

“Dissemination of Education for Knowledge, Science and Culture”

- Shikshanmaharshi Dr. Bapuji Salunkhe

Shri Swami Vivekanand Shikshan Sanstha's

Vivekanand College, Kolhapur

(Empowered Autonomous)

Full Report on

Guest Lecture on

“Stress Management”

Organized by

Department of Physics

On

Day, Date & Time: Monday, 20th November 2023 at 11.30 AM

Submitted by

Dr. Sanjay S. Latthe

Head of the Department,

Department of Physics, Vivekanand College, Kolhapur (Empowered Autonomous)

Submitted to

Internal Quality Assurance Cell (IQAC)

Vivekanand College, Kolhapur (Empowered Autonomous)

(2023 – 24)

Table of Information

Sr. No.	Content	Numbers
01	Total Participants	14
02	Female Participants	06
03	Male Participants	08

Notice

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Vivekanand College, Kolhapur

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Department of Physics

Notice

Date: Friday, 17th November 2023

It is hereby informed to all the faculty of Department of Physics that a guest lecture on “Stress Management” is organized by Department of Physics on Monday, 20th November 2023 at 11.30 AM. A resource person is Prof. Sadashiv Mali, Assistant Professor, Department of Marathi, Willingdon College, Sangli, Maharashtra, India will be delivering the guest lecture. All the faculty should present on time. Refreshments will be provided at the end of guest lecture.

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Dr. Sanjay S. Latthe

HEAD
DEPARTMENT OF PHYSICS
VIVEKANAND COLLEGE, KOLHAPUR
(EMPOWERED AUTONOMOUS)

Photographs during the Program



Attendance

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Department of Physics

Guest Lecture on “Stress Management”

by

Prof. Sadashiv Mali

Department of Marathi, Willingdon College, Sangli, Maharashtra, India

on

Monday, 20th November 2023 at 11.30 AM

Attendance Sheet



Sr. No.	Name of the Staff	Class	Signature
1)	Dr. Sanjay S. Latthe	staff	<u>sslatthe</u>
2)	Miss. Shivani P. Patil	Staff	<u>Patil</u>
3)	Miss Gouri G. Jadhav	staff	<u>Jadhav</u>
4)	Miss. Sayali S. Gawade	Staff	<u>Sayali</u>
5)	Mr. Abhijeet V. Shinde	Staff	<u>Shinde</u>
6)	Mr. Pundalik B. Haxer.	staff	<u>Haxer</u>
7)	Mr. Rohit -A. Ekal	staff	<u>Rohit</u>
8)	Mr. Prashant M. Patil	staff	<u>Prashant</u>
9)	Mr. Anurag N. Gore	<u>—</u>	<u>Gore</u>
10)	Dr. Trupti U. Wankar	staff	<u>Wankar</u>
11)	Dr. N. A. Narewadkar	<u>—</u>	<u>Narewadkar</u>
12)	Dr S. I. Jhandani	<u>—</u>	<u>Jhandani</u>
13)	Prathmesh R. Rathod	Student	<u>P.R.R.</u>
14)	More Sameer Suresh	student	<u>More</u>
15)			
16)			

One Page Report

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Department of Physics



One Page Report

Name of the Department	Department of Physics																
Name of the Activity	Guest Lecture on "Stress Management"																
Date / Duration	Monday, 20 th November 2023 at 11.30 AM																
Aims and Objectives	Stress management approaches includes, learning skills such as problem-solving, focusing on important tasks first and managing your time. Improving your ability to cope with difficult events that happen in life. Through stress management, you may learn how to improve your emotional awareness and reactions.																
No. of Beneficiaries	<table border="1"><tr><td rowspan="2">Teachers</td><td>Male</td><td>06</td><td rowspan="2">12</td></tr><tr><td>Female</td><td>06</td></tr><tr><td rowspan="2">Students</td><td>Male</td><td>02</td><td rowspan="2">02</td></tr><tr><td>Female</td><td>00</td></tr><tr><td colspan="3" style="text-align: right;">Total</td><td>14</td></tr></table>	Teachers	Male	06	12	Female	06	Students	Male	02	02	Female	00	Total			14
Teachers	Male		06	12													
	Female	06															
Students	Male	02	02														
	Female	00															
Total			14														
Expenditure and Fundings	College Funds																
Brief Discussion	Prof. Sadashiv Mali, Department of Marathi, Willingdon College, Sangli, Maharashtra, India have discussed on 'Stress Management' to the faculty. He said in lecture that Effective stress management helps you break the hold stress has on your life, so you can be happier, healthier, and more productive. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun—and the resilience to hold up under pressure and meet challenges head on. But stress management is not one-size-fits-all. That's why it's important to experiment and find out what works best for you. Dr. S. I. Inamdar welcomed Prof. Sadashiv Mali and Mr. Abhijit Shinde has given vote of thanks.																
Outcomes	Faculty and Students got useful information stress management. Few important tips on stress management shall be adopted in daily life.																

sslatthe

Dr. Sanjay S. Latthe

HEAD

DEPARTMENT OF PHYSICS

VIVEKANAND COLLEGE, KOLHAPUR

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