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**EVENT REPORT -23-24**

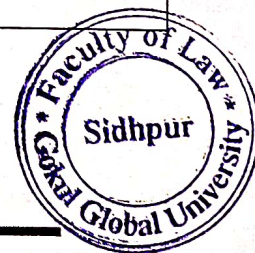
Sr. No.	Activity Details	Particulars
01	Name of the Activity:	Life skill Seminar on Emotional Intelligence and Stress Management
02	Type of Activity (Seminar/ Workshop/ Expert Lecture or Talk etc.)	Seminar
03	Nature of Activity (Curricular/ Extracurricular/ Social):	Co-Curricular activity
04	Level of Activity(College/State /National/International):	University Level
05	Objective/ Aim of Activity:	1. To enhance self awareness 2. To improve emotional regulation 3. To build empathy and social skill 4. To strengthen stress coping mechanism 5. To foster resilience and motivation
06	Date/ Time Duration / Venue	17 <sup>th</sup> Feb. 2024/10:30 to 11:30am - GGU Seminar Hall
07	Expert Name/ Chief Guest(with designation)	Mr. Parth Pathak, Dr. Ritesh Vaidya
08	Other Guests (with designations):	-----
09	Faculty Present:	15
10	Participants:	72
11	No. of participants (College/Other):	72 students from the University
12	Convener:	Dr. Rugvendra Vyas
13	Coordinator:	Dr. Harshad Thakor
14	Photograph	05



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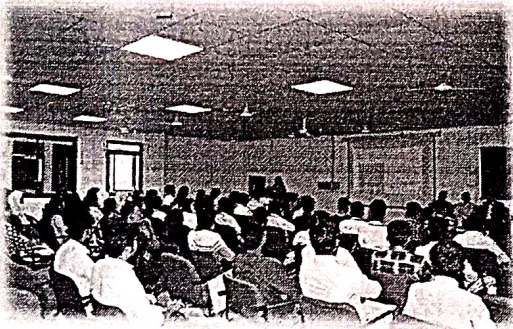
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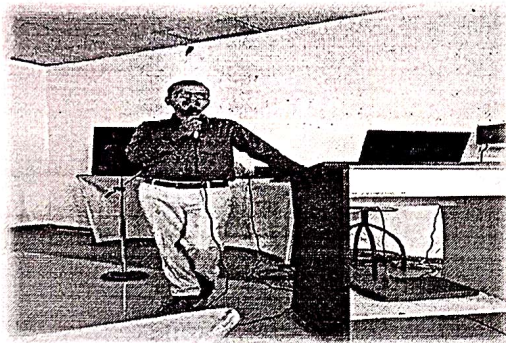


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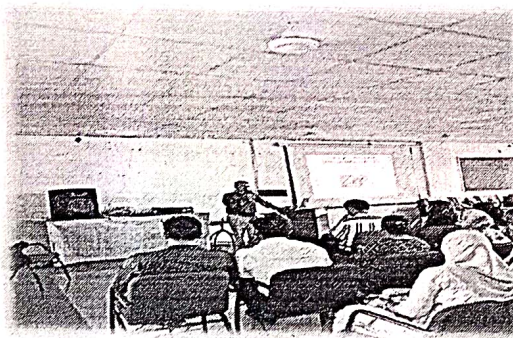
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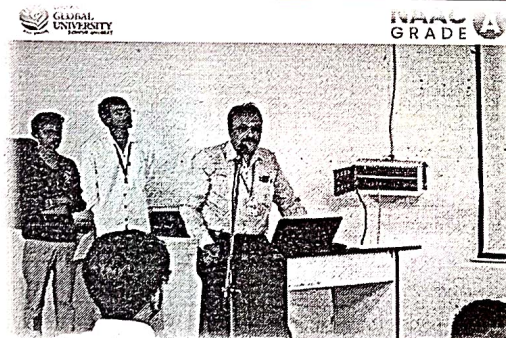
Students attending the seminar



Expert Mr. Parth Pathak delivering his speech



Expert Mr. Parth Pathak delivering his speech



Expert Dr. Ritesh Vaidya delivering his speech



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#### **BREIF:**

Emotional Intelligence (EI) and Stress Management are critical components of personal and professional success. While EI focuses on understanding, managing, and effectively expressing one's emotions and navigating interpersonal relationships judiciously, stress management emphasizes coping mechanisms to handle pressure and challenges constructively. Together, these skills enable individuals to maintain emotional balance, build resilience, and improve overall well-being.

