

2021-22

## One Day Workshop on Stress Management (Entrepreneurship)

**STRESS MANAGEMENT**  
A WORKSHOP TO LEARN ABOUT STRESS AND TRY STRESS MANAGEMENT STRATEGIES

**One Day Workshop  
on  
Stress Management**

**Date: 10/04/2022  
Time: 2.30 PM**

**RESOURCE PERSON  
Dr. P.B. Ingale**

**Organized by  
IQAC & Psychology Department  
Indira Mahavidyalaya, Kalamb  
Dist. Yavatmal**

**VENUE  
Smart Class Room  
Indira Mahavidyalaya, Kalamb  
Dist. Yavatmal**

### Workshop on Stress Management, Dr. P.B. Ingale, 10/04/2022



**लोकमत**

### इंदिरा महाविद्यालयत तणाव व्यवस्थापनावर कार्यशाळा

लोकमत न्यूज नेटवर्क

**कळंब:** इंदिरा महाविद्यालय, कळंब येथील मानसशास्त्र विभागाने उद्योजकतेच्या अंतर्दृष्टीसह तणाव व्यवस्थापन या विषयावर एक दिवसीय कार्यशाळा आयोजित केली होती. डॉ. पी.बी. इंगळे, यांनी सत्राचे मार्गदर्शन केले. या कार्यशाळेचा उद्देश उद्योजकांची मानसिकता-तणावातून मार्ग काढण्यासाठी सर्वांगीण कौशल्ये सहभागींना सुसज्ज करणे हा आहे. कार्यशाळेची सुरुवात मानसशास्त्र विभागाच्या उद्घाटनपर भाषणाने झाली, ज्यामध्ये आजच्या वेगवान जगात तणावाचे निराकरण करण्याचे महत्त्व आणि ते व्यवस्थापित करण्यासाठी उद्योजकीय दृष्टिकोनाच्या संभाव्यतेवर जोर देण्यात आला. डॉ. पी.बी. इंगळे, मानसशास्त्र आणि उद्योजकता या दोन्ही विषयातील त्यांच्या कौशल्यासाठी प्रख्यात, त्यांच्या नाविन्यपूर्ण दृष्टिकोनाने सहभागींना मोहित करून केंद्रस्थानी आले. सहभागींनी स्ट्रेस ट्रिगर्स ओळखणे, तावचिकता निर्माण करणे आणि उद्योजकीय प्रयत्नांना अनुकूल अशी सक्रिय मानसिकता वाढवणे याद्वारे वाच्यता विषयांचा अभ्यास केला. डॉ. इंगळे यांच्या मार्गदर्शनाने उपस्थितांना ताणतणावांना अडथळे न ठेवता वैयक्तिक आणि व्यावसायिक विकासाची संधी म्हणून बदलण्याचे सामर्थ्य दिले।

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# Attendance Sheet

INDIRA MAHAVIDYALAYA KALAMB, DS. - YAVATMAL  
Students List

SR. NO	STUDENTS NAME	CLASS	STUDENTS SIGNATURE
1	Ankita Suresh Isare	B.A.-I	Ankita
2	Shital Satish Chaudhary	B.A.I	Shital
3	Sakshi Nareesh Bende	B.A.I	Sakshi Bende
4	Mamta Makoti Shetkar	B.A.I	M. Shetkar
5	Pooja Pooja Pooja	B.A.I	Pooja
6	Ashwini Dhanraj Chaudhari	B.A.II	A. Chaudhari
7	Dipika Gajanan Nikude	B.A.II	D. G. Nikude
8	Aman Vilas Nikude	B.A.II	A. Nikude
9	Gaurav Kailash Malavi		G. Malavi
10	Pratik Shivshankar Ganjekar		P. Ganjekar
11	Ankush Daddaraj Hujar	BA	A. Hujar
12	Sandesh Maheshwar Tulsi	M.A.-I	S. Tulsi
13	Mayur Chandrakant Hole	BA	M. Hole
14	Payal Gajanan Mandhane	B.A.I	P. Mandhane
15	Dhanashree Gajanan Bhoyar	B.A.I	D. Bhoyar
16	Jaya Maheshwar Wadgaonkar	B.A.I	J. Wadgaonkar
17	AKASH PRABHAKAR MOKDE	B.A.II	A. Mokde
18	Mansi Chintaman Musale	B.A.II	M. Musale
19	Jyoti Rajesh Mamechkar	B.A.I	J. Mamechkar
20	Siddhi Chintaman Sanghvi	M.A.I	S. C. Sanghvi
21	Pratiksha Sanjay Thakare	B.A.I	P. Thakare
22	Shraddha G. Gaykward	M.A.I	S. G. Gaykward
23	Rahul M. Lakshkar	M.A.I	R. Lakshkar
24	Pavni Y. Lakshkar	M.A.I	P. Lakshkar
25	Ku. Sneha Rajendra Dapure	B.A.-II	S. Dapure

26			
27	Jyoti Rajesh Mamechkar	B.A.I	Jyoti
28	Ku. KAJAL SEVAKESHENDE	B.A.II	K. S. Shende
29	Aman Vilas Nikude	B.A.II	A. Nikude
30	Kamud Dnyaneshwar Waghmare	B.A.II	K. Waghmare
31			
32			
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## REPORT

<b>Name of the workshop/ seminar/ conference</b>	<b>One Day Workshop on Stress Management</b>
<b>Date</b>	<b>10/04/2022</b>
<b>Number of Participants</b>	<b>29</b>
<b>Venue</b>	<b>Smart Class Room</b>
<b>Name of the Resource Persons</b>	<b>Dr. P.B. Ingale</b>

On April 10, 2022, a one-day workshop titled "Stress Management" was conducted at the Smart Class Room of our institution. The workshop, attended by 29 participants, aimed to provide insights and strategies for effectively managing stress in daily life. Dr. P.B. Ingale, a distinguished resource person in the field, led the session, offering invaluable guidance and expertise to the attendees. The workshop commenced with an opening address, highlighting the importance of understanding and addressing stress in today's fast-paced world. Dr. P.B. Ingale then took the stage, captivating participants with his deep understanding of stress management techniques and practical strategies for coping with stressors.

Throughout the day, participants engaged in interactive sessions, discussions, and practical exercises designed to enhance their stress management skills. Dr. Ingale shared insights into the physiological and psychological aspects of stress, as well as effective coping mechanisms and relaxation techniques. The workshop fostered a supportive environment where participants felt comfortable sharing their experiences and challenges related to stress. Dr. Ingale's expertise and compassionate approach facilitated meaningful discussions, empowering attendees to develop personalized stress management plans suited to their individual needs.

As the workshop concluded, participants left with a deeper understanding of stress management and a toolkit of practical strategies to navigate stressful situations with resilience and ease. The success of the workshop underscores the importance of addressing stress as a vital aspect of overall well-being.

We extend our sincere appreciation to Dr. P.B. Ingale for his invaluable contributions to the workshop and to all participants for their active engagement and enthusiasm. For further inquiries or to explore future workshops on related topics, please contact the organizing committee.

  
**Co-ordinator**  
**IQAC**  
**Indira Mahavidyalaya**  
**Kalamb**

  
**PRINCIPAL**  
**Indira Mahavidyalaya**  
**Kalamb Dist. Yavatmal**