



MURGAON EDUCATION SOCIETY'S COLLEGE OF ARTS & COMMERCE

Zuarinagar, Goa – 403726

Affiliated to Goa University Accredited by NAAC with B+ Grade (4th cycle)

ACADEMIC YEAR 2021 – 2022

Report of Faculty Enrichment Program on 'How to lead a stress free life' held on 20th June 2022

- **Date:** 20th June 2022
- **Time:** 8.30 a.m. to 10.30 a.m.
- **Platform:** M. S. Kamat Seminar Hall
- **Speakers for the Session:** 1. Dr. Semele Sardesai, Coordinator of BBA Dept. at MES College, Zuarinagar.
2. Dr. Michelle Fernandes, HOD, of Psychology at Carmel College for Women, Nuvem.
- **Audience:** Teaching and non-teaching faculty of MES College
- **No. of participants:** 60
- **Report in brief:**

The Internal Quality Assurance Cell of M.E.S. College of Arts & Commerce, Zuarinagar Goa organized a faculty enrichment programme on the topic 'How to lead a stress free life', on 20th June 2022. The programme was held from 8.30 am onwards in the M.S.Kamat Seminar Hall of the college. The teaching and non-teaching faculty of the college participated in the program. The programme was divided into two sessions. The resource person for session one was Dr. Semele Sardesai, Coordinator of the BBA Dept. at MES College, Zuarinagar. This session was based on 'Knowing yourself through Sahaj Yoga meditation'. It consisted of demonstrations and meditation techniques which required the participants to practice and experience the art of meditation. The objective of the session was to create awareness on the need for leading a balanced life through meditation. This was followed by the next session.

The resource person for session two was Dr. Michelle Fernandes, HOD of Psychology at Carmel College for Women, Nuvem. The theme for this session was 'Mindfulness for

effective living'. The session began with an activity followed by a detailed presentation on the meaning of mindfulness. Through an interactive session she enlightened the audience on how to start feeling better, reduce stress, and enjoy life a little more by living in the moment. Both the resource persons emphasized on the need for practicing various strategies for reducing stress which is inevitable in personal and professional life.

Remarks of the Coordinator: The sessions were well delivered by both the resource persons within the time duration. All participants reported feeling relaxed and alert after their participation in the sessions. The resource persons were able to meet the objective of the faculty enrichment program.

Ms. Rochana Kharangate
IQAC Coordinator

Dr. Manasvi M. Kamat
Principal

