

One Day Workshop on Stress Management in the Digital Age

Bouchers



The poster features a light blue top section with a cloud containing the text 'STRESS MANAGEMENT' and 'A WORKSHOP TO LEARN ABOUT STRESS AND TRY STRESS MANAGEMENT STRATEGIES'. To the left of the cloud are three stylized green trees. Below this is a large blue box with the text 'One Day Workshop on Stress Management'. Underneath is a green box with 'Date: 10/04/2022' and 'Time: 2.30 PM'. This is followed by a blue box for 'RESOURCE PERSON Dr. P.B. Ingale' and a yellow box for 'Organized by IQAC & Psychology Department Indira Mahavidyalaya, Kalamb Dist. Yavatmal'. The bottom section is a black box with 'VENUE Smart Class Room Indira Mahavidyalaya, Kalamb Dist. Yavatmal' in yellow text.

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

Geo-Tagged Photos





Expert Delivering Lecture on Stress Management, Date: 10/04/2022

Attendance Sheet

INDIRA MAHAVIDYALAYA KALAMB, DS. - YAVATMAL
Students List

SR. NO	STUDENTS NAME	CLASS	STUDENTS SIGNATURE
1	Ankita Santosh Isoge	B.A.-I	Ankita
2	Shital Satish Chhale	B.A.I	Shital
3	Sankshi Nagesh Bhande	B.A.I	Sankshi Bhande
4	Munira Makani Sheikame	B.A.I	Munira Sheikame
5	Poojyoti Nandev Mandare	B.A.I	Poojyoti Mandare
6	Anup Dhanraj Chaudhari	B.A.II	Anup Chaudhari
7	D.M.P.N. Gajanan Nikudde	B.A.II	D. G. Nikudde
8	Aman Vilas Nikudde	B.A.II	Aman Nikudde
9	Ganesh Kailash Mulkani		Ganesh Mulkani
10	Poojita Shivshankar Ganjekar		Poojita Ganjekar
11	Ankush Paddatray Hujar	BA	Ankush Hujar
12	Sandesh Mohanrao Tulio	MA-I	Sandesh Tulio
13	Mayur Chandrajogji Hale	B.A.I	Mayur Hale
14	Payal Gajanan Mandhane	B.A.I	Payal Mandhane
15	Dhanashree Gajanan Bhoyare	B.A.I	Dhanashree Bhoyare
16	Jaya Muralidhar Walsu	B.A.I	Jaya Walsu
17	AKASH PRABHAKAR MOKDE	B.A.II	Akash Mokde
18	Mousumi Chintaman Musale	B.A.II	Mousumi Musale
19	Yashraj Rajesh Manohar	B.A.I	Yashraj Manohar
20	Siddhi Chintaman Sanghatao	M.A.I	S.C. Sanghatao
21	Pratiksha Sanjay Thakare	B.A.I	Pratiksha Thakare
22	Shradha J. Gaykward	M.A.I	S.J. Gaykward
23	Rahul Lakshman	MA I	Rahul
24	Rajin Lakshman	MA I	Rajin
25	Ku. Sneha Rajendra Dayare	B.A.II	S. R. Dayare

Report

Name of the workshop/ seminar/ conference	One Day Workshop on Stress Management
Date	10/04/2022
Number of Participants	25
Venue	Smart Class Room
Name of the Resource Persons	Dr. P.B. Ingale
<p>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 25 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.</p> <p>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.</p> <p>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.</p>	
 Co-ordinator IQAC Indira Mahavidyalaya Kalamb	 PRINCIPAL Indira Mahavidyalaya Kalamb Dist. Yavatmal