



Lewa Educational Unions  
Dr. Annasaheb G. D. Bendale Mahila Mahavidyalaya, Jalgaon  
Jilha Road, Jilha Peth, Jalgaon  
NAAC Re-Accredited 'A' Grade (3.12)

Prof. Dr. Gauri M. Rane (M.Sc, Ph.D.)  
Principal  
Phone: (0257) 223605

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### Report of Activity

Name of the Programme : **Stress Management of College Girls**

Date of the Programme : 10/02/ 2023

Venue of the Programme : Dhande Hall

Time : 9.00 AM

Number of beneficiaries/Participants: 111 Students

Psychology Department and IQAC jointly arranged a guest lecture on 10/02/2023. The topic of lecture was **Stress Management of College Girls**. The keynote speaker of this program was Prof. Ragib Ahmad (Counselor- Jalgaon) and chaired by Prof. Dr. V. J. Patil.

Prof. Ragib Ahmad explained that, five common examples of stress to students. Being homesick, academic or personal competition, personal pressure to do well, social anxieties, and heavy workloads. Students also feel stress when they get too little sleep, a poor diet and even from having too much downtime. Prof. Ragib Ahmad said that, main causes of stress for college students College students commonly experience stress because of increased responsibilities, a lack of good time management, changes in eating and sleeping habits, and not taking enough breaks for self-care. Transitioning to college can be a source of stress for most first-year students.

Dr. A.B. Patil, introduced the Program. M.A.II students Yogita Bhamre anchored of the program. M.A.II students Madhuri Sali thanked behalf of the lecture. To make this program a success, Prof. J. J. Palekar & Prof. Pooja koli worked hard.

Dr. Ashok B. Patil  
Head,  
Department of Psychology  
Dr. A.G.D. Bendale Mahila Mahavidyalaya



# महाविद्यालयीन विद्यार्थिनीचे तागा-व्यवस्थापन

दिनांक १-10/02/2023 रोजी सकाळी  
हीक 9.00 वाजता छाई सभागृहाने मानसशास्त्र  
विभागा अर्णि IAC मान्या समुक्तविद्यालाने मध्याह्न-  
द्यालयीन सुवर्तीये तागाचे व्यवस्थापन या विषयावर  
व्याख्यानाने आयोजन करण्यात आले लेने वक्त  
मधुन मा. राणीब अहमद मर उपस्थित होले.  
संभागी विद्यार्थिनी:-

Dr. Ashok B. Patil

ABPatil

Sr.No	Name of the student's	Class	Sign
1)	Shruti Deep Puro	11 <sup>th</sup>	S.D. Puro
2)	Divya Anurudh Tatyade	F.Y.B.A	Divya Tatyade
3)	Bhagyashree Bhanudas Borge	F.Y.B.A	Bhagyashree.B.
4)	Lina Gambhir Narmaswari	F.Y.B.COM	Lina
5)	Gayatri Patil	F.Y.B.COM	Gayatri
6)	Sau Atul Patil	T.Y.B.Com	Satpatil
7)	Jagruhi Sunit Khadke	T.Y.b.com	Jui
8)	Vijayalaxmi Suryaji Kokame	T.Y.b.com	Vijayag
9)	Renuka kishor Pol	T.Y.B.com	Renuka Pol
10)	chetana sunil Rane	T.Y.B.com	C.S.Rane
11)	Dhanashmi suhas Unawane	T.Y.B.com	Dhanashmi
12)	Rohini Ravindra Salukhe	T.Y.B.com	Rohini
13)	Vaidehi Kishor Gaikwad	T.Y.B.com	Vaidehi
14)	Nikita Anil sonawane	T.Y.B.com	N.A.S
15)	Madhuri Deepal Patil	T.Y.B.com	MPatil
16)	Divya Lahu Patil	T.Y.B.com	Divya
17)	Bhale Rao Neha Bhaskar	T.Y.B.com	Bhale
18)	Kharchane Moni Vinod	S.Y.B.com	Kharchane
19)	Jayshri Liladhar Badguyar	S.Y.B.com	Jayshri
20)	Harshada Vasant Mahajan	S.Y.BCA	Harshada
21)	Priyanka Vinod Kapsure	F.Y.B.com	Priyanka
22)	Nirasha Gopal Kali	S.Y.B.com	Nirasha

