

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

--Shikshanmaharshi Dr. Bapuji Salunkhe

## **Report of Webinar**

### ***Expert Talk and Demonstration on Stress Management***



## **WOMEN EMPOWERMENT CELL AND IQAC**

**21<sup>st</sup> June 2021**



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

Shri Swami Vivekanand Shikshan Sanstha Kolhapur's

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

(Affiliated to Shivaji University Kolhapur)



## Women Empowerment Cell and IQAC Organizes

*Expert Talk and demonstration on*  
**Stress Management**



**Resource Person**

**Mrs. Rajashri Tiwari**

Social Worker, Solapur

**Date & Time**

**21<sup>st</sup> June 2021  
11:00 am onwards**

### 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**

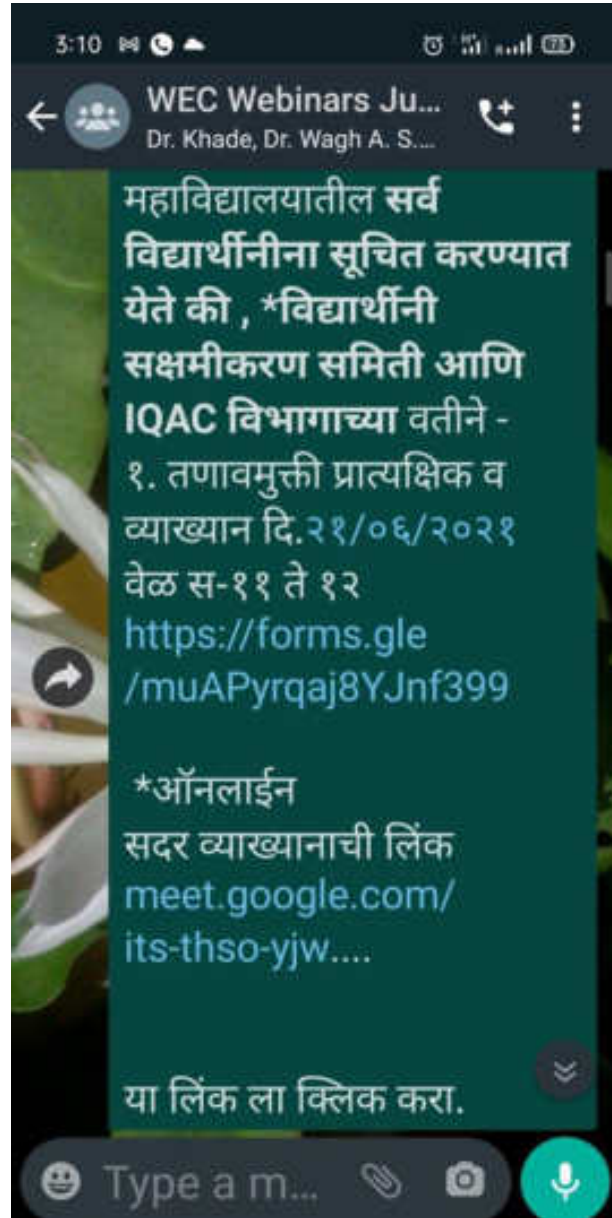
Organizer: **Women Empowerment Cell  
and  
Internal Quality Assurance cell (IQAC) PDVP College,  
Tasgaon**

