

“Dissemination of Education through Knowledge, Science and Culture”.

--Shikshanmaharshi Dr. Bapuji Salunkhe

Report of Webinar

Expert Talk and Demonstration on Stress Management

“Dissemination of Education through Knowledge, Science and Culture.”

—Shikshanmaharshi Dr. Bapuji Salunkhe.

Shri. Swami Vivekanand Shikshan Sanstha's

**Padmabhushan Dr. Vasanthaodada Patil Mahavidyalaya, Tasgaon,
Sangli-416312, Maharashtra**

(Affiliated to Shivaji University Kolhapur)



WOMEN EMPOWERMENT CELL AND IQAC

21st June 2021



“Dissemination of Education through Knowledge, Science and Culture”
-Shikshanmaharsh Dr. Bapuji Salunkhe.

Shri Swami Vivekanand Shikshan Sanstha Kolhapur's

Padmabhusan Dr. Vasantrodada Patil Mahavidyalaya, Tasgaon,
Sangli-416312, Maharashtra

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Women Empowerment Cell and IQAC Organizes

Expert Talk and demonstration on
Stress Management

Date & Time

21st June 2021
11:00 am onwards



Resource Person

Mrs. Rajashri Tiwari

Social Worker, Solapur

Patrons

- ❑ **Prin. Abhaykumar Salunkhe,**
Chairman,
Shri Swami Vivekanand Shikshan Sanstha Kolhapur
- ❑ **Prin. Shubhangi Gawade,**
Secretary,
Shri Swami Vivekanand Shikshan Sanstha Kolhapur
- ❑ **Prin. Dr.Y. A. Bhosale,**
Joint Secretary (Administration),
Shri Swami Vivekanand Shikshan Sanstha Kolhapur
- ❑ **Prin. Dr. R. V. Shejwal,**
Joint Secretary (Finance),
Shri Swami Vivekanand Shikshan Sanstha Kolhapur

With Regards,

Dr. Milind S. Hujare,
Principal

Dr. Alka P. Inamdr,
Convenor and
IQAC Director

Miss. Komal Sarjerao Madane
Student Representative

Registration link: <https://forms.gle/muAPyrqaj8YJnf399>

Brochure of Webinar

Title of the Webinar:
Stress Management

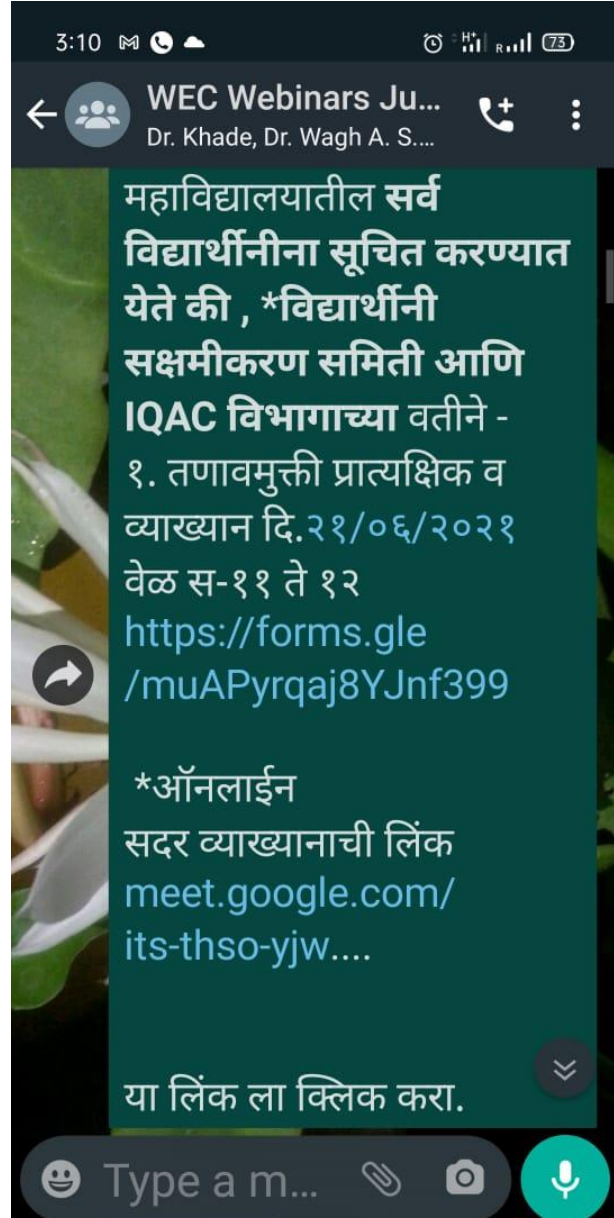
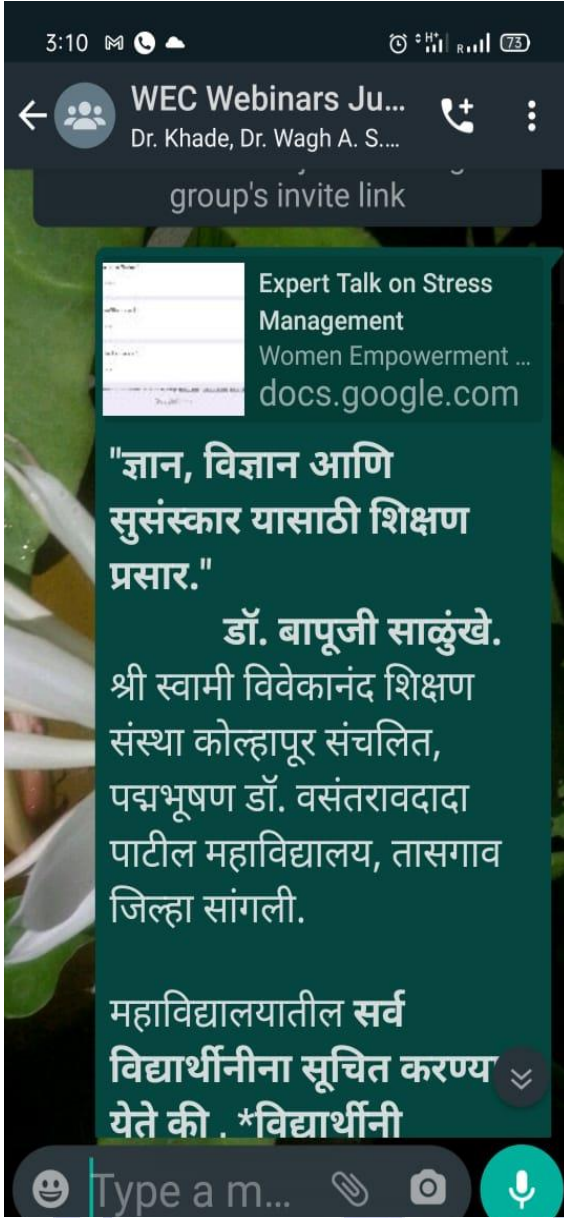
Organizer: **Women Empowerment Cell
and
Internal Quality Assurance cell (IQAC) PDVP College,
Tasgaon**

