



**I.Q.A.C. Initiative
One-Day Workshop On**

**DE-STRESS NOT
DISTRESS**

About the Workshop

**The Aim of the Workshop is to deal with
Strategies of managing Stress to help us
lead a more balanced & Healthier life**

Outcome

**After attending the Workshop the
Participants will be able to handle Stress in
better way.**

Who Can Attend?

**All Teaching & Non Teaching Staff of
B.L.D.E. Association**

Coordinator

Prof. Vidya R. Patil

**Date
01-08-2023**

**Venue
College Seminar Hall-01**

Organising Committee

Dr. Girija Nimbale

Prof. Krishna Mandla

Prof. Pavankumar Mahindrakar

Prof. Shweta Savanoor

INAUGURATION

10:30 AM to 11:15 AM

SESSION-I

"Stresses and their effects on
Health"

11:30 AM to 12:30 PM



LUNCH BREAK 01:45PM to 2:15PM

SESSION-II

"Boost Mental Tangents"

01:45 PM to 2:15 PM



SESSION -III

"Yoga-Stress Buster"

02:30 PM to 03:30 PM



VALEDICTORY

03:45 PM to 4:15 PM

CONTACT

US NOW



<https://bldea.org/hrdc>



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