**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**

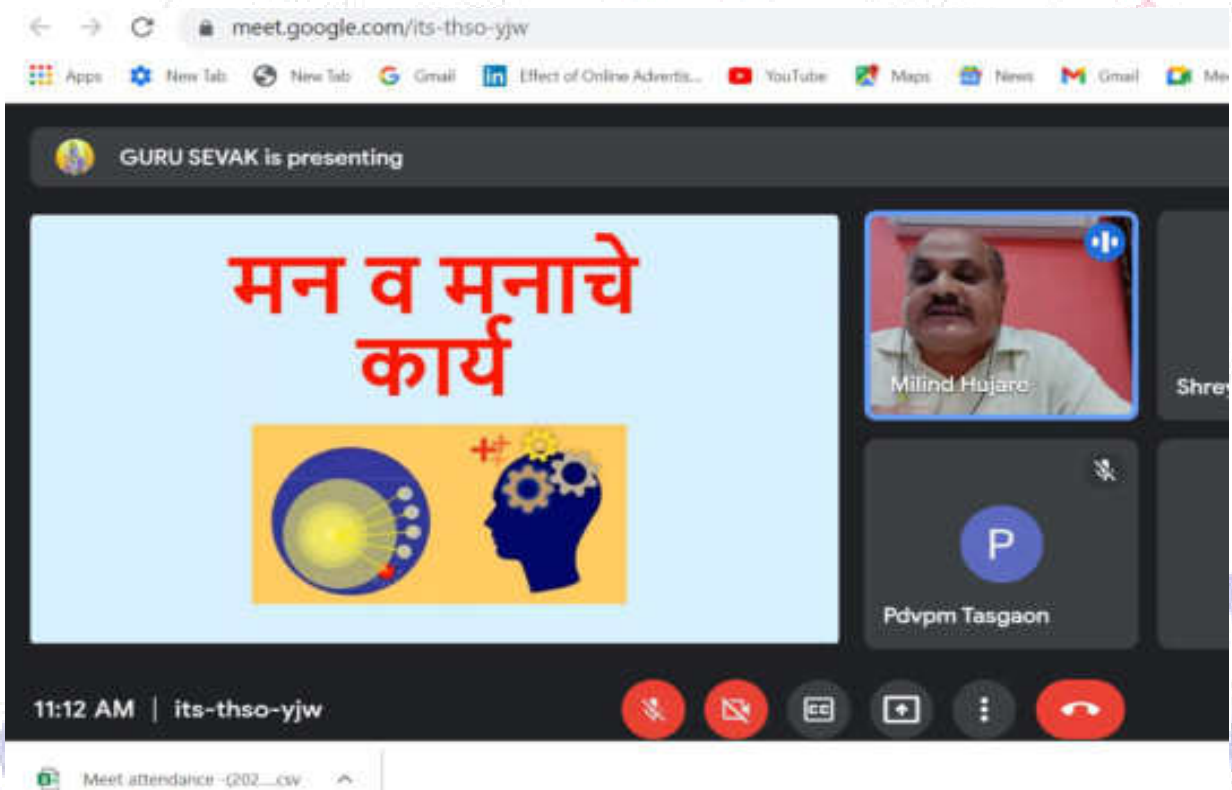








The first step in winning your audience's attention with your webinar is delivering a