the in charge principal of the college Dr. Chetana Patil were preset as the guests. At the beginning of the programme, Dr. Chetna patil welcomed the guest and delivered an introductory speech. She highlighted on the aims and objectives of the programme. She said that in the present era everyone is addicted to mobile and many issues cropped up.

Bramhakumari Kashmira addressed students and called upon them to keep mobiles away at least five hours in a day. She said that it is possible with the practice of exercise and meditation. She also said that mobile should be used when it is urgency only. Students should remove all bad habits give much time to develop ourselves so that we can be good citizens of the nation.

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

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 VC PRINCIPAL
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