Report on Webinar: Holistic Stress Management for Purposeful Teaching

Organized by:
Shree Naranjibhai Lalbhai Patel College of Pharmacy

Date:
18th January 2025

Topic:
Holistic Stress Management for Purposeful Teaching

Speaker:
Dr. Vandana Patel

Participants:
All teaching faculties from various institutes under Vidhyabharti Trust

Overview of the Event:

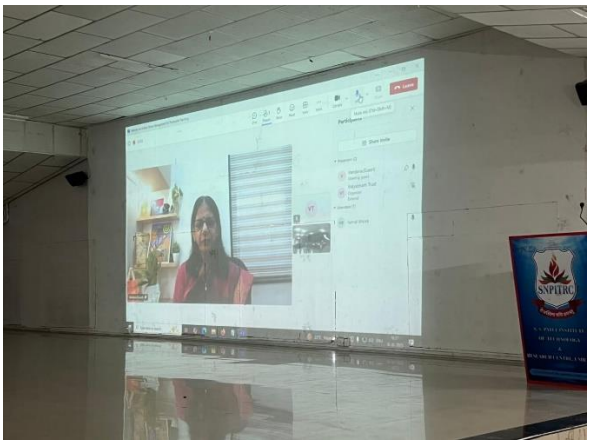
On 18th January 2025, Shree Naranjibhai Lalbhai Patel College of Pharmacy successfully organized a webinar on the topic "Holistic Stress Management for Purposeful Teaching." The session aimed to address stress management techniques tailored to the teaching profession and promote purposeful teaching methodologies. The event witnessed active participation from teaching faculties belonging to multiple institutes under Vidhyabharti Trust.

Dr. Vandana Patel, a renowned expert in the field, delivered an insightful speech during the webinar. Her session focused on understanding the sources of stress among educators and how to combat them using holistic approaches such as mindfulness, effective time management, physical well-being, and fostering positive mindsets. She also shared practical tips and strategies for educators to balance their professional and personal lives more effectively.

Impact and Feedback: The webinar was highly appreciated by the participants for its relevance and effectiveness. Teaching faculties expressed their gratitude for the valuable insights provided and mentioned that the session helped them gain new perspectives on managing stress while enhancing their teaching capabilities. The interactive nature of the session made it engaging and impactful.


VIDYABHARTI TRUST, UMRAKH
At & Po: Baben, Ta: Bardoli, Dist: Surat, 394601
Organizes
WEBINAR
on
Holistic Stress Management for Purposeful Teaching
By
Dr. Vandana Patel
Professor and Principal
Smt. S. M. Shah Pharmacy College
18th January 2025
10 AM to 12 PM
Venue
Auditorium hall, Vidyabharti Campus
For Admission
90 99 70 78 78
www.vidyabhartitrust.org
DEGREE ENGG.
PHARMACY
DIPLOMA ENGG.
MBA/MCA/M.SC(IT)
BBA/BCA
B.ED
B.SC. GNM NURSING
PARAMEDICAL

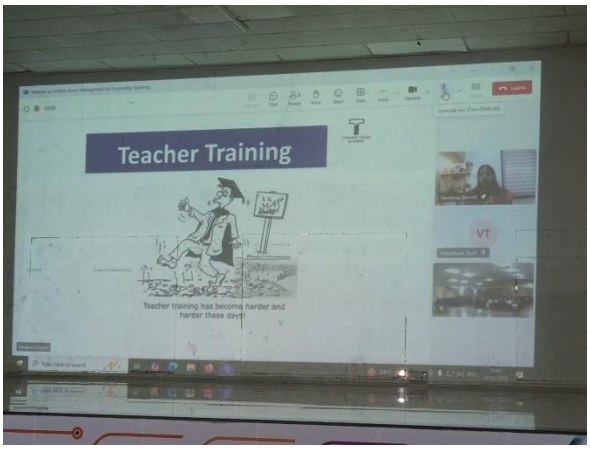

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Teacher Training
Teacher training has become harder and harder these days!