

GURU NANAK COLLEGE OF EDUCATION

B.Ed. Programme

CO- CURRICULAR ACTIVITIES

WORKSHOP

Batch: 2022-24

Semester: I

TITLE: Significant experiences in Life

RESOURCE PERSON: Dr. Charu Sethi

DATE: 04.11.2022

TIME: 10:00 am – 12:00 noon

VENUE: Bala Pritam Auditorium, GNCE



A Co-Curricular activities' workshop was organized on the theme of the importance of having "Significant Experiences in Life" by Dr. Charu Sethi for the students of Batch 2022-24, Semester-1 in the Bala Pritam Auditorium of Guru Nanak College of Education.

Dr. Charu Sethi explained to the pupil trainees that human life is a collection of some important events. Of these events, some are important some are forgotten but some events are so important and heart touching that they remain in our heart and mind forever. They not only change our lives but leave such impact which can easily be reflected through our personality.

Dr. Sethi further upheld that when either type of event occurs, the most important thing to do, is stop. Give yourself a moment to process what has happened. Give your mind and body permission to reassess your schedule. It's not reasonable to expect the same level of performance at the moment. So, slow down and change your expectations for yourself.