strong, confident introduction. Such introductory speech was given by Principal of our college Dr. Milind S. Hujare Sir.

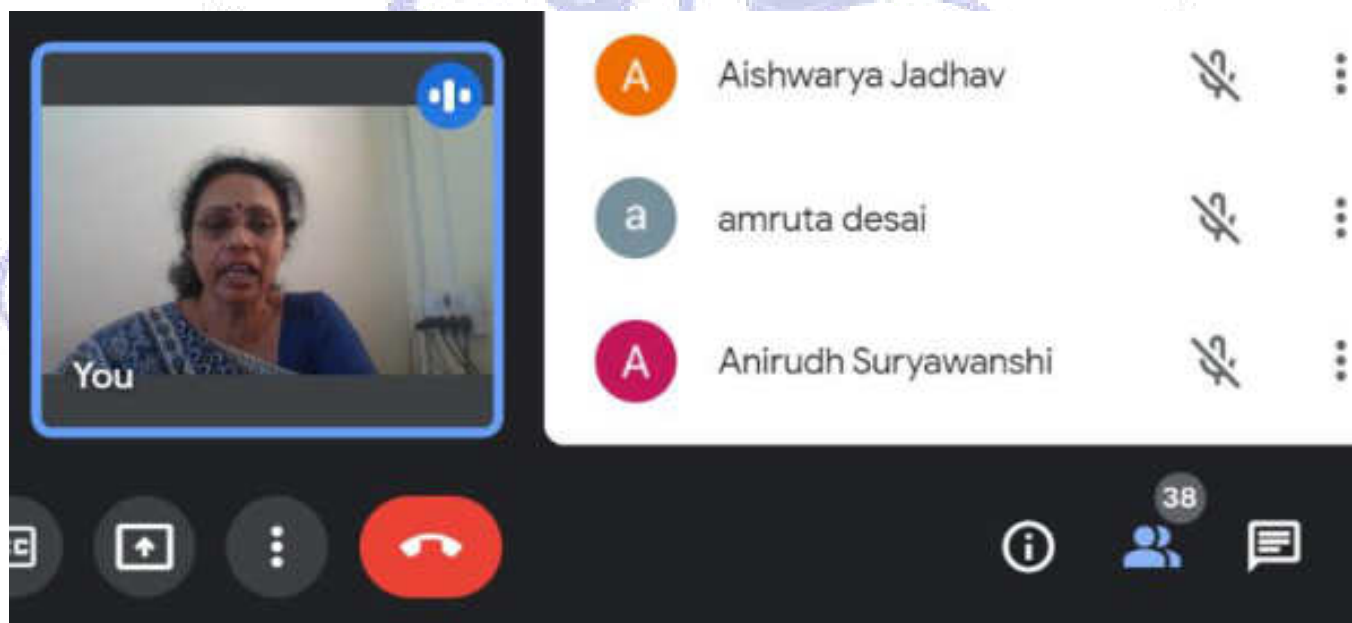
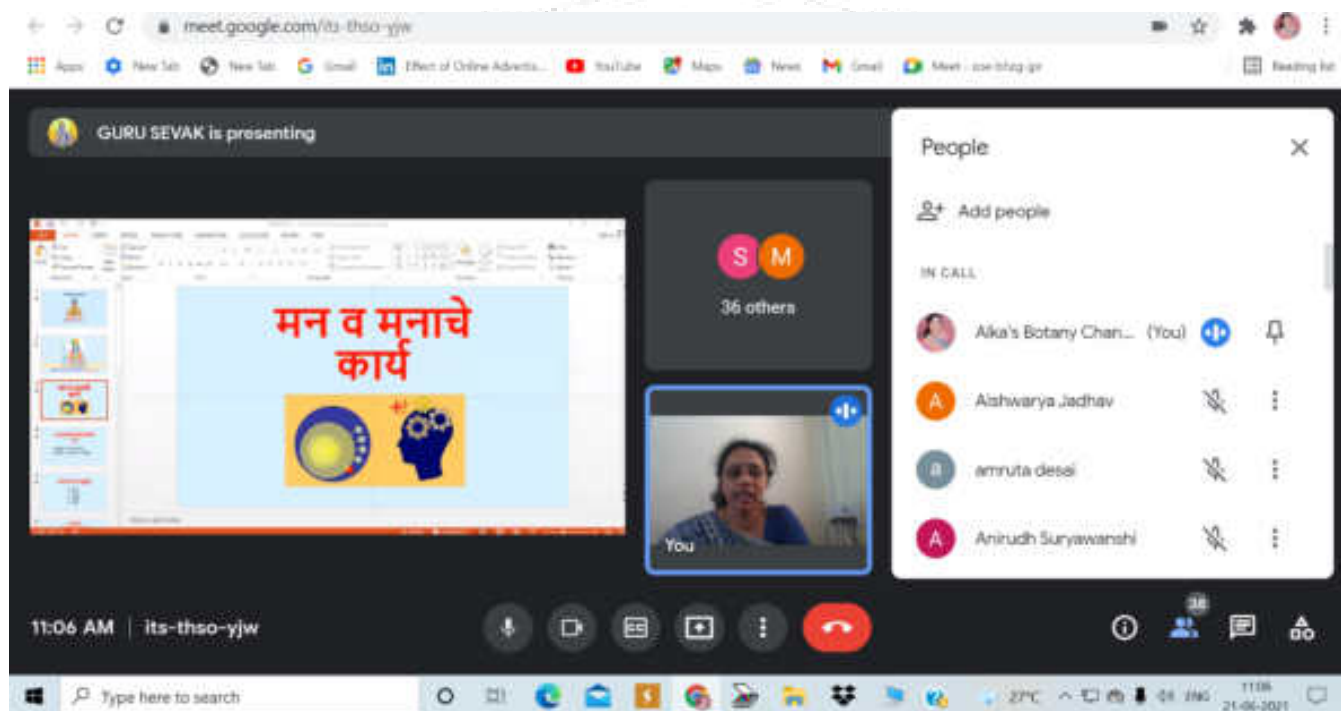