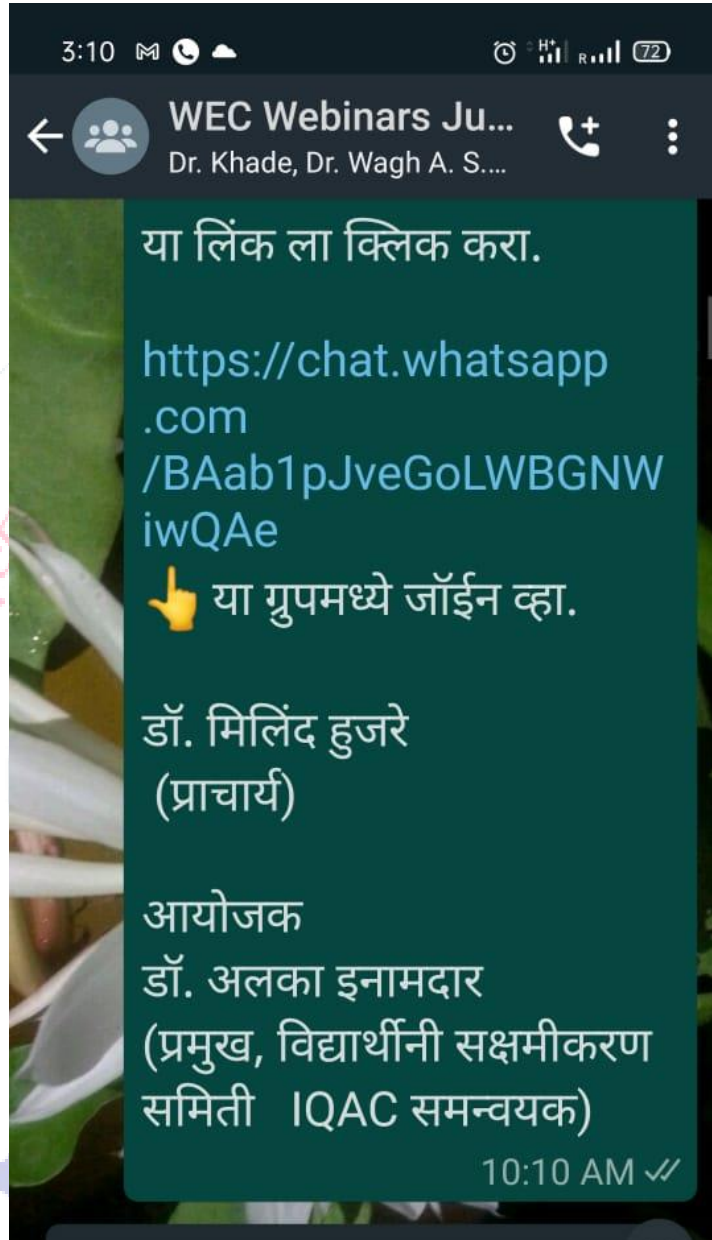
Platform: Google Meet

Time: 11.00am to 01.30 pm

- ❖ **Total Number of Participants: 93**
- ❖ **Total Number of Faculty Participants: 03**
- ❖ **Total Number of Student Participants: 91**
- ❖ **Total Number of Female Participants: 85**
- ❖ **Total Number of Male Participants: 08**

