

**INDIRA GANDHI NATIONAL OPEN UNIVERSITY**  
**REGIONAL CENTRE, BHOPAL**

**Report on Programme conducted by IGNOU RC for promoting Social Cohesion through Stress Free Environment on 15<sup>th</sup> January 2019.**

Indira Gandhi National Open University, Regional Centre, Bhopal organized a workshop to promote Social Cohesion amongst the staff and students through making the environment stress free and to work happily at their work places.

The programme was organized in collaboration with Prajapati Braham Kumari Ishwariya Vishvavidyalaya, and the programme was attended by all IGNOU Officials and students. The programme initiated with the welcome of Rajyogni Brahmakumari Sister Pravesh by the Regional Director Dr. Amit Chaturvedi. Dr. Chaturvedi during his welcome address said that Social Cohesion is very significant and students should strive for creating a Stress Free environment which may be important for success in their life. The learners should ensure that no negative thoughts should be there and their thoughts should always be constructive and having positive gestures.



Mahamandleshwar Sister Pravesh addressing the gathering during the workshop

The Mahamandleshwar Sister Pravesh, while addressing the gathering deliberated upon various methods for making life happy and promoting social cohesion by giving various examples. She emphasized that the students should deliver their best abilities and undertake the responsibilities and that can only

happen in stress free environment which has to be inculcated amongst the various stake holders. She also discussed in details the role of Meditation in Time Management and how through meditation students can fulfill their desired goals in their lives.



Deliberation under progress during the workshop

Besides, a detailed discussion was made with the employees to discover the techniques for remaining happy at their workplaces so that they can achieve the mandate of the institution and can deliver the best out of their abilities.

The workshop was enthusiastically attended by Staff and students and they have asked various questions to learn the skills of happiness that will promote social cohesion. The programme ended with the motion of thanks to the resource persons.

Regional Director