



**Sandip Foundation's**  
**Sandip Institute of Technology & Research Centre,**  
**Mahiravani, Trimbak Road, Nashik - 422 213**



**Department of Engineering Sciences and  
Humanities**

Date: - 21 /08/2023

**NOTICE**

All students of the F.Y.B.Tech are hereby informed that the department of Engineering Sciences and Humanities has organized the Seminar on “Stress Management” on Date 26 August 2023 From 11:00 am to 12:00 noon. The Seminar aims To raise awareness about the common sources and types of stress among first-year students. It is compulsory for all students to attend the Seminar.

**Prof. K. D. Jadhav**  
Event Coordinator

**Prof. J.M. Shah**  
Head of Dept



**Sandip Institute of Technology and Research Centre**

At &Po- Mahiravani, Trimbak Road Tal & Dist-Nashik

Phone:(02594)222552,53,54, Fax:(02594)222555

Website:WWW.sandipfoundation.org,e-mail :Principal@sitrc.org

(Approved by-AICTE, New Delhi,& Govt.of Maharashtra and Permanently Affiliated to Savitribai Phule University (Formerly Pune University),Pune.

Accredited with "A" grade byNAAC with CGPA Score of 3.11

NBA Accredited for Computer &Mechanical Engineering (UG Course)

w.e.f 2023-24 to2025-26



**SANDIP**  
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# Activity Report of Stress Management

**A.Y. 2023-24**



**SANDIP**  
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**(An autonomous institute permanently affiliated to Savitribai Phule Pune University, Pune)**

**Organized By**

Sandip Foundation's

Department of Engineering Sciences and Humanities

Sandip Institute of Technology and Research Centre, Nashik

**Name of Program:** Expert Lecture on Stress Management for First Year Students

**Resource Person:** CMA Rajendra Shirsath, Assistant Professor, SITRC

**Event Coordinator:** Prof. K. D. Jadhav

**Participants:** F.Y.B.Tech students (ESH Department)

**No. of Participants :** 275

**Venue:** Seminar Hall

**Aim:**

This lecture aimed to help students to understand the importance of stress management and provide them with tools to enhance their overall well-being.

**Objective:**

1. To raise awareness about the common sources and types of stress among first-year students.
2. To educate students about the physical and psychological effects of stress.
3. To introduce stress management techniques and strategies.
4. To encourage students to incorporate stress management practices into their daily lives.
5. To provide a platform for students to interact with and learn from an expert in the field of stress management.

**Outcomes:**

The objectives were met successfully, and the outcomes were as follows:

- a. The lecture helped students become more aware of the various sources and types of stress they may encounter during their first year of college.
- b. Students gained a deeper understanding of how stress can affect both their physical and psychological well-being.
- c. Participants became more adept at identifying stressors in their own lives. They were encouraged to recognize signs of stress and take proactive steps to address them.S
- d. Students gained confidence in their ability to manage stress and felt more in control of their emotions and reactions.

## Summary of Program:

Expert Lecture on Stress Management was conducted for First Year B. Tech students in two different sessions by CMA Rajendra Shirsath, Assistant Professor, SITRC. First session was conducted on 25<sup>th</sup> August 2023 from 4:00 pm to 5:00 pm in Mechanical Seminar hall, D building. For this session the beneficiary students were newly admitted students in the branch IT, Computer, AI& DS. Second session was conducted on 26<sup>th</sup> August 2023 from 2:00 pm to 3:00 pm in Computer Seminar hall, C building. For this session the beneficiary students were newly admitted students in the branch Mechanical, Automation & Robotics, Electronics & Telecommunication, Electrical, Civil. The expert introduced practical stress management techniques such as deep breathing exercises, mindfulness, time management, and positive self-talk. Students were encouraged to practice these techniques regularly. The lecture included an interactive session where students could ask questions and seek advice from the expert. This allowed for a dynamic exchange of ideas and strategies. The expert shared personal experiences and success stories related to stress management, inspiring students to take control of their own stress levels. Students were provided with resource materials, including handouts and recommended reading materials, to further enhance their understanding of stress management. The expert lecture on stress management had a positive and meaningful impact on the participants. It not only provided valuable knowledge and skills but also empowered attendees to take control of their stress levels and lead healthier, more balanced lives. The lecture served as an important step toward creating a community that values mental health and well-being, setting the stage for continued personal growth and stress management among the participants.

