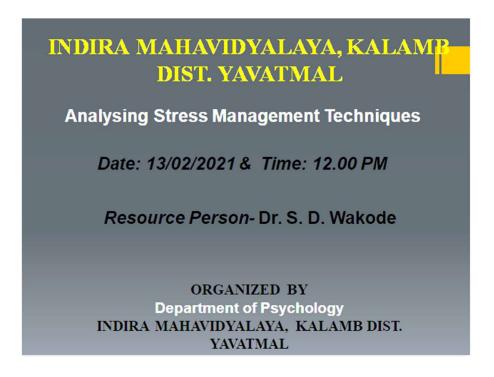
## **Analyzing Stress Management Techniques (Soft Skills)**

#### **Bouchers**



### **Geo-Tagged Photo of Event**



**Expert Delivering Lecture on Stress Management, Date: 13/02/2021** 

# **Attendance Sheet**

Sr. NO.	Name of Student	class	Signature
1	Ambatkar Ku.Payal Sunil	B.A. III Yerar	A.D.S.
2	Ambhaghare Ku.Pallavi Gajanan	B.A. III Yerar	AGICUANAN
3	Awasare Ku.Swapna Sukhdeo	B.A. III Yerar	Charge
4	Bansod Swapnil Shivanand	B.A. III Yerar	8
5	Bhagat Ku.Ashwini Arun	B.A. III Yerar	A An Polary 15
6	Bhankhade Ku Tejashri Vithhal	B.A. III Yerar	AVithhal!
7	Bobade Ku Shital Arun	B.A. III Yerar	sBobade
8	Bobhate Ku Priyanka Vinod	B.A. III Yerar	shital A. Bobde.
9	Bodade Ku.Neha Manish	B.A. III Yerar	M.M.B.
10	Devtale Avinash Ambadas	B.A. III Yerar	( Ambadas.
11	Dhawade Ku Priyanka Prakash	B.A. III Yerar	dipali Dhole
12	Dhoble Ku.Dipali Purushottam	B.A. III Yerar	Margade
13	Farkade Ku Nikita Gajanan	B.A. III Yerar	N. A. Faok
14	Garode Ku.Vaishnavi Harichandra	B.A. III Yerar	Vaishney
15	Gayki Ku.Nikita Kailas	B.A. III Yerar	6 N. K. G441
16	Ghotekar Ku.Punam Anil	B.A. III Yerar	Actorate Keir
17	Jambhulkar Akshay Prabhakar	B.A. III Yerar	Ajambhulkar
18	Jamdad Ku Rani Sunil	B.A. III Yerar	marobotule
19	Kale Nikhil Manohar	B.A. III Yerar	N.P. Kala
20	Karluke Narendra Sambhaji	B.A. III Yerar	Newender
21	Lonbale Pawan Prakash	B.A. III Yerar	D. D. Lonbal
22	Meshram Krushna Vishnu	B.A. III Yerar	grashine
23	Mule Aniket Suhasrao	B.A. III Yerar	(mere
24	Neware Saurabh Ramdas	B.A. III Yerar	25
25	Palekar Pranay Ashokrao	B.A. III Yerar	D.A. Palella
26	Palekar Shubham Govinda	B.A. III Yerar	Spaletar
27	Shende Dikshant Madhukar	B.A. III Yerar	D.S. Madhym
28	Shikhare Munna Raju	B.A. III Yerar	M. & Shipay
29	Vyas Pawan Mohan	B.A. III Yerar	+Ayos.
30	Waghade Wrushabh Nanaji	B.A. III Yerar	W. W. Wa

#### Report

Name of the Program	Analysing Stress Management Techniques
Date	13/02/2021
Number of Participants	30
Venue	Department of Psychology
Name of the Resource Persons	Dr. S. D. Wakode

The Department of Psychology at Indira Mahavidyalaya, Kalamb, organized a program on stress management technique analysis under the Personality Development initiative on February 13, 2021. Dr. D. S. Ramteke, Associate Professor at Vidyabharti Mahavidyalaya, Amravati, was the chief guest. Dr. P. B. Ingle introduced the chief guest and presented him with a book titled "Vidharbhache Ashtavinyak," authored by Dr. P. B. Mandavkar. Dr. Ramteke discussed the importance of the case study method in developing critical thinking skills. He emphasized that if students can successfully shape their problem-solving thinking patterns through practical skills, their personalities will shine in society. The 30 students who attended found the session both informative and valuable.

Co-ordinator
IQAC
Indira Mahavidyalaya
Kalamb

PRINCIPAL Indira Mahavidyalaya Kalamb Dist. Yavatmal