

**Session Name : - *Motivational Session on “Aanandi Jivanache Rahsya”***

**Date** : - 31<sup>st</sup> January, 2025

**Time** : - 2.00 pm to 4.00 pm

**Venue** : - Activity Hall, IMRD Shirpur

**Resource Persons: -**

- 1) Dr. Limbaji Pratale (Director of Physical Education and Sports, SPDM College Shirpur)
- 2) Mr. Bharat R. Koli (Sport Teacher RCP College of Engineering and Polytechnic, Shirpur)

**Session Details:** - Institute's Staff Welfare Committee organized Motivational Session on *“Aanandi Jivanache Rahsya”* for all faculty members and Administrative staff, with the goal of the session aimed to promote mental well-being, encourage positive thinking and provide practical strategies for living a happy and stress-free life. The session was conducted by Dr. Limbaji Pratale, the Director of Physical Education and Sports, SPDM College Shirpur and Mr. Bharat R. Koli, Sport Teacher R.C.P College of Engineering and Polytechnic, Shirpur

Dr. Limbaji Pratale primary goal was to help staff members manage work-life balance more effectively, reduce stress and cultivate a sense of happiness in both their personal and professional lives. During the session, resource person shared a wealth of knowledge on several key topics.

Mr. Bharat R. Koli emphasized the importance of managing stress by not taking unnecessary pressure and how essential it is to avoid stress in both personal and professional aspects of life. He also highlighted the power of finding joy in the small, often overlooked moments in life, encouraging all participants to focus on the little things that can bring happiness.

In addition to these insights, Dr. Limbaji Pratale offered practical health tips, such as the importance of ensuring 8 to 10 hours of quality sleep each night and maintaining a proper meal schedule, particularly ensuring that dinner is consumed on time. He also introduced the concept of "switching in and out" mentally, which involves consciously managing the transition between personal and professional life, allowing individuals to maintain a healthy mental balance. Dr. Limbaji Pratale also shared simple yet effective practices for cultivating happiness, such as playing one's favourite songs, dancing, to keep the session interactive and engaging. Dr. Limbaji Pratale incorporated various games that promoted teamwork and happiness.

The successful execution of this workshop was made possible through the efforts of Dr. Laxmikant M. Sharma, the Staff Welfare Committee Coordinator, along with Committee Members Mr. Sachin Surana, Mrs. Rohini Patil and Mrs. Jyostana Mali.



Director Dr. Vaishali Patil while felicitating to Resource Person Dr. Limbaji Pratale



Director Dr. Vaishali Patil while felicitating to Resource Person Mr. Bharat R. Koli



All faculty members and Administrative staff during Session



All faculty members and Administrative staff during Happiness Practice