## Photographs :



**Prof. CMA Rajendra Shirsath felicitated by Prof. Tanvi Deshmukh**



**Prof. CMA Rajendra Shirsath addressing the students**



**Prof. CMA Rajendra Shirsath addressing the students**

**Prof. K. D. Jadhav**  
**Event Coordinator**

**Prof. J. M. Shah**  
**HOD, ESH**

**Prof. (Dr.) M.M. Patil**  
**Principal, SITRC**



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Sandip Institute of Technology & Research Centre, Nashik

Department of Engineering Sciences & Humanities

Foundation Course (FE, B.Tech) AY 2023-24

Attendance Sheet

Activity - Stress Management by CMA prof. Rajendra Shirsath Date- 25<sup>th</sup> Aug. 23

Time 4 pm to 5 pm

(Mechanical seminar Hall)

Sr. No.	Name of Students	Branch	Sign
1	Gharada Pradeep Bawiskar	C.S	
2	Bhusari Janika Sachin	Computer.	
3	Vaishada Kailas Kothawade	AIDS	
4	Gayatri Vijay Gangurde	AIDS	
5	Ajay Manoti Torle	I.T	
6	Ritesh. Suresh Jadhav	AIDS	
7	Shinde Samir Dnyaneshwar	AIDS	
8	Kumudini Kishor Khairnar	Computer	
9	Rupesh Kohli	AIDS	
10	Mayuri Vijay Nikam	CS	
11	Himani Kishor Mane	IT	
12	Shayash K. Sawant	Computer	
13	Tanmay K. Mahajan	C.S	
14	Om Prafull Dhabale	C.S	
15	Sujit. B. Khatkar	C.S	
16	Achish Kumar Shivastva	CS	
17	omkar Sudam murkute	C.S	
18	Ratish Darshan Sanjay	CS	
19	Aher Aditya Bhausaheb	IT	
20	chetan Chaudhari	IT	
21	Pratik Shivaji Dnyvesh	Computer	
22	Bhumika Eknath Bhalikar	C.S.	

Sr. No.	Name of Students	Branch	Sign
23	Satpute Pooja Pandharinath	C.S	<u>Pooja</u>
24	Payal Raghunath Katore	IT	<u>Katore</u>
25	Bhumika Pramod gadhav	Computer	<u>Bhathar</u>
26	Piyya Kishore Suptkale	CS	<u>King</u>
27	Disha Bhaisaheb Gangurde	C.S	<u>ITGangurde</u>
28	Urmila Uttam Ghare	C.S	<u>Urmila</u>
29	Rohini Mangesh Uphade	C.S	<u>Rohithade</u>
30	Vaishnavi Sunil Thapetar	CS	<u>Vaishk</u>
31	Janhavi Jayant chaudhari	AIDS	<u>Janhavi</u>
32	Hindawi Ganesh Bankar	IT	<u>Hindawi</u>
33	Shraddha Yogesh Lagad	IT	<u>Shraddha</u>
34	Gargie Pankaj Dharmadhikari	CS	<u>Gargie</u>
35	Yash Pable	CS	<u>Yash</u>
36	Sachin Vijay Chavan	CS	<u>Sachin</u>
37	Mahek Uttam Bala	Computer	<u>Mahek</u>
38	Shriram Mohan Domal	AIDS	<u>Shriram</u>
39	Spandan Vishwabhusan Nichale	IT	<u>Spandan</u>
40	LALIT SHANTARAM PATIL	C.S	<u>Lalit</u>
41	BHUSHAN VALMIK GHUGE	COMPUTER	<u>Bhushan</u>
42	Vedant Sandip Vatare	CS	<u>Vedant</u>
43	Aditya Rahul Markhede	CS	<u>Aditya</u>
44	Prem Namdeo Kanade	CS	<u>Kanade</u>
45	Gaurav Parasram Maluyia	C.S	<u>Gaurav</u>
46	Aniket Amarjit Singh	AIDS	<u>Aniket</u>
47	Vishal Pandit	IT	<u>Vishal</u>
48	Aman Mishra	IT	<u>Aman</u>
49	Nitin Mansingh Bhole	C.S	<u>Nitin</u>
50	Aarush vijay patil	I.T	<u>Aarush</u>
51	Manish Gauram Sahare	C.S	<u>Manish</u>
52	Pratik Vinod Meshram	IT	<u>Pratik</u>
53	Sumeet Digambar Gire	IT	<u>Sumeet</u>