## Inaugural speech by Principal Dr M. S. Hujare Sir

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.



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

GURU SEVAK is presenting

### मनातील केंद्र

The diagram illustrates the human mind as a circle containing several centers. The centers are labeled as follows:

- 1. मन (Mind)
- 2. चित (Consciousness)
- 3. बुद्धि (Intellect)
- 4. ज्ञान (Knowledge)
- 5. वायव्य केंद्र (Vayavya Center)
- 6. आग्नेय-वायव्य केंद्र (Agni-Vayavya Center)
- 7. दक्षिण केंद्र (Dakshina Center)
- 8. वैशिष्ट्य केंद्र (Vaishtya Center)
- 9. देवाय येवाम (Devaya Yevam)
- 10. विरोध केंद्र (Virodha Center)

उत्तिकरण चतुष्टय (Uttikaran Chatushtaya)

लिंगदेहाची कार्यदर्शक आकृती (Lingadeha's work-demonstrating figure)

11:26 AM | its-thso-yjw

Participants: Rajashri Tiwari, Mansee Patil, Pdvpm Tasgaon, sarika chavan, You.

GURU SEVAK is presenting

The diagram shows a circle representing the human mind, divided into two main sections:

- बाह्य मन (90%) (External Mind (90%))
- अंतर मन (90%) (Internal Mind (90%))

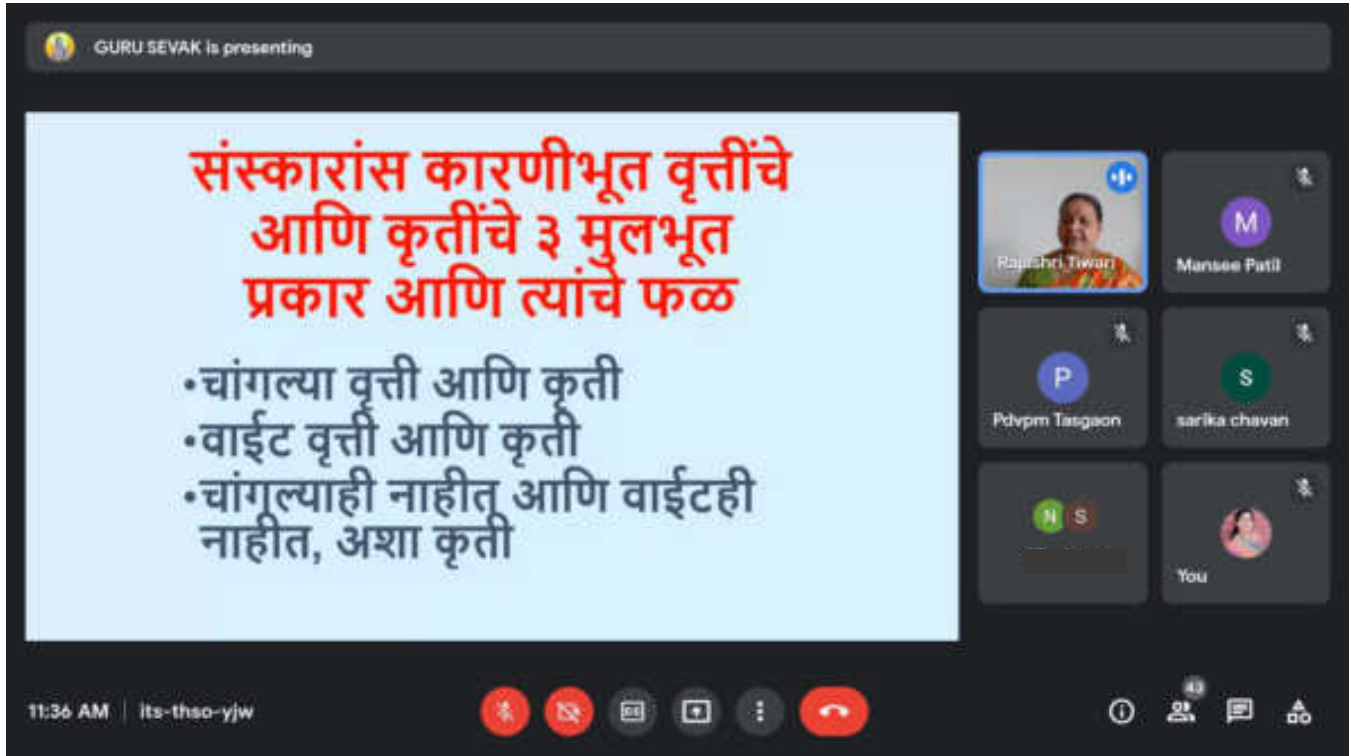
Inside the internal mind section, there are labels for:

