



Mangaon Taluka Education Society's

Doshi Vakil Arts College and G.C.U.B. Science & Commerce College

At-Goregaon, Tal-Mangaon, Dist.-Raigad- 402103.

☎:(02140) 250348, ✉: srcollegegoregaon@gmail.com, 🌐: www.dvcgoregaon.edu.in

Permanently Affiliated to University of Mumbai & Accredited by NAAC with 'B' Grade

Mr. Ramanlal N. Sheth
President

Mr. Dilipbhai N. Sheth
Chairman

Mr. Shantilal Metha
President (CDC)

Dr. J. S. Hotkar
Principal

REPORT

Program Name	Online Guest Lecture On “Stress Management”
Date and time	14 th February 2022, Time:- 12.00 noon onward.
Program Objectives:	<ol style="list-style-type: none">1. To enhance the ability of students to reduce stress and handle stressful situations in their daily lives.2. To increase productivity and responsibility of students and teachers.
Program Organized by:	Counselling Cell
In collaboration with (if any)	<ol style="list-style-type: none">1. IQAC2. Women Development Cell
Organizing Committee	<ol style="list-style-type: none">1. Dr. K. G. Mane2. Dr. P.V. Pimplapure3. Dr. J. B. Thakur4. Mr. S. S. Kadam5. Dr. N. R. Mirajkar6. Dr. B. S. Kharade
Target Audience/Beneficiaries	<ol style="list-style-type: none">1. About 208 Students were participated.2. Teaching staff members3. Nonteaching staff members
Arrangement Of Program	<ol style="list-style-type: none">1. Lecture was organized on Zoom Online Platform.2. Also live on YouTube.3. YouTube live program was arranged in Auditorium of College.

Brief Report of Program

Formal Welcome and Preface of the Program : -

On 14th February 2022, Counselling Cell and Women Development Cell had organized online guest lecture on “Stress Management” to aware the students about Stress management in their life. Respected Principal Dr. J. S. Hotkar was the chairperson of the function.

Welcome:-

Dr. Kanchan G. Mane, the Chairperson of Counselling Cell welcomed all and presented preface of the program. She highlighted, how stress is affecting various groups of people including students, teachers and others. Also, why stress management is necessary for happy life.

Respected Principal Dr. J. S. Hotkar in his address, welcomed the guest, Ms. Pallavi R. Sonawane, Assistant Professor & Counsellor, Department Psychology, K.V. Pendharkar College (Autonomous), Dombivali, East. He emphasized on stress situation arised due to Covid-19 pandemic and congratulated organizer for choosing the above mentioned topic. Also, he expected the lecture will be beneficial to students, teachers and non-teaching staff. At the end, he gave best wishes for making program successful.

Guest lecture:-

Dr. Kanchan G. Mane, welcomed and introduced the distinguished counsellor, Ms. Pallavi R. Sonawane.

Ms. Pallavi R. Sonawane in her lecture on “**Stress Management**” enlightened the factors responsible for stress and explained the solutions/remedies to relief stress very well.

Also she emphasized on stress at working place and discussed in detailed that, how to eliminate the same. She gave some practices to do for positive reaction in everyday life. And the lecture ended with interactive discussion session happily. About 208 students and all teaching and non-teaching members were participated in the program.

Vote of Thanks:-

Dr. J. B. Thakur delivered the vote of thanks.

Concluding Remark The program was organized successfully.

**Whether objectives
satisfied?** Yes.

With Justification

After the guest talk, students asked their doubts and satisfied with her responses and the participant assured that they will do daily practice of stress relief remedies for positive reaction in their life.

Feedback collected is overall positive.

Chairperson

Dr. K. G. Mane

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REMEDIES/SOLUTION

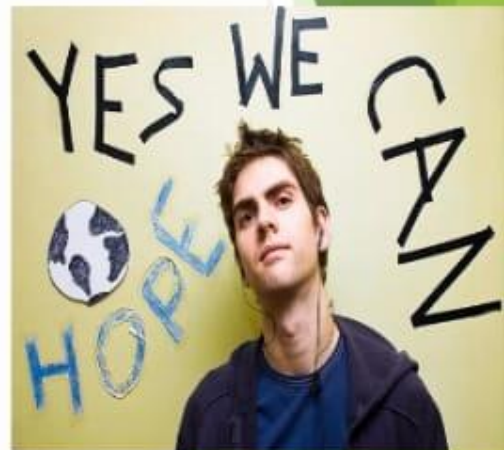
Talk with parents/friends/reliable sources

Fixed study time, place

Keep away Distraction

Read-Recite-Review (R3)

Mnemonics-Imagery, Self-talk



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Zoom

Leave

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STRESS MANAGEMENT ppt - PowerPoint (Product Activation Failed)

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Stress Management

Stress Management



Speaker
Pallavi Sonawane
Assistant Professor & Counsellor
K.V. Pradhikar College of Arts, Science and Commerce(Autonomous)
Date: 14/02/2022



Stress Management

Click to add notes

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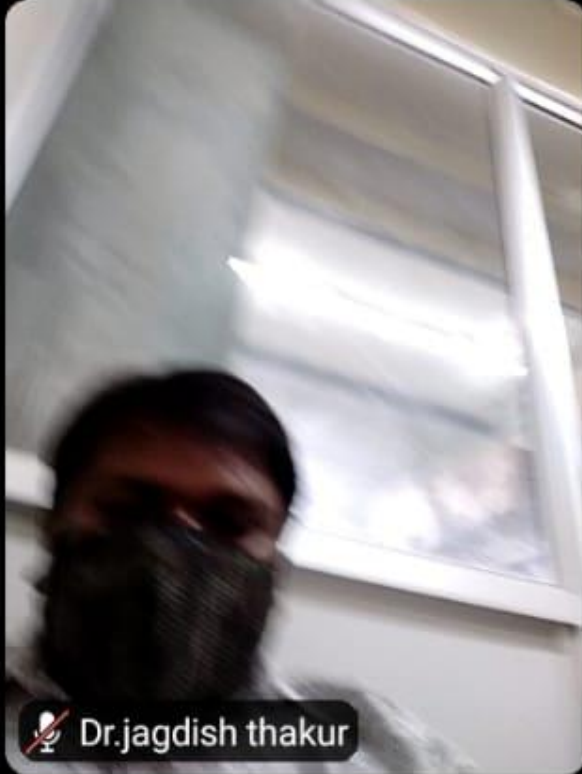


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Dr.jagdish thakur



Pallavi Sonawane



Janardan Hotkar



Dr. Kanchan Mane