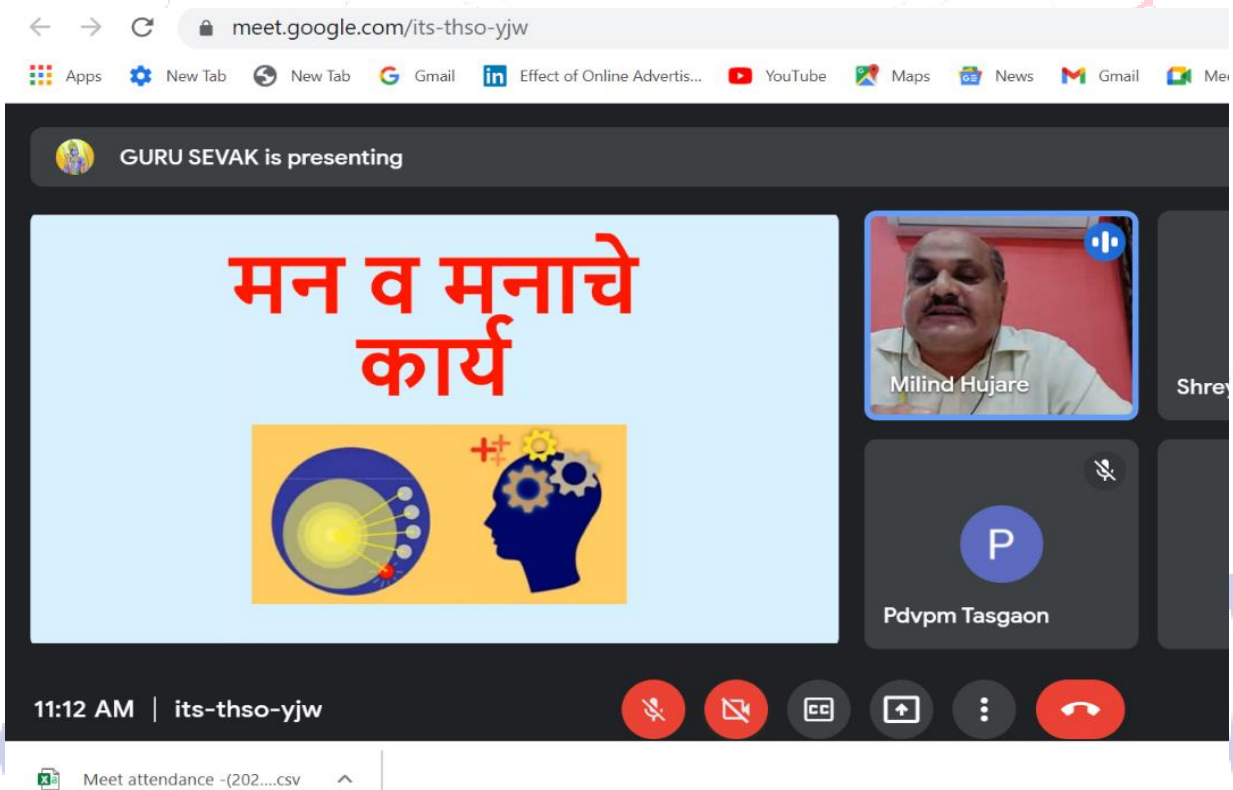






The first step in winning your audience's attention with your webinar is delivering a strong, confident introduction. Such introductory speech was given by Principal of our college Dr. Milind S. Hujare Sir.

