

Type/ Title: Stress Free Green Day

Total number of Students/ Participants attended the session: 250

Date: 12/10/2018

Objective of programme:

- **To spread awareness among students about environment.**
- **To conduct activity to make student learn how to ease stress.**

Summary of the event:

On 12th October, 2018, Stress Free Green Day was a collaborative efforts of Garden Committee Training and Placement Cell and Elantre – Fashion Society of Bharati College. All the staff (teaching as well as non-teaching) and students were requested to wear green to spread awareness about the environment. A large number of teachers and student were witnessed with green in their attire on the stress-free day. Dr. Mukti Sanyal, Principal, Bharati College, addressed everyone and motivated them to adopt this philosophy in their routine. She encouraged everyone and planted sapling along with other staff members in the campus. Dr. Anupama Mahajan, (Coordinator, Training and Placement Cell and Elantre – Fashion Society) and Dr. Mala Rani (Coordinator, Garden Committee) also shared their valuable inputs and extended thanks to all the participants for making the day a success.

Later Zumba was organized to beat the stress among students. A large number of students were participated in the event and seen dancing on the tunes Session ended with vote of thanks to speaker and participants has witnessed an active participation of the students.





Organises a one day event!

'A stress Free Green Day'

*A collaborative effort of
The Garden Committee,
Training and Placement Cell and
Elantré- The Fashion Society.*

Venue: Central Lawn

Time: 10am onwards

Date: 12th October

"Wear Green and Spread Awareness"



Dr. Mukti Sanyal, Principal, Bharati College, addressing the participants on stress free green day



Bharati College student enjoying Stress free Green dday