

Departmental Activity: December 2024

- **Name of the Event:** Value Lecture on Mental Wellbeing to promote Holistic Development
- **Organized by (Dept./Committee/Society):** [Shri Shikshayatan College B.Ed. Department](#)
(Mention Collaboration if any)
- **Date:** 19.12.2024
- **Venue:** Room No. 303
- **Number of Participants:**
Students: 50 students from Semester I of B.Ed. Department (Batch: 2024-26),
12 teachers of B.Ed. department, 12 members of office staff, Teacher-in-Charge and Secretary of the college.
- **Resource Person:** Dr. Swapan Gupta, Professor of Neurology, GB Pant Institute of Post-Graduate Medical Education and Research, New Delhi, India
- **Brief Description of the Event:** Dr. Swapan Gupta, Professor of Neurology, GB Pant Institute of Post-Graduate Medical Education and Research, New Delhi, India addressed the audience about the causes and remedies of stress related physical and mental issues in the present society. He illustrated them with audio visuals taken from real life experience and incidents.
- **Outcome:** As future professionals and teachers, the session enlightened the students about how to identify and cope with stress and stress related situations.
- **Photographs (2 Geo Tagged):**





Pure powerful high energy thoughts is the basis of success (smriti se samarthi)



Action will come. Fill yourselves with the ideal; whatever you do, think well on it. All your actions will be magnified, transformed, deified, by the very power of the thought. If matter is powerful, thought is omnipotent. Bring this thought to bear upon your life, fill yourselves with the thought of your almightiness, your majesty, and your glory.

Sri Vivekananda