**Speakers: Mr. Parth Pathak and Dr. Ritesh Vaidya**

On 17th February 2024, the Faculty of Law at Gokul Global University successfully organized a one-day seminar on Emotional Intelligence (EI) and Stress Management, aiming to equip participants with the necessary skills to enhance emotional awareness and resilience while managing stress effectively. The seminar featured expert sessions led by renowned speaker Mr. Parth Pathak, covering topics such as self-awareness, self-regulation, empathy, and stress-relief techniques like mindfulness and time management. Interactive activities, including self-assessment exercises and guided mindfulness practices, provided participants with hands-on experience in applying these concepts. The event also included a panel discussion where expert Dr. Ritesh Vaidya emphasized the integration of EI and stress management in daily life. The seminar concluded with a valedictory session and the distribution of certificates. Participants reported significant improvements in their understanding of EI and stress management, with over 90% expressing satisfaction with the content and delivery. The seminar fostered a deeper appreciation of emotional health and provided actionable tools for personal and professional growth.



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## ATTEDENCE SHEET

Date: - 17<sup>th</sup> Feb., 2024

The Following Students Attended the Program.

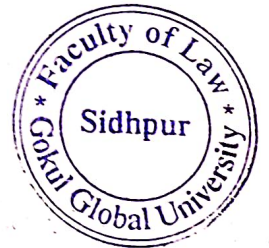
Sr.No.	Student Name	Enrollment No.
1	Sachora Mahammadmunaf Mahammadiqbal	FLLB2100401103
2	Saiyad Basitali Nabimiyan	FLLB2100401104
3	Seliya Fattehali Hasanali	FLLB2100401105
4	Senama Shaileshkumar Kantibhai	FLLB2100401106
5	Senma Alpeshkumar Kantibhai	FLLB2100401107
6	Shaji Adil Saifulla	FLLB2100401109
7	Sheliya Zakariya Iliyas	FLLB2100401110
8	Shilva Pradip Kumar Baldev Bhai	FLLB2100401111
9	Shukal Ami Harshadbhai	FLLB2100401112
10	Sindhi Soham Hidayatulla	FLLB2100401113
11	Soneji Divya Hareshbhai	FLLB2100401117
12	Sunsara Ahmad Abdulvahid	FLLB2100401118
13	Thakor Abhesing Sanaji	FLLB2100401122
14	Thakor Maheshji Jayantiji	FLLB2100401123
15	Thakor Pravinji Bachuji	FLLB2100401124
16	Thakor Vanraji Shantiji	FLLB2100401125
17	Trivedi Rachana Hemant	FLLB2100401127
18	Umatiya Mustkimbhai Habibbhai	FLLB2100401128
19	Umatiya Sohilbhai Abibbhai	FLLB2100401129
20	Varma Bhumikaben Champaklal	FLLB2100401130
21	Bhagora Pankhuben Manabhai	FLLM2200403001
22	Dave Shivangiben Rajendrakumar	FLLM2200403003
23	Dhulani Lalita Rattan Chand	FLLM2200403004
24	Nagori Soyabkhan Barktulla	FSB2000300036
25	Parmar Hemanya Manojbhai	FSB2000300041
26	Rajput Vidhiben Jashvantsinh	FSB2000300060



