



Muktainagar Taluka Education Society's

मुक्ताईनगर तालुका एज्युकेशन सोसायटी, मंचलित

Smt. Godavaribai Ganpatrao Khadse College,
Muktainagar, Dist : Jalgaon- 425306

श्रीमती गोदावरीबाई गणपतराव खडसे महाविद्यालय,
मुक्ताईनगर, जि. जळगांव- ४२५३०६

Visit @ www.khadsecollege.in

Email : khadse_college1990@rediffmail.com

Outward No:

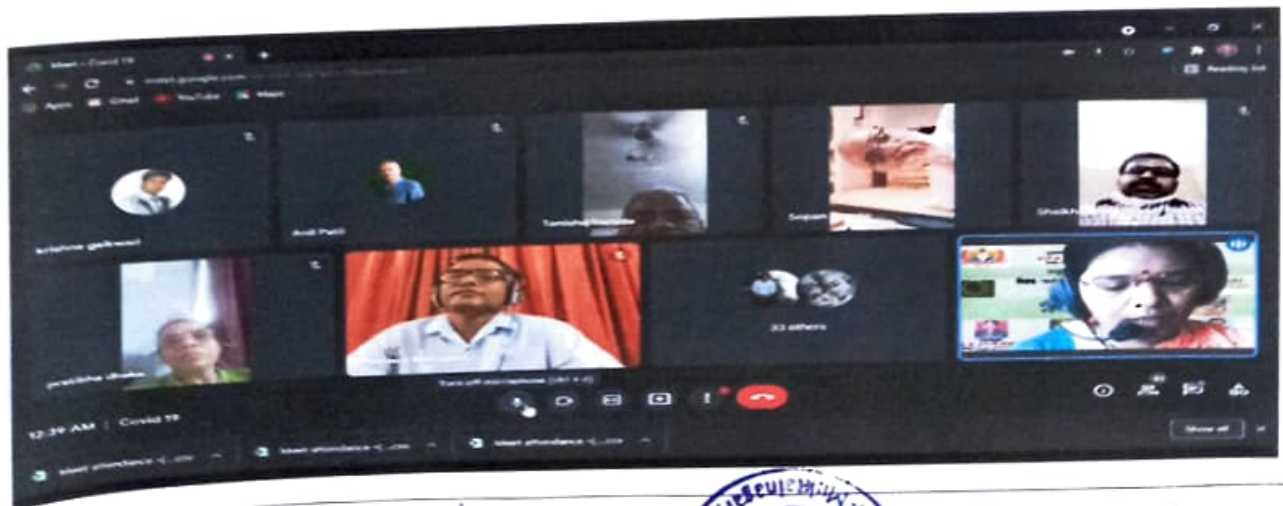
Date:

Department of Psychology and Counseling Center Report Activity

Name of the Program / Activity	Lecture on Mental Health and Stress Management
Date and Time	09/10/2021
Venue	Department of Psychology and counseling center
Resource Person	Swami Goranji
Organized by	Department of Psychology and counseling center
No. of Participants	42

A Brief Report

Department of Psychology and Counseling Center organized a lecture on Mental Health and Stress Management for the faculty at the Department of Psychology and counseling center. The resource person Swami Goranji (Art of Living)guided to participants about concerns related to Mental Health, Stress Management, diet, nutrition, Yoga, Exercises,etc. Total 42 faculty members were present for the program.



Arvindsb
Department of
Psychology



Prakash
Acting Principal
Smt. G. G. Khadse College,
Muktainagar, Dist. Jalgaon