Sr. No. 54  
55

Sign

Sr.No.	Name of Students	Branch	Sign
54	Divyanshu Sachindrasing Padri	COMP.	Divyanshu
55	Hari Mahadeo Darda	Computer	Hari
56	Mukesh Ravindra Shirnolkar	AIDS	Mukesh
57	Akash satish Gangurde	Computer	Akash
58	Om Dipak Dandajohal	PCS	Om
59	Sahil Gorakhnath Aher	CS	Sahil
60	Vaibhav Dawlat Chilgar	IT	Vaibhav
61	Yash Dharmendra Rathod	Computer	Yash
62	Rohan Santosh Patil	IT	Rohan
63	Shreyas Sheshkants Ranchoor	CS	Shreyas
64	Om Sunil Kufe	Computer	Om
65	chetan Vinod Devkar	CS	Chetan
66	Lakshansing Nursing Patil	CS	Lakshansing
67	Rushabh Ravi Bhadwaj	AI-DS	Rushabh
68	Pankaj laxman choudhari	IT	Pankaj
69	Pranav Mitin Pagare	Computer	Pranav
70	Jagdish Vinod Mahale	AI	Jagdish
71	Krishna Anil Tachte	AI & DS	Krishna
72	Riya kailas nholkar	AIDS	Riya
73	Samaeth Raasahab Kunde	Computer	Samaeth
74	Rahul Kishanlal Ahire	AIDS	Rahul
75	Vishal shivdas bease	IT	Vishal
76	Gaurav Rajendra Jadhav	Computer	Gaurav
77	Umesh Sominath Kuber	AIDS	Umesh
78	Vedant Dnyaneshwar Somawane	IT	Vedant
79	Khennar shiram Dnyaneshwar	AIDS	Khennar
80	Aditya Sharad Borade	Computer	Aditya
81	Yash Ratnakar Jadhav	AI-DS	Yash
82	Suyog Ashok Pawar	AIDS	Suyog
83	Aditya Sachittanand Ganjal	Computer	Aditya
84	Bhavesh Bandy Megha	CS	Bhavesh



Sr. No.	Name of Students	Branch	Sign
85	Prashik Bhimrao Bhise	I.T	<del>Bhise</del>
86	Bagul Harshal Bharat	C.S.	<del>Bagul</del>
87	Pranav Nandu Kadlam	PLM	<del>Pranav</del>
88	Sarthak Dnyaneshwar Shende	I.T.	<del>Shende</del>
89	Aaditya Rajendra Phangar	AIDS	<del>Phangar</del>
90	Rushikesh Maroti Patil	C.S	<del>Patil</del>
91	Krushna Sudhakar Khurpe	AIDS	<del>Khurpe</del>
92	Kawade Jivan Ganesh	C.S.	<del>Jin</del>
93	Deven Anil Borse	es	<del>Borse</del>
94	Aryan Pradeep Yadav	C.S.	<del>Aryan</del>
95	Jadhav Vishal Tikaram	C.S	<del>Jadhav</del>
96	Yadav Vishal Anna	CS	<del>Yadav</del>
97	Ghodechore Sanket Ramesh	CS	<del>Shuk</del>
98	Prathamesh Navanath Thoke	CS	<del>PrThoke</del>
99	Shivam Nagendra Yadav	CS	<del>Shivam</del>
100	Uday Adhar Patil	CS	<del>Uday Patil</del>
101	Manas Yogesh Jaware	AIDS	<del>Jaware</del>
102	Aniket Shamrao Gadit	AIDS	<del>Aniket</del>
103	Vivek Gurnant Patil	CS	<del>VPatil</del>
104	Tanuja Chaudhari	AIDS	<del>TChaudhari</del>
105	Kartik B. Kawale	C.S.	<del>KBK</del>
106	Hareeshwar Wagh	I.T	<del>Hareeshwar</del>
107	Aryan Santosh Krishnakar	CS	<del>Aryan</del>
108	Sumit Vaibhav Borse	I.T	<del>Sumit Borse</del>
109	Piyush P. Bhor	I.T	<del>PBhor</del>
110	Ahmed Shaikh	Computer	<del>Ahmed</del>
111	Nilesh Paulmakor Pitambhak	IT	<del>Nilesh</del>
112	Siddesh Mahesh Nikam	IT	<del>Snikam</del>
113	Rishab Deepak Tongid	AIDS	<del>Rishab</del>
114	Rajdeep Anil More	AIDS	<del>Raj</del>
115	Harshal Bapu Patil	I.T.	<del>HPatil</del>