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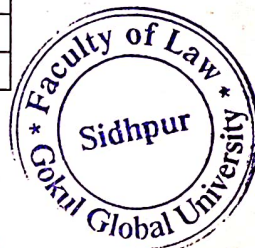
27	Barad Vijaysinh Bhavansinh	FSB2100300001
28	Bava Divyaben Mukeshbharti	FSB2100300002
29	Bavlecha Nikhilkumar Jagdishbhai	FSB2100300003
30	Chandrethiya Mayankkumar Dipakbhai	FSB2100300004
31	Changvadiya Taiyab Latifbhai	FSB2100300005
32	Chaudhary Bhaveshkumar Govindbhai	FSB2100300007
33	Chaudhary Happyben Kesharbhai	FSB2100300008
34	Chaudhary Jitendrabhai Masungbhai	FSB2100300009
35	Chaudhary Khushbu Meghrajbhai	FSB2100300010
36	Chaudhary Rajubhai Savabhai	FSB2100300011
37	Chaudhari Srushtiben Vinubhai	FSB2100300012
38	Chaudhary Sureshkumar Kalabhai	FSB2100300013
39	Desai Parth Vishnubhai	FSB2100300016
40	Desai Sunil Bhai Ishwar Bhai	FSB2100300017
41	Gambhava Sejalben Vasantbhai	FSB2100300018
42	Kateriya Sanjaykumar Vinodbhai	FSB2100300020
43	Makwana Chhaya Dineshbhai	FSB2100300021
44	Marediya Shahidali Alimahammad	FSB2100300023
45	Mavchi Vataniben Sakariyabhai	FSB2100300024
46	Mevada Ravindrakumar Manilal	FSB2100300025
47	Oad Sanjaybhai Dashratbhai	FSB2100300026
48	Patel Anshulkumar Rajeshbhai	FSB2100300029
49	Patel Dixitkumar Jayantibhai	FSB2100300032
50	Patel Jay Jitendrakumar	FSB2100300033
51	Patel Kinjalben Sureshkumar	FSB2100300034
52	Patel Sauravkumar Satishbhai	FSB2100300036
53	Patel Sujal Dineshbhai	FSB2100300037
54	Patel Yash Chetankumar	FSB2100300038
55	Prajapati Nishtha Jayeshkumar	FSB2100300040
56	Qureshi Aman Javidbhai	FSB2100300044
57	Rajput Digvijaysinh Harishsinh	FSB2100300045
58	Rajput Khushiben Zilansinh	FSB2100300046
59	Rajput Komalben Ranjitsinh	FSB2100300047



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60	Rajput Mansiben Narendrasinh	FSB2100300048
61	Rajput Surajsinh Harehji	FSB2100300049
62	Rathi Sanjanaben Ashokkumar	FSB2100300050
63	Raval Karan Vijaykumar	FSB2100300051
64	Sachora Sahnavaaj Salimbhai	FSB2100300052
65	Shaikh Rozybanu Ayubbhai	FSB2100300053
66	Shrimali Srushti Ajaybhai	FSB2100300054
67	Sumra Samirbhai Aminbhai	FSB2100300055
68	Suthar Himanshu Rameshbhai	FSB2100300056
69	Tabiyad Sahil Maganbhai	FSB2100300057
70	Thakor Rinaben Kamleshbhai	FSB2100300059



*Sagun Vyas*  
Dean  
Faculty of Law



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## Event Report Summary

Sr. No.	Activity Details	Particulars
01	Name of the Activity:	Harmony Within: Nurturing Physical and Mental Well-being
02	Type of Activity	Expert Session
03	Nature of Activity (Curricular/Extracurricular/Social):	Life skill
04	Level of Activity (College/State/National/International):	College (faculty of science)
05	Objective/Aim of Activity:	Global Health Awareness
06	Date/ Time Duration /Venue	22/01/2024; 9:00AM to 12:00 PM
07	Expert Name/Chief Guest (with designation)	Mr. Dhaval Suthar
08	Other Guests (with designations):	-
09	Faculty Present:	Dr. Chirag Makvana Dr. Kishor Patel Mr. Smit Patel
10	Participants:	73
14	PHOTOS	02

### Introduction:

On the 22<sup>nd</sup> of January 2024, Gokul Science College hosted an insightful seminar titled "Harmony Within: Nurturing Physical and Mental Well-being" at Gokul Global University. The event focused on fostering a holistic understanding of health, emphasizing the integration of physical fitness and mental wellness. A diverse group of students, faculty, healthcare professionals, and wellness enthusiasts attended, making the seminar a significant platform for discussions on how to maintain balance in life's fast-paced and stressful environment.

### Seminar Objective:

The primary aim of the seminar was to raise awareness of the interconnectedness of physical and mental health. It sought to provide practical insights and techniques to manage stress,



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improve fitness, and cultivate a balanced lifestyle, especially amid academic and professional pressures.

### **Key Highlights:**

**Opening Address:** The seminar opened with a warm welcome by Dr. Ritesh Vaidya, Principal of Gokul Science College, who highlighted the importance of maintaining harmony between body and mind. He underscored how modern lifestyles often neglect mental health in the pursuit of physical well-being, stressing the need for integrated wellness practices.