कोल्हापूर

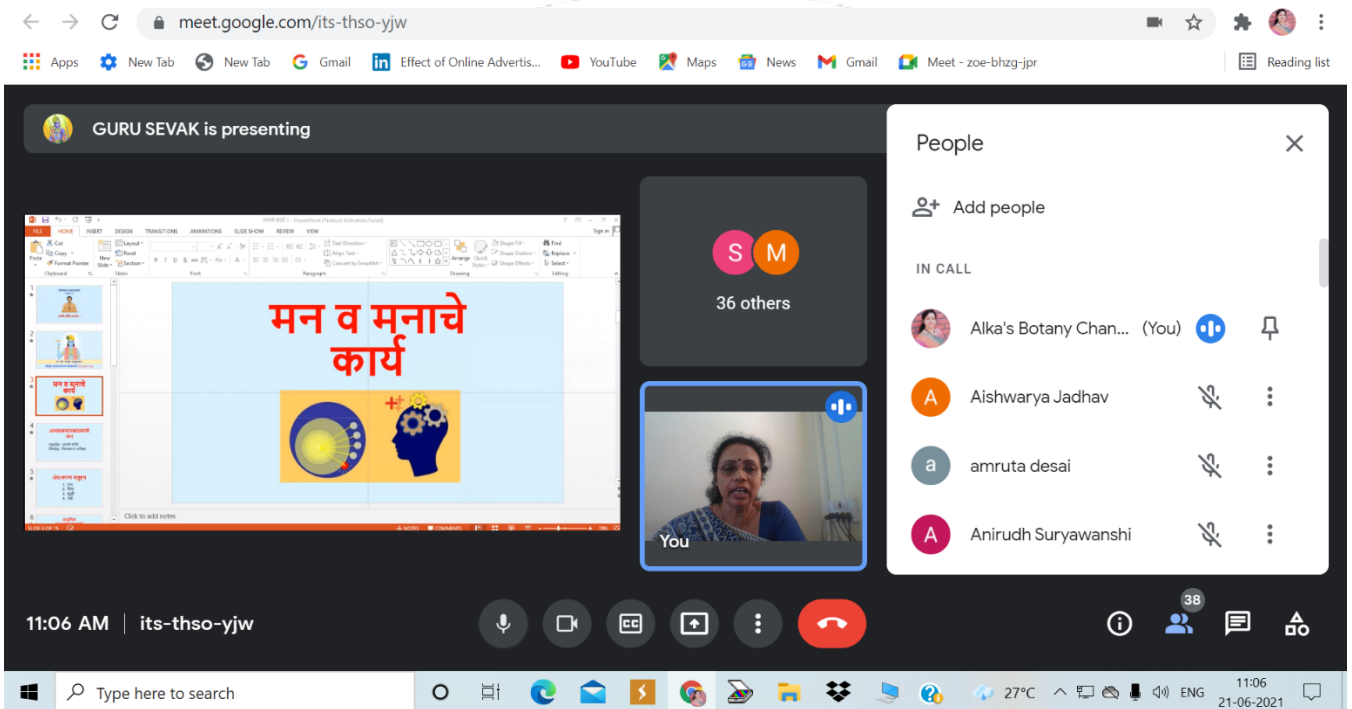


Inaugural speech by Principal Dr M. S. Hujare Sir

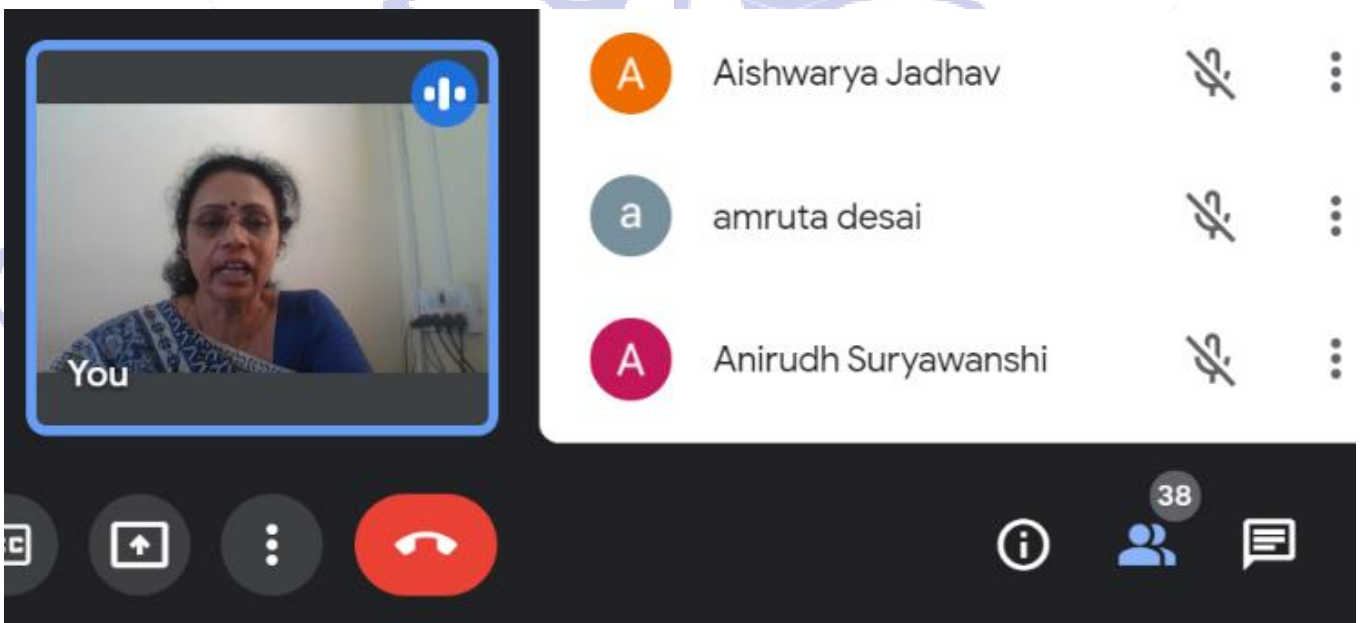
Guest speakers and presenters on webinars are an invaluable resource.

Not only they can help to create some amazing content, speakers can live up a webinar and drive real engagement with the audience.

Principal Dr. Hujare Sir has explained a brief outline of aims, objectives, environment, infrastructure facilities, faculty and campus of our college, Importance of Women education and status of women due to educational background.



The screenshot shows a Google Meet interface. The main window displays a presentation slide with the title "मन व मनाचे कार्य" (Mind and Work) in red and blue text. Below the title is a graphic of a brain with gears and a lightbulb. The slide is presented by GURU SEVAK. To the right, a "People" panel lists participants: Alka's Botany Chan... (You), Aishwarya Jadhav, amruta desai, and Anirudh Suryawanshi. The bottom of the screen shows the Windows taskbar with the time 11:06 AM and date 21-06-2021.



