

Activity Report
Of
Expert Talk
On
"Stress Management
with respect to
Exam and/or Campus stay"



Organized by ,
Sandip Foundation's
Sandip Institute of Technology and Research Center
Womens' Grivance Committee

Date :28th February 2015

Aim: To Motivate the students for Stress management during examination period and campus stay

Name of the Program: "Stress Management with respect to Exam and/or Campus stay"

Venue: Venue: Computer Seminar Hall

Time: 3pm to 5pm

Organised By: Sandip Foundation Nashik.

Conducted By: Members of Womens' Grivance Committee

Name of the resource Person:

1. Mr. Rasal Pundlik, Principal, K.G.D.M. Arts Comm. Science, College, Niphad
2. Dr. S. T. Gandhe, Pricipal, SITRC, Nashik
3. Mrs. G. M. Phade, HOD E&TC Department, SITRC, Nashik

Audience: FE, SE Students and Sandip Foundation's Staff

Deatils of Events: Mr. Pundlik Rasal, Psychologist, Principal, K.G.D.M. Arts Comm. Science, College, Niphad , address the students. He discussed the ways to overcome the stress. He focused on the coping strategies to combat stress. According to him, part of dealing with stress was to give importance to the three Fs - Faith, Family and Friends, which can become our support system in stress. He also focused upon importance of concentration in studies.

Event Photos



Attendance for Seminar

Seminar Topic - Stress Management with

respect to Exam and/or campus stay.

Deliver person - Prof. Rasal Pundlik.

Sr. No.	Name of student	college	Branch	Sign.
1.	Komal Nagare	SITRC	E&TC	<u>PN.</u>
2	Diksha Dumbre	SITRC	E&TC	<u>@.</u>
3	Aishwarya Kute	SITRC	E&TC	<u>akute</u>
4	Pratiksha Daspute	SITRC	E&TC	<u>Pratiksha</u>
5.	Maitreyee Kende	SITRC	E&TC	<u>Maitreyee</u>
6.	Badhe Kirti	SITRC	Mechanical	<u>Kirti</u>
7	Dipali patil	SITRC	E&TC	<u>Dipali</u>
8	Kanade Sonam	SITRC	E&TC	<u>Sonam</u>
9.	Labhade Kavita	SITRC	E&TC	<u>Labhade</u>
10	Kalyani R. Borse	SITRC	E&TC	<u>Borse</u>
11	Neha C. Ahire	SITRC	E&TC	<u>Ahira</u>
12	Heituja R. Bari	SITRC	E&TC	<u>Bari</u>
13	Harshada. P. Firake	SITRC	E&TC	<u>Firake</u>
14	Pooja Mondhe	SITRC	E&TC	<u>Mondhe</u>
15	Aarti Dinkar More	SITRC	E&TC	<u>More</u>
16	Sonawane Tejal subhash	SITRC	E&TC	<u>Sonawane</u>
17	Harshada Upasani	SITRC	E&TC	<u>Upasani</u>
18	Deepali Ugale	SITRC	E&TC	<u>Ugale</u>
19	Kalyani Sangale	SITRC	E&TC	<u>Sangale</u>
20	Prachi Chhajed	SITRC	COMP	<u>Prachi</u>
21	Suvarna Deore	SITRC	-11-	<u>Suvarna</u>
22	Sumitra Lahane	-11-	-11-	<u>Sumi</u>
23	Pallavi Erande	-11-	-11-	<u>Pallavi</u>
24	Chhaya Dhattrak	-11-	-11-	<u>Chhaya D.</u>
25	Diryashree Baviskar	-11-	-11-	<u>Baviskar</u>
26	Damini Deshmankar	-11-	-11-	<u>Damini</u>
27	Shubhangi Dhutke	-11-	-11-	<u>Shubhangi</u>
28	Pooja Ghodekar	-11-	-11-	<u>Pooja</u>
29	Preethi Kapadni	-11-	-11-	<u>Preethi</u>
30	Neha Kulkarni	-11-	-11-	<u>Neha</u>

31	Kapale Velantina R.	SITRC	Comp	<u>10 pages</u>
32	Joshi Rasika S.	SITRC	Comp	<u>1 page</u>
33	Gayatri Amrutkar	SITRC	Comp	<u>10 pages</u>
34	Vaishali Bachav	SITRC	Comp	<u>10 pages</u>

Stress management

Attendance

Sl. No	Name	Signature
1.	Aher Priyanka Nimba	Aher
2.	Bramhankar Sapna Madhukar	Bramhankar
3.	Aher Dipika Balu	Dipika
4.	Dawse Shweta Bhimrao	Dawse
5.	Gadkari Madhuri Gowind.	Gadkari
6.	Mandore Snehal Bhagirath	Mandore
7.	Galkwad Monali Ravindra	Galkwad
8.	Hire Vaishnavi Daulatrao	Hire
9.	Hingmole Mayuri Sunil.	Hingmole
10.	Khalhar Pooja Sahebrao	Khalhar
11.	Kulkarni Rasika Sunil	Kulkarni
12.	Kothavade Pallavi Sanjay	Kothavade
13.	Kshatriya Pooja	Kshatriya
14.	Shrivastav Anumeha Rajesh	Shrivastav
15.	Sonawane Madhura Vijay	Sonawane
16.	Sonawane Shivali Purushottam	Sonawane
17.	Mahajan Ushakha Rajendra	Mahajan
18.	Shrimali Manu Pradeep	Shrimali
19.	Metaliya Payal Jaysukhbhai	Metaliya
20.	Shinde Pallavi Sandeep	Shinde
21.	Pachorkar Tejashree. Popatrao	Pachorkar
22.	Shinde Pooja Vasant	Shinde
23.	Patil Saumitra Kailas	Patil
24.	Shinde Ankita Ramrao	Shinde
25.	Patil Prachiti Chandrakant	Patil
26.	Shelke Sarla Balu	Shelke
27.	Patil Shital Ravindra	Patil
28.	Salian Prateeksha Ashok	Salian
29.	Patil Sneha Rajendra	Patil
30.	Ranwa Manisha Mahendra	Ranwa