- आग्नेय-वायव्य केंद्र (Agni-Vayavya Center)
- वायव्य केंद्र (Vayavya Center)
- नामजप केंद्र (Namajap Center)

11:45 AM | its-thso-yjw

Participants: Rajashri Tiwari, Mansee Patil, Sakshi Patil, sarika chavan, You.





## 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?

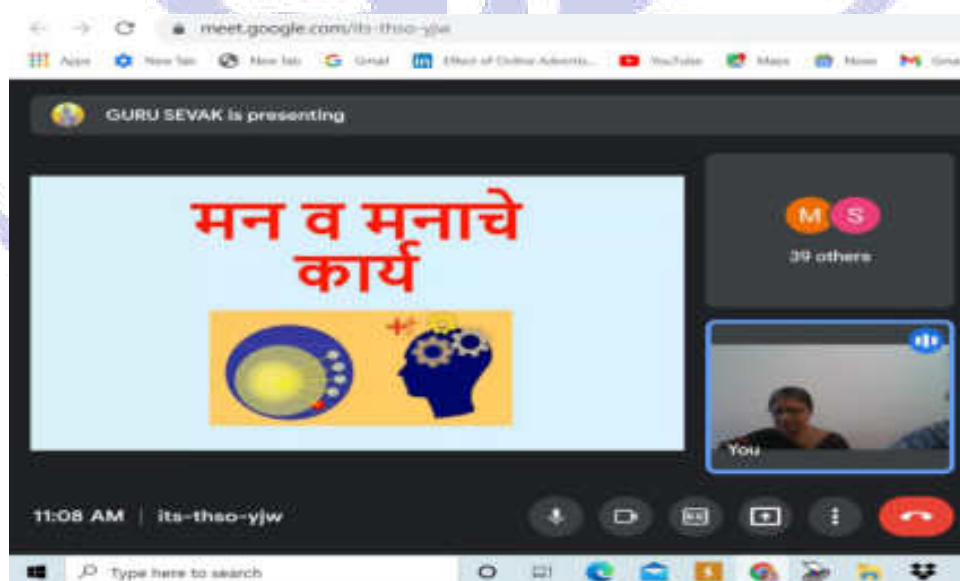
- Tension
- Irritability
- Inability to concentrate
- Feeling excessively tired
- Trouble sleeping