This is a close-up view of the Google Meet interface. It shows a video feed of a woman, identified as "You", speaking. To the right, a list of participants is visible: Aishwarya Jadhav, amruta desai, and Anirudh Suryawanshi. The bottom of the screen shows the meeting controls, including a red "End Meeting" button and a "Participants" icon with a "38" notification.

Introductory speech by Dr. Alka P. Inamdr Convenor of the Webinar

GURU SEVAK is presenting

मनातील केंद्र

१. मन
२. चित्त
३. बुद्धी
४. अहं

नामाचे केंद्र

वासना केंद्र
आवड-नावड केंद्र
स्वभाव केंद्र
वैशिष्ट्य केंद्र
देवाण घेवाण
हिराव केंद्र

अंतःकरण चतुष्टय

लिंगदेहाची कार्यदर्शक आकृती

11:26 AM | its-thso-yjw

Rajashri Tiwari
Mansee Patil
Pdvpm Tasgaon
sarika chavan
You

GURU SEVAK is presenting

बाह्य मन (१०%)
अंतर मन (९०%)

आवड नावड केंद्र
वासना केंद्र
नामजप केंद्र

11:45 AM | its-thso-yjw

Rajashri Tiwari
Mansee Patil
Sakshi Patil
sarika chavan
You

काल्हापूर

GURU SEVAK is presenting

**संस्कारांस कारणीभूत वृत्तींचे
आणि कृतींचे ३ मुलभूत
प्रकार आणि त्यांचे फळ**

- चांगल्या वृत्ती आणि कृती
- वाईट वृत्ती आणि कृती
- चांगल्याही नाहीत आणि वाईटही नाहीत, अशा कृती

11:36 AM | its-thso-yjw

Speech Delivered by Chief Guest Mrs. Rajshri Tiwari Mam

She has explained...

“Stress is the emotional and physical strain caused by our response to pressure from the outside world.”

Stress is also:

- ❖ A necessary part of our daily lives.
- ❖ Defined as anything that stimulates us to act, think, or react.
- ❖ Simple or extreme. □ Necessary in order to force us to accomplish certain tasks.
- ❖ Without stress, our bodies wouldn't react at all, even in times of extreme danger.

Stress:

- Can either help us with challenges and problems or make them many times worse.
- The effect stress will have depends on how we handle or view the situation.
- Handling stress depends on us:
- Recognizing the stress
- Understanding where it is coming from
- Understanding our stress management options.

What are signs of Stress?

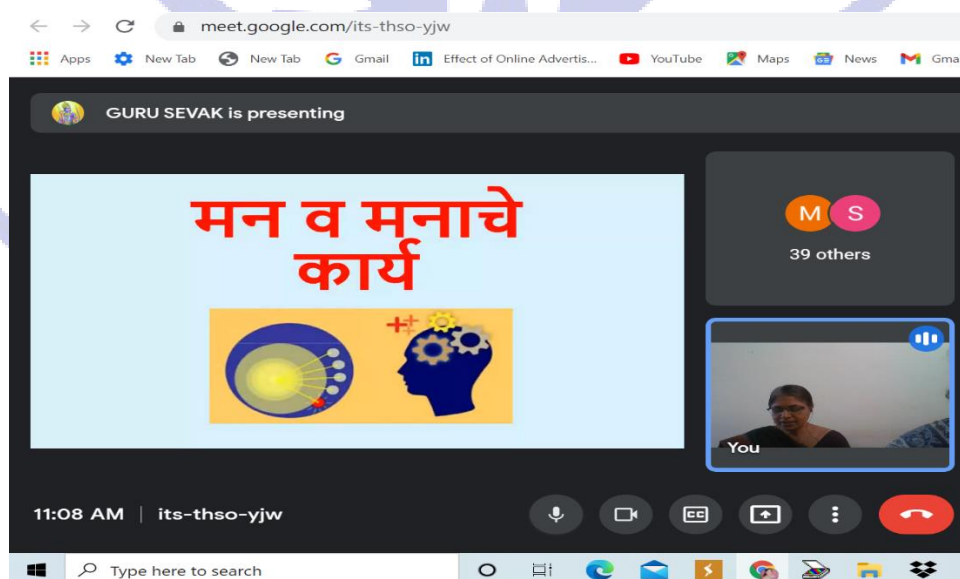
- Tension
- Irritability
- Inability to concentrate
- Feeling excessively tired
- Trouble sleeping

Signs

- Increased blood pressure
- Difficulty breathing
- Stomach upset
- Sweating palms
- Tight muscles that may cause pain and trembling

Tips to Reduce Stress.....

