

Event

CAPACITY BUILDING PROGRAMME

2ndFebruary 2023

Event : Capacity Building programme

Date : 2nd February 2023

Time : 11:00 am

Venue :Chembur Sarvankash Shikshanshastra College, Chembur

Incharge : I/C Prin. Dr. Prashant S. kale

GES's College of Education and Research in collaboration with Chembur Sarvankash Shikshanshastra College, Chembur organized Capacity Building Programme for the students of First Year B.Ed. The programme consisted of Workshops of Anger Management and Stress Management.

Workshop of Anger Management and Workshop of Stress Management were both conducted by DR. Chandrashekher Ashok Chakradeo. The workshop included the meaning of anger and stress, its effects on physical, mental and emotional aspect of individual and lastly the

measures to manage them. Various activities for students' involvement were also included. The workshop concluded by practising PRANAYAM (breathing techniques).

Finally, Vote of thanks was delivered by Dr. Prashant Kale and Dr. Sandeep Bodke and Students were asked to fill feedback form.