**Session on Physical Well-being:** Dr. Chirag Makvana, a well-known fitness expert, led a session on the importance of physical activity in everyday life. The presentation emphasized the role of regular exercise, proper nutrition, and adequate sleep in maintaining overall health.

**Mental Well-being and Stress Management:** A key session was delivered by Mr. Dhaval Suthar focused on the rising concerns of mental health in today's world. The speaker discussed the common mental health challenges such as anxiety, depression, and burnout, particularly among students and professionals. Practical techniques for managing stress, such as mindfulness, breathing exercises, and meditation, were introduced to the participants. The audience was also guided through a live mindfulness session, which received positive feedback.

### **Conclusion:**

The seminar successfully achieved its objective of emphasizing the critical role of both physical and mental well-being in creating a balanced, fulfilling life. Attendees left with practical knowledge and tools to incorporate into their personal health journeys, as well as a deeper understanding of the importance of self-care. The event underscored that achieving harmony within requires a mindful approach to both the body and mind, and that small changes can lead to profound improvements in overall health.

### **Feedback and Reflections:**

Participants were highly appreciative of the sessions, noting that the seminar provided them with actionable steps to enhance their well-being. Many expressed gratitude for the live demonstrations of mindfulness and fitness exercises, and several attendees recommended that the college organize similar wellness events regularly.



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### List of participating students

Sr. No.	Enrol No	Name of the students
1	23000300001	AKANXABEN DINESHBHAI CHAUDHARY
2	23000300002	KIRANKUMAR VAGHJIBHAI CHAUDHARI
3	23000300003	RIDDHIBEN BHIKHABHAI CHAUDHARY
4	23000300004	BENEDICT AORTA KEMOKAI GBATOE
5	23000300005	IRFANAFATEMA JAFARALI AGHARIYA
6	23000300006	PRATHAM HEMENDRAKUMAR PRAJAPATI
7	23000300007	DHAVALKUMAR DAHYALAL BHILECHA
8	23000300008	CHIRAGKUMAR RANCHHODHBHAI CHAUDHARI
9	23000300009	JAYKUMAR BHARATBHAI DARJI
10	23000300010	YASHVI SUNILBHAI PATEL
11	23000300011	MEET HARIBHAI GURJAR
12	23000300012	KASAK MUSTUFAALI SHELIIYA
13	23000300013	SANIYA ARIFALI AGHARIYA
14	23000300014	URMILABEN PARSOTAMBHAI SOLANKI
15	23000300015	DHAVALBHAI NAGJIBHAI ASAL
16	23000300016	JAYESHKUMAR SHAKTAJI THAKOR
17	23000300017	VISHVRAJSINH RANJEETSINH CHAUHAN
18	23000300018	ISHAKUMARI KANAKSINH RATHOD
19	23000300019	AJAYBHA RAMESHBHA GADHAVI
20	23000300020	HIMESH NARENDRAKUMAR PESHA
21	23000300080	VAIBHAVKUMAR GHANSHYAMBHAI PATEL
22	23000300081	KRISH HARSHADKUMAR LIMBACHIYA
23	23000300083	SNEHALBEN MANSUNGBHAI MAHIWAL
24	23000300084	SRUSHTIBEN FALJIBHAI CHAUDHARY
25	FSB2200300001	AGHARIYA ANKIT MAHAMMADALI
26	FSB2200300003	BADARPUR SHIBA AMINBHAI
27	FSB2200300005	BALUCH SUMAIRABANU AJIBHAI
28	FSB2200300006	BARIA VIJAYKUMAR AARATSINH
29	FSB2200300007	BAROT HARSHKUMAR ARJUNBHAI
30	FSB2200300008	BAROT HONEY HITESH
31	FSB2200300009	BAVLECHA HARSHADKUMAR KARSHANBHAI
32	FSB2200300010	BHATIYA SALONIBEN JAGDISHBHAI
33	FSB2200300011	BHOLIYA RUCHIBEN LAXMANBHAI
34	FSB2200300012	CHARAN KULDEEPPAN AMARDAN
35	FSB2200300013	CHAUDHARI KAMLESHKUMAR KHEMABHAI
36	FSB2200300015	CHAUDHARY RAHUL KALABHAI
37	FSB2200300016	CHAUDHARY SHRAVANKUMAR RAJESHBHAI
38	FSB2200300017	CHAUDHARY SURESHBHAI MANSINHBHAI