- Identify sources in our life and accept responsibility
- Avoid unnecessary stress
- Alter the situation
- Accept the things we can't change and expect change
- Laughter
- Positive thinking
- Deep breathing
- Stretching
- Progressive Muscular Relaxation
- Exercise
- Healthy diet

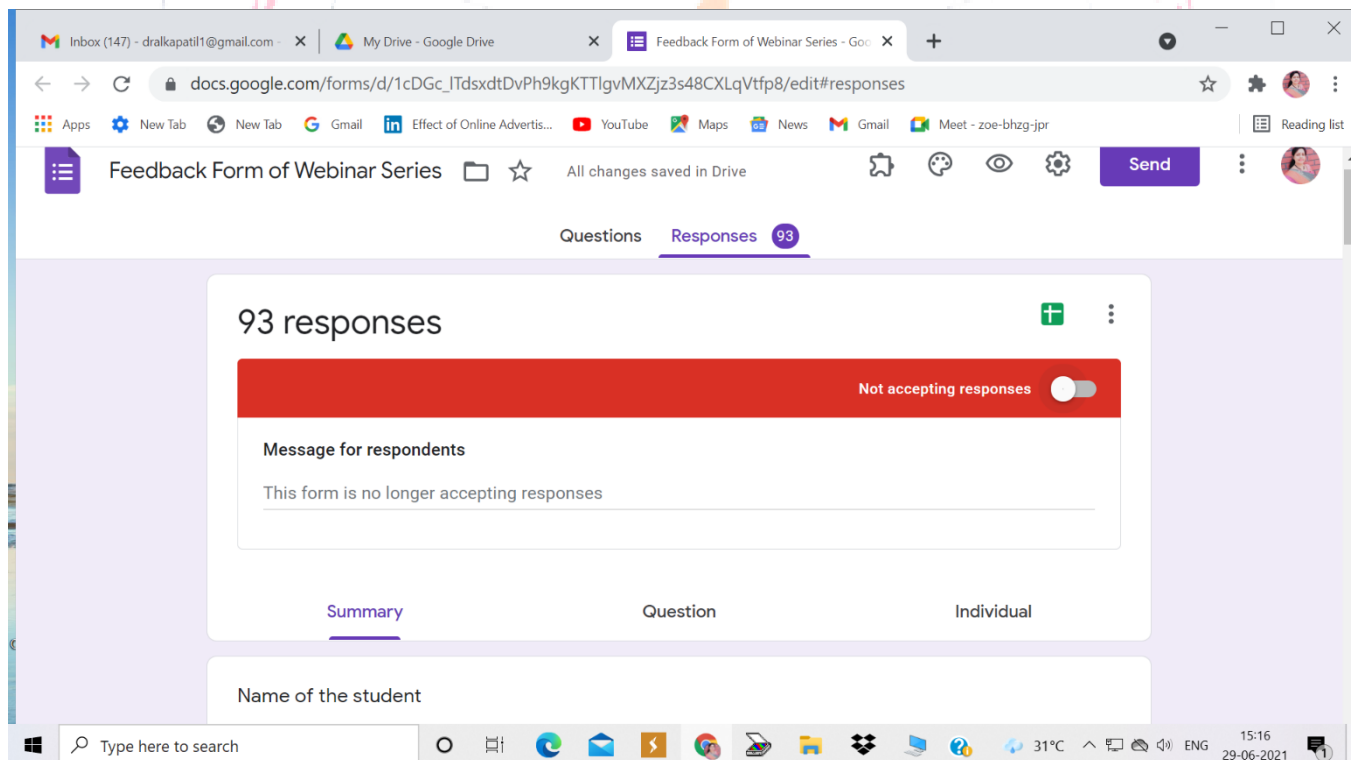


Vote of thanks by Miss. Savita Kheradkar Mam

On behalf of entire team of organiser and Principal, Dr M. S. Hujare Sir, Miss Savita Kheradkar Mam extended a very hearty vote of thanks to speaker Mrs. Rajashree Tiwari Mam and participants.

Feedback from participants: -

Feedback session helps the faculty or student to express their ideas, thoughts and feelings. These **sessions** help in identifying ways to resolve problems and identify ways to improve the performance of the work force. It enhances team spirit, cohesion, develops motivation and inspiration among the work force.



The screenshot shows a Google Forms interface for a 'Feedback Form of Webinar Series'. The form has received 93 responses. A red banner at the top indicates 'Not accepting responses'. Below this, a message for respondents states: 'This form is no longer accepting responses'. The interface includes tabs for 'Questions' and 'Responses' (93), and a 'Send' button. The bottom of the screenshot shows a Windows taskbar with the date 29-06-2021 and time 15:16.

This screenshot shows a Google Forms response sheet titled "Name of the student" with 93 responses. The visible names are: Rina Rajendra Jadhav, Jadhav Monika Pravin, Jyoti Uttam Gurav, Dagade Tejashri Adhikarao, Komal suresh patil, Gadvir Manali Dipak, Patil Pradnya Vasant, Shinde Rutuja Dilip, and Madhura Manik Jamdade. The browser tabs include "Inbox (147) - dralkapatil1@gmail.com", "My Drive - Google Drive", and "Feedback Form of Webinar Series - Google Docs". The system tray shows the date as 29-06-2021 and time as 15:17.

This screenshot shows a Google Forms response sheet titled "Name of the student" with 93 responses. The visible names are: Jadhav Bhagyashri Bhaskar, Pranali Sanjay patil, Nikita sharad mane, Rutuja Badal Kamble, Patil komal Shashikant, Mayuri manik kadam, Shinde Dhanashri Vilas, Archana Sanjay Rajmane, and Mane Sangram Bhimrao. The browser tabs include "Inbox (147) - dralkapatil1@gmail.com", "My Drive - Google Drive", and "Feedback Form of Webinar Series - Google Docs". The system tray shows the date as 29-06-2021 and time as 15:17.



