



Sarvajanik Education Society
Sarvajanik College of Engineering & Technology
Towards progressive civilization...



REPORT ON

Personal Development and Stress Management

Organised by

Soft Skills Development Committee, SAWC, Sarvajanik

College of Engineering and Technology,

in association with

Akhil Vishwa Gayatri Pariwar, Surat



The Team behind the Event:

Faculty Coordinators:

Dr. Mayank Dalal

Dr. Vandana Shah

Dr. Sarosh Dastoor

Student Coordinator:

Shreya Chopra

Event Details:

Event Type: Awareness Session

Event Mode: Offline

Event Location: AV Room, EC Dept, SCET

Event Date: 16th January, 2024,

Time: 02:00 PM – 03:00 PM

Event Accessibility: AI and IT Department students

Event Insight:

Sarvajanik College of Engineering and Technology, Surat arranged a session of personal development and stress management by Akhil Vishwa Gayatri Pariwar, Surat.

About the Activity:

On behalf of Sarvajanik College of Engineering and Technology, we extend our heartfelt gratitude to Akhil Vishwa Gayatri Pariwar, Surat, for conducting an enlightening and impactful session on personality development and stress management for our students. The event, which took place on 16th January, 2024, aimed at sensitizing the students to the significance of Bhartiya Sanskriti (Indian Culture) for their holistic development.

the esteemed team members from Akhil Vishwa Gayatri Pariwar, namely Shri Akash Rawat, Shri Akhilesh Yadav, and Shri Gaurav highlighted the significance of the Indian culture and tradition and advised the future technocrats to dig down with the roots of our civilization. In this way we can keep ourselves health ensuring the physical and mental health. Their insightful perspectives and engaging delivery contributed significantly to the success of the event.

A special highlight of the event was the emphasis on Bhartiya Sanskriti, urging students to stay connected with their cultural roots. The speakers highlighted how incorporating cultural values can enhance personal growth and well-being. This aspect added a unique dimension to the session, aligning it with the broader mission of fostering a well-rounded education.

The event witnessed active participation from students, who found the talk both informative and inspiring. The interactive query session provided a platform for students to seek clarification on various aspects of personality development and stress management.

Post-event feedback indicates that students appreciated the practical advice and actionable steps provided by the speakers. Many expressed a renewed sense of motivation to integrate these learnings into their daily lives.

Some glympsies of the event have been appended in the form of snaps below.





Report Compiled by – Shreya Chopra
BTech 3RD YEAR, AI-DS