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39	FSB1900300010	CHAUHAN KARANKUMAR PRAVINBHAI
40	FSB2100300016	DESAI PARTH VISHNUBHAI
41	FSB2100300017	DESAI SUNIL BHAI ISHWAR BHAI
42	FSB2100300018	GAMBHAVA SEJALBEN VASANTBHAI
43	FSB2100300020	KATERIYA SANJAYKUMAR VINODBHAI
44	FSB2100300021	MAKWANA CHHAYA DINESHBHAI
45	FSB2100300022	MALI POOJA RAMESHBHAI
46	FSB2100300023	MAREDIYA SHAHIDALI ALIMAHAMMAD
47	FSB2100300024	MAVCHI VATANIBEN SAKARIYABHAI
48	FSB2100300025	MEVADA RAVINDRAKUMAR MANILAL
49	FSB2000300036	NAGORI SOYABKHAN BARKTULLA
50	FSB2100300026	OAD SANJAYBHAI DASHRATBHAI
51	FSB2000300041	PARMAR HEMANYA MANOJBHAI
52	FSB2100300029	PATEL ANSHULKUMAR RAJESHBHAI
53	FSB2100300032	PATEL DIXITKUMAR JAYANTIBHAI
54	FSB2100300033	PATEL JAY JITENDRAKUMAR
56	FSB2100300034	PATEL KINJALBEN SURESHKUMAR
57	23000372001	NIKETABEN PRAHLADBHAI PRAJAPATI
58	23000372002	ARJUNSINH RAMESHJI THAKOR
59	23000372003	HARSHADKUMAR NATAVARLAL PRAJAPATI
60	23000372004	KISHAN MAHESHKUMAR MODI
61	23000372005	PAYALBEN ISHVARBHAI PRAJAPATI
62	23000372006	ARVINDKUMAR RAJABHAI CHAUDHARY
63	23000372007	SHARADKUMAR GULABSINH BAMANYA
64	23000372008	AMITSINH VINITSINH CHAUHAN
65	23000372009	KHUSHBUBEN ASHOKKUMAR JOSHI
66	23000372010	SUNILKUMAR LALAJI PUROHIT
67	23000372011	AXAY GIRISHBHAI PATEL
68	23000372012	POOJABEN BHARATBHAI PRAJAPATI
69	23000372013	JAYESHKUMAR RAGHURAM JOSHI
70	23000372014	RAJKUMAR SHAILESHBHAI PATEL
71	23000372015	HIRAL RAJESHKUMAR PRAJAPATI
72	23000372016	KHEEMABHAI RAMABHAI AYAR
73	23000372017	KARANBHAI DEVRAJBHAI CHAUDHARI

*H.C. Solanki*  
*S.C.M. Chaudhary*  
*Dr. V. S.*  
*Dr. H. R.*  
*D.*  
*Dr. K.*  
*Dr. A. V. Ch.*  
*Dr. S.*  
*T. M. P.*  
*Dr. R.*  
*Dr. H.*  
*Dr. E.*



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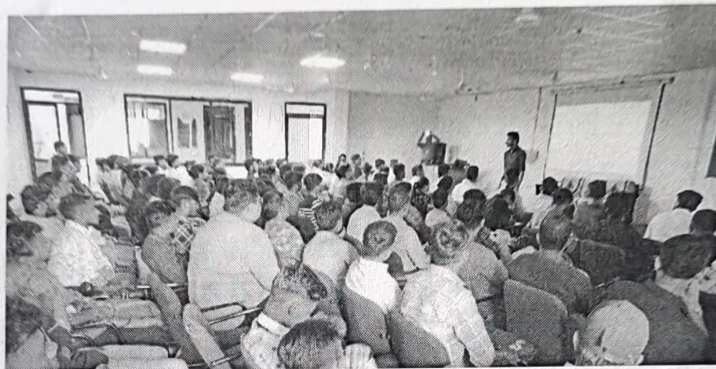


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Students attending a session



Expert guest delivering a lecture

Signature of Coordinator



Signature of Principal



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