This screenshot shows a Google Forms response sheet titled "Name of the student" with 93 responses. The visible names are: Jadhav akshata vikas, Chavan Anuja Amar, Anjali Ramesh More, Akshada Sheshrao Kamble, Pooja vijaykumar pol, Sakshi Pandit Patil., Rutuja raosaheb patil, Samruddhi Sandeep Vadgave, and Rushikesh Suresh Jamdade. The browser tabs include "Inbox (147) - dralkapatil@gmail.com", "My Drive - Google Drive", and "Feedback Form of Webinar Series - Google". The system tray shows the date as 29-06-2021 and time as 15:17.

This screenshot shows a Google Forms response sheet titled "Name of the student" with 93 responses. The visible names are: Ankita sanjay mali, Patil Shreya Sarjerao, Desai Anjali Dinkar, Patil Supriya Sampatarao, Patil Sadhana Nanasaheb, Shelke Anuja Anil, Mayuri Yadav, Kanta Gujar, and Shinde Harshada Dhanaji. The browser tabs and system tray information are identical to the first screenshot.



This screenshot shows a Google Forms response sheet titled "Name of the student" with 93 responses. The visible names are:

- Chavan kajal sahadav
- Kognole Shreya Shital
- Koli Priyanka Popat.
- Shubham Pandurang Mohite
- Patil Prajakta Bharat
- Pratiksha Santosh Pawar
- Snehal sadanand Jadhav
- Pratibha manik mane
- Mane Ankita Adikrao

This screenshot shows a Google Forms response sheet titled "Name of the student" with 93 responses. The visible names are:

- Pakhare sneha shivaji
- Waghmare Maya Ashok
- Sarika keshav Mali
- Jyoti ajinkya Jadhav
- Shubhangi God
- Mainkar dhanshree Dattatray
- Manali Atul Shinde
- Shubhangi shivaji patil
- Lokhande Trupti Rajendra

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This screenshot shows a Google Forms response sheet titled "Name of the student" with 93 responses. The visible names are: Patil Jyoti Ravasaheb, Swapnali Vishwanath Patil, Geetanjali Piraji Mane, Mohite Pranali Adhikrao, Dr.Arjun Shivaji Wagh, Divya Salunkhe, Pradnya Ramachandra Patil, Shahista Maheeb Mulani, and Mrunali balawant Patil. The browser tabs include "Inbox (147) - dralkapatil@gmail.com", "My Drive - Google Drive", and "Feedback Form of Webinar Series - Google". The taskbar shows the Windows search bar and various application icons.

This screenshot shows a Google Forms response sheet titled "Name of the student" with 93 responses. The visible names are: Pratiksha shinde, Chavan Sarika Shahaji, Rutoj Dagadoo Bhosale, Mane Sangram Bhimarao, Shinde Sayali Sanjay, Wagh Gitanjali shidu, Akshada Milind Ghodke, Rutuja Ramesh Patil, and Asavari Shivaji Patil. The browser tabs and taskbar are identical to the first screenshot.



This screenshot shows a Google Forms response sheet titled "Name of the student" with 93 responses. The visible names are:

- Sushama sahebarav Jadhav
- Rajkanya Mohan Jadhav
- Jadhav Monika Sukhadev
- Smita Ashok Patil
- Patil mansee pandurang
- Mali vaishanvi bhauso
- Jamdade Amruta Nanasahab
- PATIL SUYASH UTTAMRAO
- Sakshi Rajendra Mane

