

Inspirational talk on Emotions and Thoughts

Student Welfare Committee organized online lecture on “Inspirational talk on Emotions and Thoughts” on 22nd May 2021. The event started with Presidential address by Hon. Principal Dr. B. T. Jadhav. Introductory speech was delivered by Mrs. G.V. Utekar Chairman Student Welfare Committee. The resource person Dr. Rajashri Deshpande put focus on how to live healthy life and also the younger generation should change their attitude towards exam as a competition. Students need to be aware of the fact that the exam is a test of their sincere efforts only then can the dangerous situation of failure be brought under control. She conveyed the message that we can live a healthy life by maintaining good mental health only by controlling our thoughts, feelings and actions. 148 participants are benefited by this lecture. The session was concluded by the vote of thanks.

