

Analyzing Stress Management Techniques (Soft Skills)

Bouchers

**INDIRA MAHAVIDYALAYA, KALAMB
DIST. YAVATMAL**

Analysing Stress Management Techniques

Date: 13/02/2021 & Time: 12.00 PM

Resource Person- Dr. S. D. Wakode

**ORGANIZED BY
Department of Psychology
INDIRA MAHAVIDYALAYA, KALAMB DIST.
YAVATMAL**

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	<i>A. P. S.</i>
2	Ambhaghere Ku. Pallavi Gajanan	B.A. III Yerar	<i>A. Gajanan</i>
3	Awasure Ku. Swapna Sukhdeo	B.A. III Yerar	<i>Swapna</i>
4	Bansod Swapnil Shivanand	B.A. III Yerar	<i>Bansod</i>
5	Bhagat Ku. Ashwini Arun	B.A. III Yerar	<i>A. A. Bhagat</i>
6	Bhankhade Ku. Tejashri Vitthal	B.A. III Yerar	<i>B. Vitthal</i>
7	Bobade Ku. Shital Arun	B.A. III Yerar	<i>S. Bobade</i>
8	Bobhate Ku. Priyanka Vinod	B.A. III Yerar	<i>Shital A. Bobhate</i>
9	Bodade Ku. Neha Manish	B.A. III Yerar	<i>M. M. B.</i>
10	Devtale Avinash Ambadas	B.A. III Yerar	<i>A. Ambadas</i>
11	Dhawade Ku. Priyanka Prakash	B.A. III Yerar	<i>dipali Dhore</i>
12	Dhoble Ku. Dipali Purushottam	B.A. III Yerar	<i>D. Dhoble</i>
13	Farkade Ku. Nikita Gajanan	B.A. III Yerar	<i>N. G. Farkade</i>
14	Garode Ku. Vaishnavi Harichandra	B.A. III Yerar	<i>Vaishnavi</i>
15	Gayki Ku. Nikita Kailas	B.A. III Yerar	<i>N. K. Gayki</i>
16	Ghotekar Ku. Punam Anil	B.A. III Yerar	<i>P. Ghotekar</i>
17	Jambhulkar Akshay Prabhakar	B.A. III Yerar	<i>A. Jambhulkar</i>
18	Jamdad Ku. Rani Sunil	B.A. III Yerar	<i>J. Jamdad</i>
19	Kale Nikhil Manohar	B.A. III Yerar	<i>N. M. Kale</i>
20	Karluke Narendra Sambhaji	B.A. III Yerar	<i>Narendra</i>
21	Lonbale Pawan Prakash	B.A. III Yerar	<i>P. P. Lonbale</i>
22	Meshram Krushna Vishnu	B.A. III Yerar	<i>K. Meshram</i>
23	Mule Aniket Suhasrao	B.A. III Yerar	<i>A. Mule</i>
24	Neware Saurabh Ramdas	B.A. III Yerar	<i>S. Neware</i>
25	Palekar Pranay Ashokrao	B.A. III Yerar	<i>P. A. Palekar</i>
26	Palekar Shubham Govinda	B.A. III Yerar	<i>S. Palekar</i>
27	Shende Dikshant Madhukar	B.A. III Yerar	<i>D. S. Madhukar</i>
28	Shikhare Munna Raju	B.A. III Yerar	<i>M. Shikhare</i>
29	Vyas Pawan Mohan	B.A. III Yerar	<i>P. Vyas</i>
30	Waghade Wrushabh Nanaji	B.A. III Yerar	<i>W. M. Waghade</i>

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
IQAG
Indira Mahavidyalaya
Kalamb


PRINCIPAL
Indira Mahavidyalaya
Kalamb Dist. Yavatmal