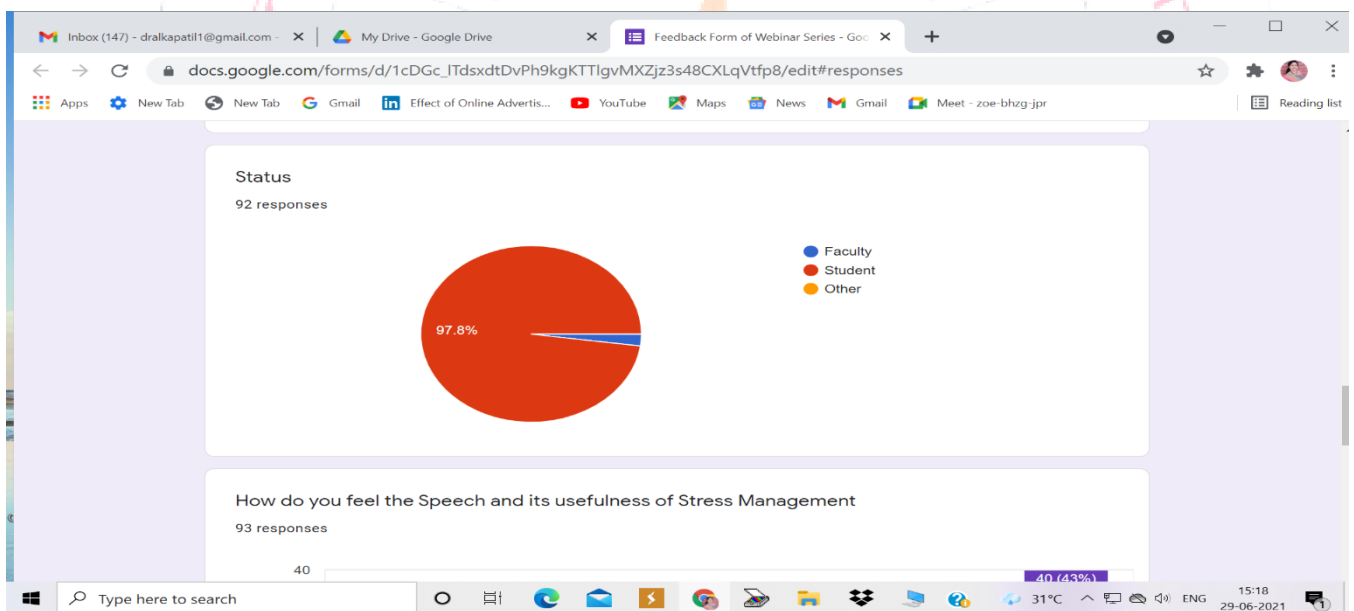
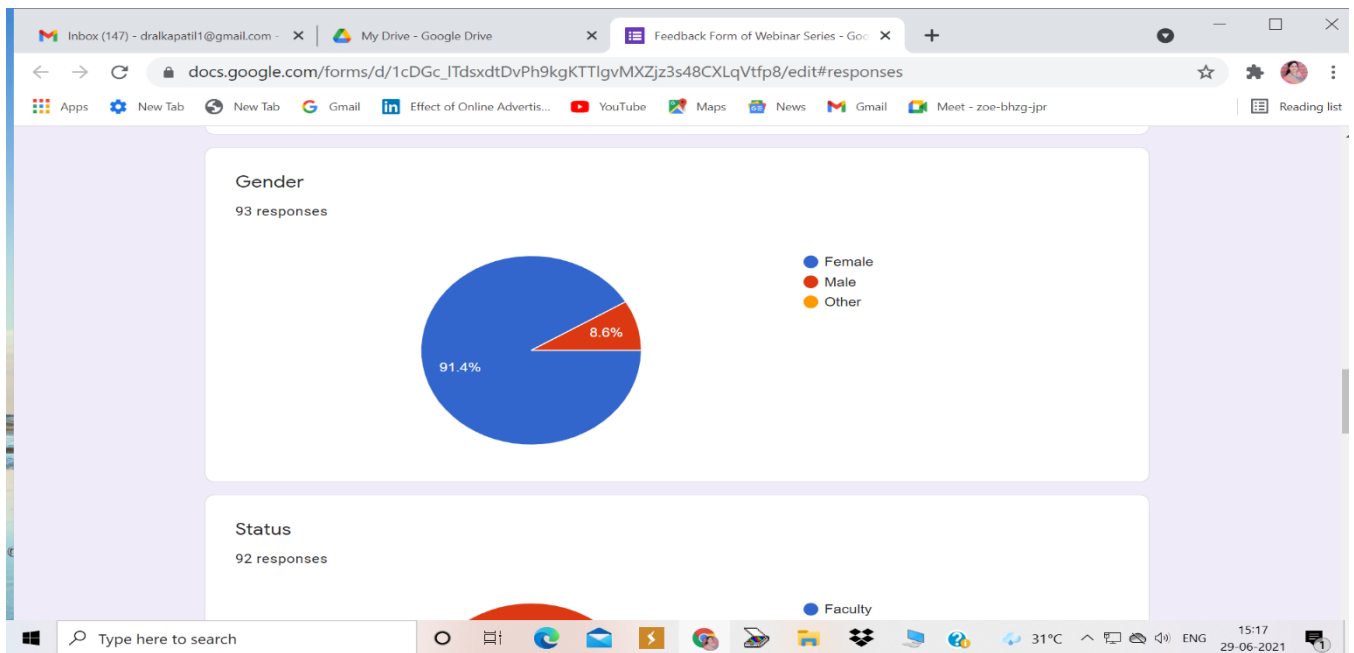
The browser window shows the URL: docs.google.com/forms/d/1cDGc_ITdsxdtdVPh9kgKTTlgvMXZjz3s48CXLqVtfp8/edit#responses. The taskbar at the bottom shows the time as 15:16 on 29-06-2021.

This screenshot shows a Google Forms response sheet titled "Name of the student" with 93 responses. The visible names are:

- Madhura Manik Jamdade
- Ms.Pathan Swaliya Jamirkhan
- Mayuri Takale
- Pawar Priti Kishor
- Irale Nikita Ramchandra.
- Shreya Dhananjay Shinde
- WAGH VARSHALI ARUN
- Mohabbat moula shikalgar
- Shweta mahadev yamgar

The browser window shows the URL: docs.google.com/forms/d/1cDGc_ITdsxdtdVPh9kgKTTlgvMXZjz3s48CXLqVtfp8/edit#responses. The taskbar at the bottom shows the time as 15:17 on 29-06-2021.





Alka Inamdr
Dr. Alka Inamdr
Chairperson, Women Empowerment Cell
Convenor, Webinar