## 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

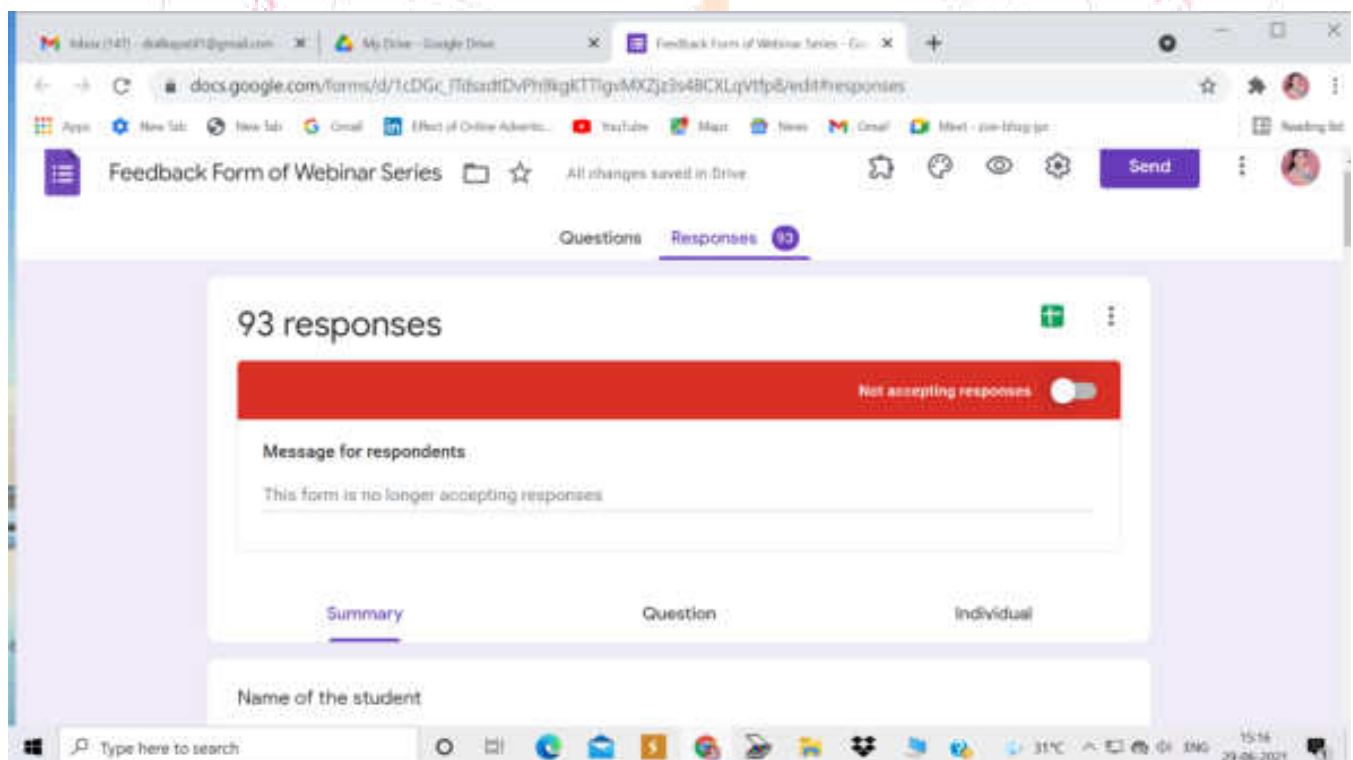


**Vote of thanks by Miss. Savita Kheradkar Mam**

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.



Google Chrome browser window showing a Google Forms response sheet. The URL is [docs.google.com/forms/d/1cDGc\\_TfIsdtdVPhfBgkTTigvMXZjz3v48CXLqvtp8/edit#responses](https://docs.google.com/forms/d/1cDGc_TfIsdtdVPhfBgkTTigvMXZjz3v48CXLqvtp8/edit#responses). The form title is "Name of the student" and it has 93 responses. The visible responses are:

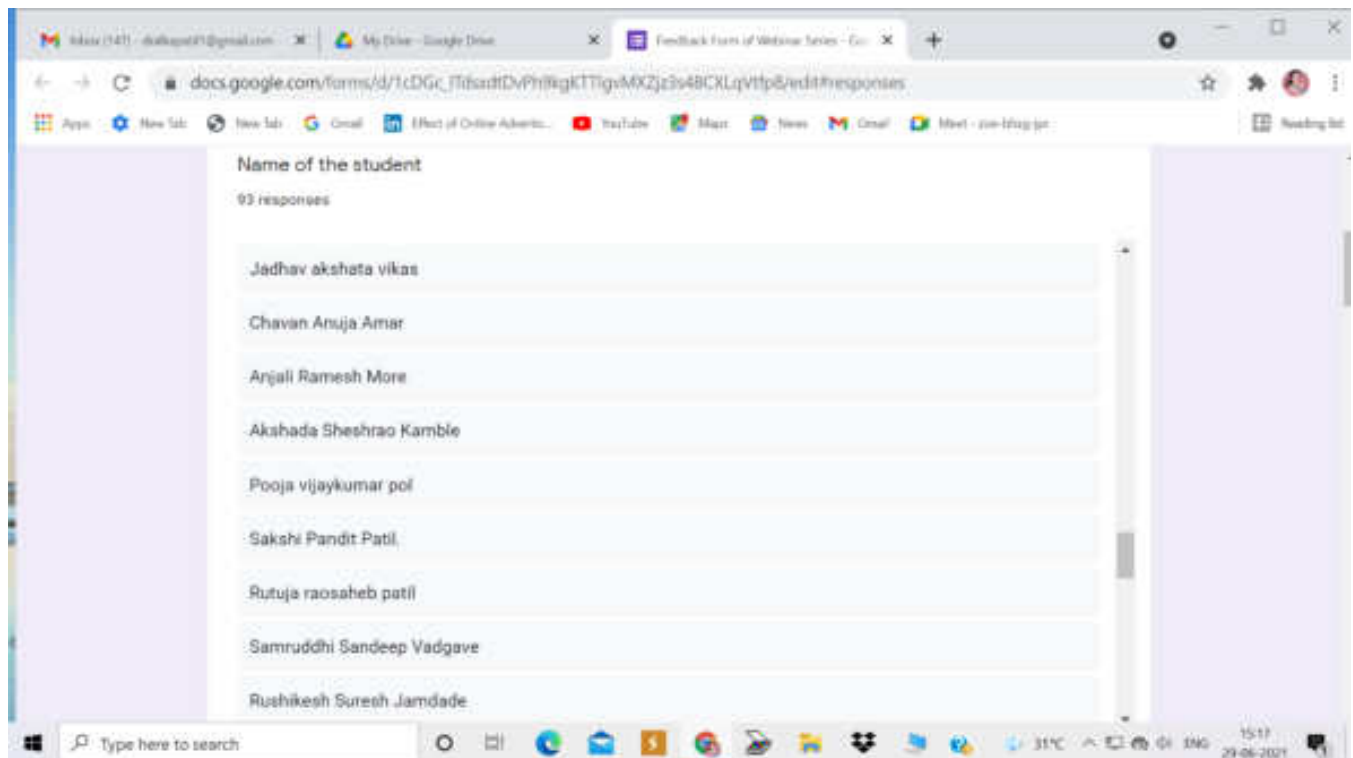
Name of the student
Rina Rajendra Jadhav
Jadhav Monika Pravin
Jyoti Uttam Gurav
Dagade Tejashri Adhikarao
Komal suresh patil
Gadvir Manali Dipak
Patil Pradnya Vasant
Shinde Rutuja Dilip
Madhura Manik Jamdade