33. Parthiksha Kela
34. Monika Kindeवाल
35. Ashwini Khaire
36. Tejal Jagdale
37. Amruta Macchindha Jadhav
38. Deepali Gayke
39. Suryawarshi Geetanjali Shiveji
40. Thakur Nisha Ashok
41. Raveena Dua
42. Thakre Ashwini Kashari
43. Deshmukh Roshani Ashok
44. Vghade Sneha Vijay
45. Deshmukh Apurva Anand
46. Deore Snehatnkita Daga
47. Vaishnav Pallavi Jasubhai
48. Deore Pooja Ravindra
49. Deoghore Radhika Pramod
50. Vikhe Snehal Suresh
51. Wagh Snehal Prakash
52. Chaudhari Priyanka Himmatrao
53. Chaudhari Ankita Rajendra
54. Yeole Shital Vilas
55. Borse Shweta Dhananjay
56. Zawar Neha Omesh
57. Alai Tanaja Ramesh
58. Bhosale Asmita Sanjay
59. Barkand Varsha Kisan
- 60.
- 61.
- 62.

17	Chaudhari Priyanka Himmatrao	<u>CPont</u>
27	Deore Snehankita Daga	<u>DR</u>
37	Bhosale Asmita Sanjay	<u>Asmita</u>
47	Raveena Daa	<u>DR</u>
57	Tejal Jagdale	<u>Tejal</u>
67	Pratiksha Kele	<u>Pratiksha</u>
77	Bramhankar Sapna Madukar	<u>Sapna</u>
87	Gaikwad Monali Ravindra	<u>Monali</u>
97	Hire Vaishnavi Daulatrao	<u>Hire</u>
107	Shatrya Pooja	<u>Pooja</u>
117	Alai Tanaja Ramesh	<u>Tanaja</u>
127	Barkand Varsha Kisan	<u>Varsha</u>
137	Borse Shweta Dhananjay	<u>Shweta</u>
147	Chaudhari Ankita Rajendra	<u>Ankita</u>
157	Aher priyanka Nimba	<u>Priyanka</u>
167	Gadkari Madhuri Govind	<u>Madhuri</u>
177	Kothavade Pallavi Sanjay	<u>Pallavi</u>
187	Hingmire Mayuri Sunil	<u>Mayuri</u>
197	Ashwini Khaire	<u>Ashwini</u>
207	Deoghari Radhika Pramod	<u>Radhika</u>
217	Deshmukh Apurva Anand	<u>Apurva</u>
227	Khairnar Pooja Sahebrao	<u>Pooja</u>
237	Handore Sneha Bhagirath	<u>Sneha</u>
247	Aher Dipika Balu	<u>Dipika</u>
257	Amruta Macchindra Jadhav	<u>Amruta</u>
267	Deshmukh Rohani Ashok	<u>Rohani</u>
277	Deepali Gayke	<u>Deepali</u>
287	Monika Kindewal	<u>Monika</u>
297	Deore Pooja Ravindra	<u>Pooja</u>
307	Gaikwad Monali Ravindra	<u>Monali</u>

31)	zawar nesha omesh	<u>Nesta</u>
32)	kulkarni Rasika sunil	<u>Rasika</u>
33)	wagh snehal prakash	<u>Snehal</u>
34)	mahajan vishakha Rajendra	<u>Vishakha</u>
35)	vikhe snehal suresh	<u>Snehal</u>
36)	metaliya payal Jaysukhbhai	<u>Payal</u>
37)	vaishnav Pallavi Jasubhai	<u>Pallavi</u>
38)	Pachorkar Tejashree Popatrao	<u>Tejashree</u>
39)	Ughade sneha vijay	<u>Sneha</u>
40)	Patil Sumitra Kailas	<u>Sumitra</u>
41)	Thoke Ashwini Karhani	<u>Ashwini</u>
42)	Patil Prachiti Chandrakant	<u>Prachiti</u>
43)	Thakur Nisha Ashok	<u>Nisha</u>
44)	Patil Devashri Vishwas	<u>Devashri</u>
45)	suryawanshi Geetanjali Shiwaji	<u>Geetanjali</u>
46)	Pawar Nikita Abasaheb	<u>Nikita</u>
47)	Shrivastav Anumeha Rajesh	<u>Anumeha</u>
48)	Ranwa Manisha Mahender	<u>Manisha</u>
49)	Sonawane Shivaji Purushottam	<u>Shivaji</u>
50)	Salian Prateeksha Ashok	<u>Prateeksha</u>
51)	Sonawane Madhura Vijay	<u>Madhura</u>
52)	Sheike Sarla Braju	<u>Sarla</u>
53)	Shrimani Mansi Pradeep	<u>Mansi</u>
54)	Shinde Ankita Ramrao	<u>Ankita</u>
55)	Shinde Pallavi Sandeep	<u>Pallavi</u>
56)	Shinde Pooja Vasant	<u>Pooja</u>
57)	Patil Sneha Rajendra	<u>Sneha</u>
58)	Patil Shital Ravindra	<u>Shital</u>
59)	Yeole Shital Omesh	<u>Shital</u>