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Department of Engineering Sciences & Humanities

Foundation Course (FE, B.Tech) AY 2023-24

Attendance Sheet

Activity - Expert Session on Stress Management

Date- 26/08/2023

Time 1:00 pm to 2:00 pm

Sr. No.	Name of Students	Branch	Sign
1	Nikam Puja Sitaram	Electrical	<u>Nikam</u>
2	Jadhav Pallavi Rustam	Electrical	<u>Pallavi</u>
3	Harshada Umkant Bhavsar	Electrical	<u>Harshada</u>
4	Anshika Atul Shukla	A & R	<u>Anshika</u>
5	Shreya Samar Deshmukh	A & R	<u>Shreya</u>
6	Geeta Pratapsing Patil	E & TC	<u>Geeta</u>
7	Vidisha Raju Sonawane	E & TC	<u>Vidisha</u>
8	Vaishnavi Pramod Wagh	civil	<u>Vaishnavi</u>
9	Kimaya Chetan Phatak	Entc	<u>Kimaya</u>
10	Divya Sopan Kadam	E & TC	<u>Divya</u>
11	Harshada Kailas Abire	Mechanical	<u>Harshada</u>
12	Sindhuri Bantlu	A & R	<u>Sindhuri</u>
13	Purvaja Rajendra Aher	E & TC	<u>Purvaja</u>
14	Wakchaure Shivani Sitaram	Mechanical	<u>Wakchaure</u>
15	Rushikesh Karanath Halwar	Electrical	<u>Rushikesh</u>
16	Ritesh Nilesh Pagate	A & R	<u>Ritesh</u>
17	Yash Subhash Avhad	Electrical	<u>Yash</u>
18	Sarthak Sannath Kedkar	Mechanical	<u>Sarthak</u>
19	omkar Ganpat Yadao	Electrical	<u>Omkar</u>
20	Sarthak S. Amrutkar	A & R	<u>Sarthak</u>
21	Vedant Kalu Bachhav	E & TC	<u>Vedant</u>
22	Soham Madhukar Nikumbh	Electrical	<u>Soham</u>

Sr. No.	Name of Students	Branch	Sign
23	Akshay Raju Patare	mechanical	ARPatare
24	Shubham Vishnu Kanadi	Mechanical	S.V.Kanadi
25	Vedant Shirish Patil	A & R	<del>Patil</del>
26	Lalit Santosh Gavale	Electrical	<del>Lalit</del>
27	Karan Vijay Lahange	Electrical	Lahange
28	Pratik Pandharinath Chandwade	Electrical	<del>Pratik</del>
29	vishvesh Ganaksh Jadhav	Electrical	<del>Vishvesh</del>
30	Alpit mavanji Pawar	A & R	<del>Alpit</del>
31	Mihir Tushar Kulkarni	A & R	MKulkarni
32	Mutial Shubham Sandip	A & R	<del>Mutial</del>
33	Jaral Rohit Shantaram	A & R	<del>Jaral</del>
34	Aditya Narayan Takle	A & R	<del>Aditya</del>
35	Tejas Khaire	A & R	<del>Tejas</del>
36	Rushikesh Gaydhani	A & R	<del>Rushikesh</del>
37	Syzzh Patil	A & R	<del>Syzzh</del>
38	Shubham Gokul Thakare	Mechanical	Shubham
39	Bachhav Yash Nilesh	ENTC	<del>Bachhav</del>
40	Thakare Nilesh	ENTC	<del>Thakare</del>
41	omkar Bhalerao	civil	LB
42	sonawane kartik sonesh	civil	<del>Kartik</del>
43	Fanse Sarthak Kailas	Mechanical	<del>Fanse</del>
44	Galande om kishor	Eand TC	<del>Galande</del>
45	Siddeshwar ARUN tite	meachnical	Siddes
46	Siddharth Ashok Lakhande	A and R	Siddharth
47	Armit chandekarant Pagare	Mechanical	<del>Armit</del>
48	Padekar Prashant	Mechanical	<del>Padekar</del>
49	Aditya shivaji Shilkartham	E & TC	<del>Aditya</del>
50	yash satish Rindhe	Mechanical	<del>Yash</del>
51	Om Ajinath Ghule	Electrical	<del>Om</del>
52	Aditya S. Maske.	A.R	<del>Aditya</del>
53	Savale Nikhil Chandekarant	A.R	<del>N.Savale</del>