Google Chrome browser window showing a Google Forms response sheet. The URL is [docs.google.com/forms/d/1cDGc\\_TfIsdtdVPhfBgkTTigvMXZjz3v48CXLqvtp8/edit#responses](https://docs.google.com/forms/d/1cDGc_TfIsdtdVPhfBgkTTigvMXZjz3v48CXLqvtp8/edit#responses). The form title is "Name of the student" and it has 93 responses. The visible responses are:

Name of the student
Jadhav Bhagyashri Bhaskar
Pranali Sanjay patil
Nikita shrad mane
Rutuja Badal Kamble
Patil komal Shashikant
Mayuri manik kadam
Shinde Dhanashri Vilas
Archana Sanjay Rajmane
Mane Sangram Bhimrao

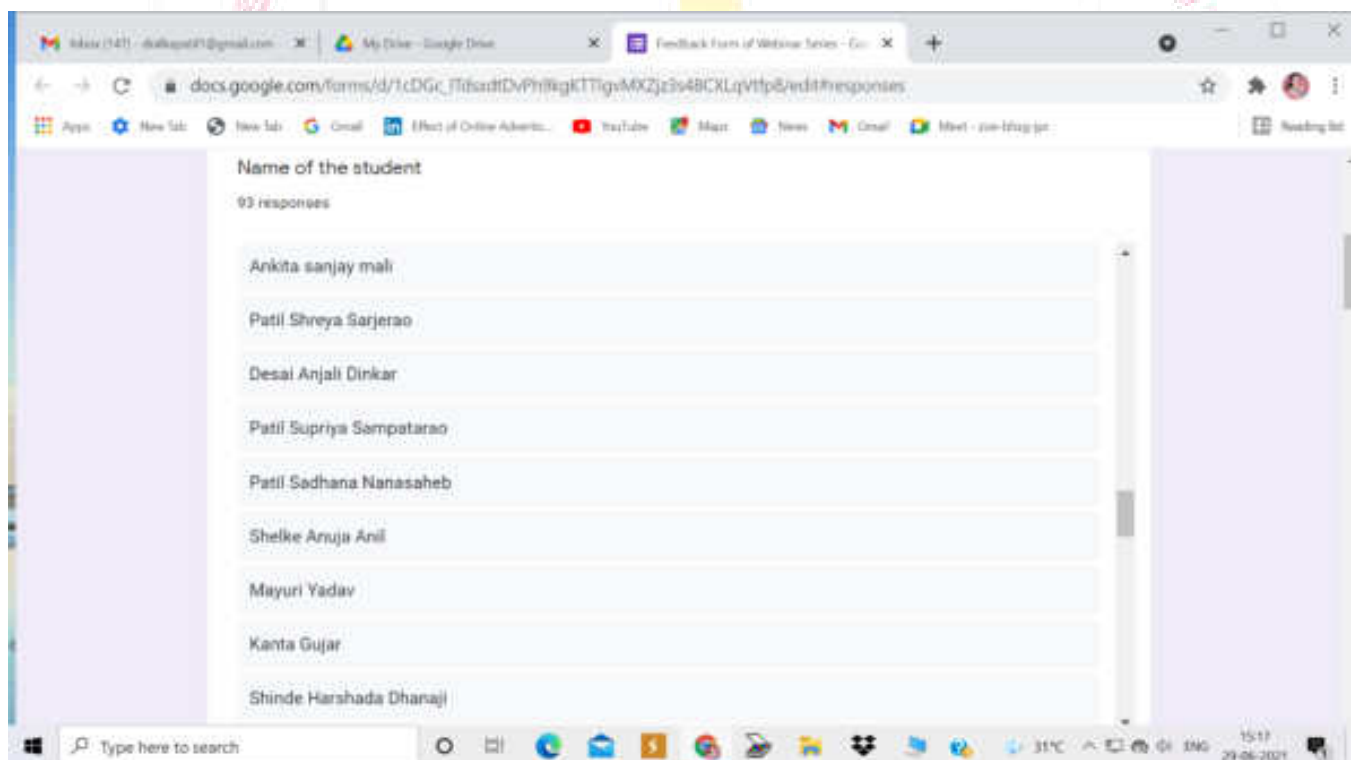
कालहंपूर





A screenshot of a Google Forms response sheet titled "Name of the student" with 93 responses. The form is open in a web browser with the URL [docs.google.com/forms/d/1cDGc\\_7Tf5adtDvPhRgkTTigvMXZjz3s48CXLqVtp8/edit#responses](https://docs.google.com/forms/d/1cDGc_7Tf5adtDvPhRgkTTigvMXZjz3s48CXLqVtp8/edit#responses). The browser's address bar shows the URL, and the taskbar at the bottom displays the date as 29-06-2021 and the time as 15:17. The list of student names is as follows:

Name of the student
Jadhav akshata vikas
Chavan Anuja Amar
Anjali Ramesh More
Akshada Sheshrao Kamble
Pooja vijaykumar pol
Sakshi Pandit Patil
Rutuja raosaheb patil
Samruddhi Sandeep Vadgave
Rushikesh Suresh Jamdade



A screenshot of a Google Forms response sheet titled "Name of the student" with 93 responses. The form is open in a web browser with the URL [docs.google.com/forms/d/1cDGc\\_7Tf5adtDvPhRgkTTigvMXZjz3s48CXLqVtp8/edit#responses](https://docs.google.com/forms/d/1cDGc_7Tf5adtDvPhRgkTTigvMXZjz3s48CXLqVtp8/edit#responses). The browser's address bar shows the URL, and the taskbar at the bottom displays the date as 29-06-2021 and the time as 15:17. The list of student names is as follows:

Name of the student
Ankita sanjay mali
Patil Shreya Sarjerao
Desai Anjali Dinkar
Patil Supriya Sampatarao
Patil Sadhana Nanasaheb
Shelke Anuja Anil
Mayuri Yadav
Kanta Gujar
Shinde Harshada Dhanaji

कोल्हापूर

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

Name of the student
Chavan kajal sahadav
Kognole Shreya Shital
Koli Priyanka Popat.
Shubham Pandurang Mohite
Patil Prajakt Bharat
Pratiksha Santosh Pawar
Snehal sadanand Jadhav
Pratibha manik mane
Mane Ankita Adikrao

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

Name of the student
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

कोल्हापूर

A screenshot of a Google Forms response sheet titled "Feedback Form of Webinar Series - Co...". The form is open in a web browser with the URL [docs.google.com/forms/d/1cDGc\\_Tf0sadtDvPhRgkTTigvMXZjz3s48CXLqvtP8/edit#responses](https://docs.google.com/forms/d/1cDGc_Tf0sadtDvPhRgkTTigvMXZjz3s48CXLqvtP8/edit#responses). The form has a single question, "Name of the student", which has received 93 responses. The visible responses are:

- Patil Jyoti Ravasaheb
- Swapnali Vishwanath Patil
- Geetanjali Piraji Mane
- Mohite Pranali Adhikrao
- Dr.Arjun Shivaji Wagh
- Divya Salunkhe
- Pradnya Ramachandra Patil
- Shahista Maheebul Mulani
- Mrunali balawant Patil

The browser's taskbar at the bottom shows the date and time as 15:14 on 29-06-2021.

A screenshot of a Google Forms response sheet titled "Feedback Form of Webinar Series - Co...". The form is open in a web browser with the URL [docs.google.com/forms/d/1cDGc\\_Tf0sadtDvPhRgkTTigvMXZjz3s48CXLqvtP8/edit#responses](https://docs.google.com/forms/d/1cDGc_Tf0sadtDvPhRgkTTigvMXZjz3s48CXLqvtP8/edit#responses). The form has a single question, "Name of the student", which has received 93 responses. The visible responses are:

- Pratiksha shinde
- Chavan Sarika Shahaji
- Rutoj Dagadoo Bhosale
- Mane Sangram Bhimarao
- Shinde Sayali Sanjay
- Wagh Gitanjali shidu
- Akshada Milind Ghodke
- Rutujs Ramesh Patil
- Asavari Shivaji Patil

The browser's taskbar at the bottom shows the date and time as 15:14 on 29-06-2021.

कोल्हापूर

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

Name of the student
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\_TfIsadDvPhlRgkTTigvMXZjz3s48CXLqVtp8/edit#responses. The taskbar at the bottom shows the time as 15:14 on 29-06-2021.

