G H RAISONI INSTITUTE OF ENGINEERING & TECHNOLOGY
(Formerly Known as G H Raisoni Institute of Information Technology)
(Approved by AICTE, New Delhi and Recognized by DTE, Maharashtra)
An Autonomous Institute Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur
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DEPARTMENT OF MCA

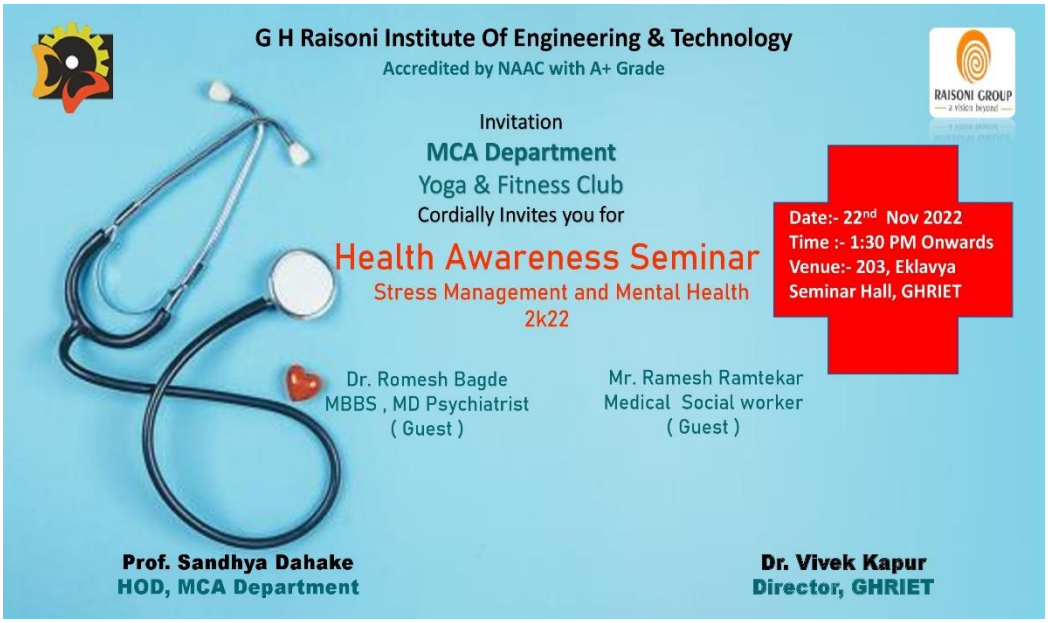
HEALTH AWARENESS SEMINAR REPORT

MCA department organized "**Health Awareness Seminar**" under the Yoga & Fitness Club Activity on 22nd November 2022 (Time: 1:30 PM) at Eklavya Hall.

Dr. Romesh Bagde Sir, MBBS, MD Psychiatrist and Mr. Ramesh Ramtekar, Medical Social Worker were guest from **LATA MANGESHKAR HOSPITAL** is attached to the N.K.P.Salve Institute of Medical Sciences & Research Centre.

Dr. Romesh Bagde Sir guided on "Stress Management". They discussed about How Stress happens when our requirements exceed our available resources and What are the Stress Management Technique. They had shared the real time example with the students. At last, there was interactive session in between students and Dr. Romesh Bagde. Many students asked the problems based on stress and their was good interactive session in between student and Dr. Romesh Bagde Sir.

The activity took place under the guidance of our respected HOD Mam, Prof. Sandhya Dahake.





Asst. Prof. Deepa Barethiya
Club Co-ordinator
MCA Department
GHRIET, Nagpur

Prof. Sandhya Dahake
HOD
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