



Swami Swatantranand Memorial College, Dinanagar

A Multi Faculty, Post Graduate Co-Educational Institution

(Accredited with 'A' Grade by NAAC /Affiliated to Guru Nanak Dev University, Amritsar)

Report On

*Workshop on 'Mind beyond
Limits'*

(Research Methodology)

On 24th December 2021

Organized by:

IQAC

2021-22

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Workshop on 'Mind Beyond Limits'

The Internal Quality Assurance Cell (IQAC) at Swami Swatantranand Memorial College organized 'One Day Workshop on the Theme of 'Mind beyond Limits' under the supervision of Worthy Principal Dr. R.K. Tuli on 24th December 2021. The whole event was hosted by Asst. Prof. Sushma (Incharge of IQAC). The aim of the workshop was to encourage the creativity among students than rote learning. The spokesperson of the workshop was Mr. Gourav Deora (Mind Cropper Director Operations). The inaugural session began with the Welcome Speech delivered by Dr. R.K. Tuli, the worthy Principal of SSM College. In his welcome address, he highlighted the undisputed value of education in shaping the future of students on desirable lines. He raised various concerns related to learning methods used by students. After the addressing of Principal, Asst. Prof. Sushma introduced the audience about the spokesperson of the event. She highlighted his various achievements in his field. After that, Mr. Deora joined the stage and started his discussion on the topic. In his addressing he said' "Every person has dreams and goals. However, very few people actually achieve them. This is because majority of them let their limits hold them back. These limits take various forms like physical inability, doubt, fear or a negative past. When a person meets with his personal limits, he feels resistance. This makes everything feel much harder to accomplish. It is important to learn how to beat our limits and overcome them. This enables people to achieve their goals. He also stressed upon the creativity as compared to rote learning. In his talk he explained the following points regarding creativity among students:

1. Creativity is Multidisciplinary
2. Creativity allows us to express
3. Creativity promotes thinking and problem-solving
4. Creativity reduces stress and anxiety

At the end he closed the discussion by saying, "Here is how to achieve our biggest goals". Prof. Sushma paid the vote of thanks to Mr. Deora, students and other faculty members to attend the workshop. Mr. Deora was honored with memento by Worthy Principal.

Highlights of the Event




Principal
SWAMI SWATANTRAMANAND MEMORIAL COLLEGE
Dinagar (Gurdaspur)