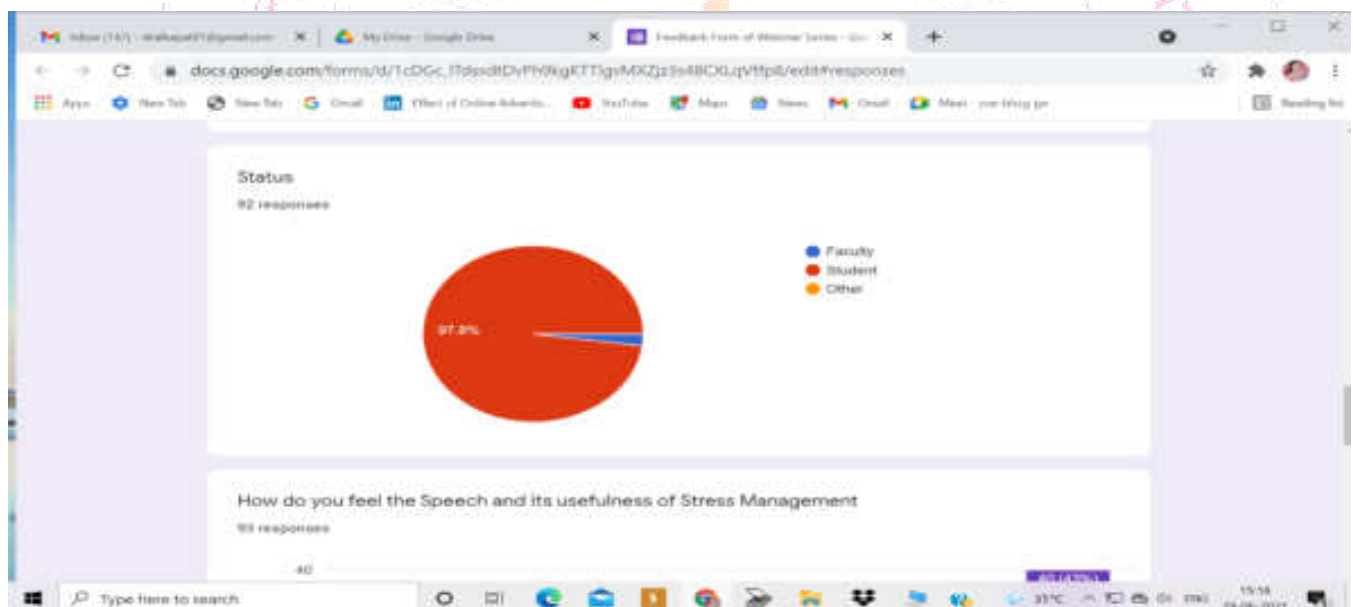
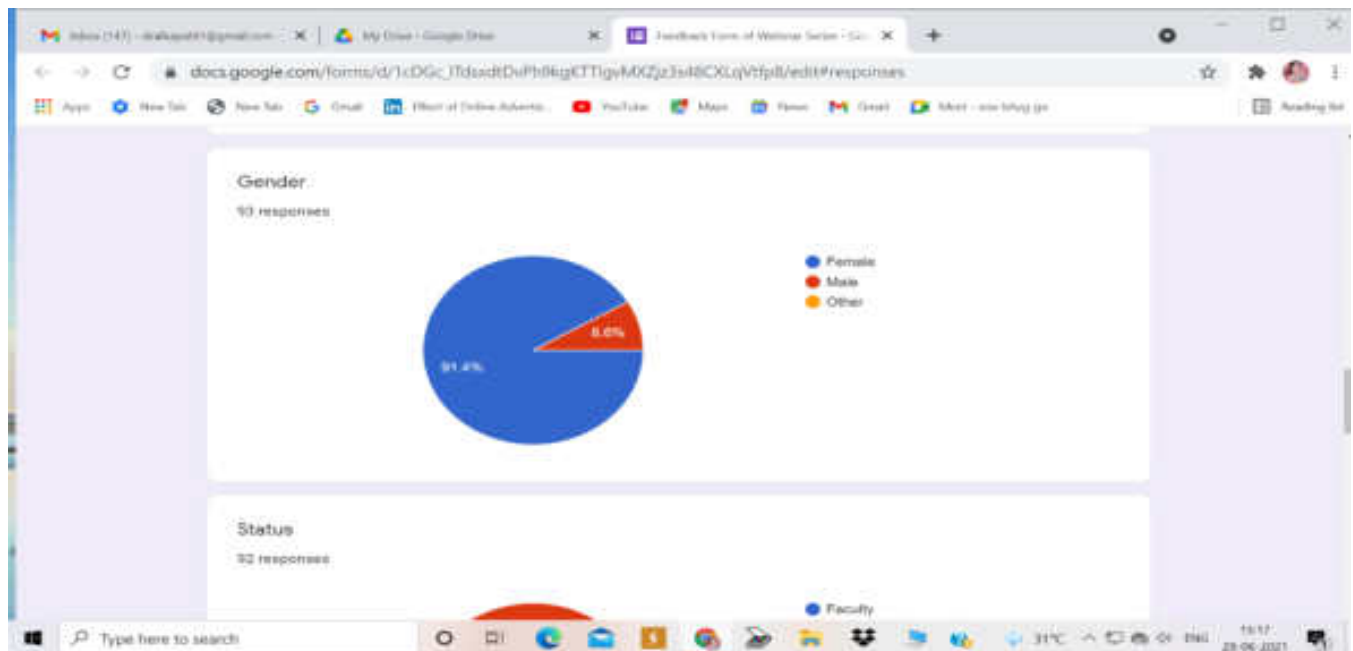
This screenshot shows a Google Forms response sheet titled "Name of the student" with 93 responses. The visible responses are:

Name of the student
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 same URL as the first screenshot. The taskbar at the bottom shows the time as 15:17 on 29-06-2021.

कोल्हापूर





Alka Inamdr

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