Sr. No	Name of the students	Class	Sign
23)	Diksha Narayanrao Shinde	Fy.B.com	D.N.Shinde
24)	Shaiikh Afiya Mahesh Javed Ahmed	Fy.B.com	Shaiikh
25)	Dimpal Sunil pawar	S.Y.B.com	D.pawar
26)	Rohini Dhanand Zalte	S.Y.B.com	R.Zalte
27)	Harsha Anil Gad	S.Y.B.com	H.Gad
28)	Tejaswini Sanjay Lingayat	S.Y.B.com	T.S.L
29)	Namrata Ashok Graykwad	F.Y.B.A	N.Graykwad
30)	Aarti Ishwar Graykwad	F.Y.B.A	A.Graykwad
31)	Ashwini Tukarrao Patil	F.Y.B.com	A.T.Patil
32)	Rajashri Kiran chaudhari	F.Y.B.com	R.H.chaudhari
33)	Bhumilka Nitin Patil	F.Y.B.com	B.N.Patil
34)	Gonali Uthas Patole	F.Y.B.com	G.Patole
35)	Diksha Sanjay Gurikwad	F.Y.B.com	D.S.Gurikwad
36)	Komal Chandev Mali	F.Y.B.com	K.Mali
37)	Pooja Suresh Tigote	F.Y.B.com	P.S.Tigote
38)	Manda Mangal Nimbalkar	F.Y.B.com	M.M.Nimbalkar
39)	Rajhandini Mohan savant	F.Y.B.com	R.M.savant
40)	Pallavi Ramesh Bhoi	S.Y.BA	P.Bhoi
41)	Poonam Digambar Raylinge	T.Y.B.com	P.Raylinge
42)	Jayshri Dipak Chaudhari	F.Y.BA	J.D.Chaudhari
43)	Tanvi Galanar Patil	F.Y.BA	T.Patil
44)	Mayuri Rajendra Rathod	F.Y.B.A	M.R.Rathod
45)	Vijaya Paramod Deshmukh	F.Y.B.A	V.P.Deshmukh
46)	Nikita Ashok Patil	F.Y.B.A	N.Patil
47)	Latika Subas Bistade	F.Y.B.A	L.Bistade
48)	Shetana Dinkar Sonwane	F.Y.B.A	S.Sonwane
49)	Pinki Ningsa Barale	F.Y.B.A	P.Barale
50)	Sheela Rakesh Solanki	F.Y.B.A	S.Solanki
51)	Priya Ravindra Singh	F.Y.B.A	P.Singh
52)	Alita Gagaram Barale	T.Y.B.A	A.Barale
53)	Diksha Mangal Salve	T.Y.B.A	D.Salve
54)	Pradnya Tushar Gayare	F.Y.B.C	P.Gayare
55)	Latika Ravindra Patil	S.Y.BA	L.Patil

Sr.No	Name of the Student's	class	Sign
56)	Poonam Gopal mahajan	S.Y.B.A	<u>Poonam</u>
57)	Falguni Kishor Bhole	S.Y.B.com	<u>F.K.Bhole</u>
58)	Divya Pandurang Motikale	S.Y.B.com	<u>Divya</u>
59)	Vadalkar Mayuri Ramkrushna.	S.Y.B.com	<u>MR.Vadalkar</u>
60)	Sapikale Deyani Bharrat	S.Y.B.com	<u>Sapikale</u>
61)	Pinkhi Bhavsingh Badale.	F.Y.B.com	<u>Pinkhi</u>
62)	Aayushi Ravindra Fulzade	S.Y.B.com	<u>A.R.Fulzade.</u>
63)	Sakshi Jitendra Ksegi	S.Y.B.com	<u>Sakshi</u>
64)	Divya Anil Borke	S.Y.B.com	<u>Divya</u>
65)	Patil Rohini Sanjay	T.Y.B.com	<u>Patil</u>
66)	Baviskar Jyotsna Ashok	T.Y.B.com	<u>Baviskar</u>
67)	Deshmukh Neha Rajendra	T.Y.B.com	<u>Neha</u>
68)	Sonawane Raishri Ravindra	T.Y.B.com	<u>PR</u>
69)	Mansi Ravindra Deshmukh	S.Y.B.com	<u>Mansi Deshmukh</u>
70)	Komal Pravin Toke	S.Y.B.com	<u>K</u>
71)	Smushti Pratinchand Chaudhari	S.Y.B.com	<u>S.P.Chaudhari</u>
72)	Sujata Govinda Narkhede	S.Y.B.com	<u>Sujata Narkhede</u>
73)	Amruta Kishor Koradpati	S.Y.B.com	<u>Amruta</u>
74)	Sanika Upendra Joshi	S.Y.B.com	<u>S.U.Joshi</u>
75)	Ravina Valmik Patil	S.Y.B.A	<u>R.V.Patil</u>
76)	Gayatri Subhash Jedhal.	S.Y.B.A	<u>G.Jedhal.</u>
77)	Bhavika Jitendra Bhosle.	T.Y.B.com	<u>Bhavika</u>
78)	Alfiya Hamid Khan.	T.Y.B.com	<u>Alfiya</u>
79)	Neha Milind Khare.	T.Y.B.com	<u>Neha</u>
80)	Tejaswini Yashwanth Patil	T.Y.B.com	<u>Tejaswini</u>
81)	Dhanshari Arvind Sonawane	T.Y.B.com	<u>Dhanshari</u>
82)	Gayatri Ashok Ban	T.Y.B.com	<u>Gayatri</u>
83)	Sakshi Sachin Sonawane.	S.Y.B.A.	<u>Sonawane.</u>
84)	Akanksha Satish Baviskar.	S.Y.B.A.	<u>Akanksha</u>
85)	Tanvi Raghunath Sonawane	F.Y.B.A.	<u>Tanvi</u>
86)	Prerona Yuvraj Badgryar	F.Y.B.A	<u>Prerona</u>
87)	Chaitani Manoj Wankhede	S.Y.B.A	<u>C.M.Wankhede</u>
88)	Vishal Ramchandra Sankale	S.Y.B.A	<u>Vishal</u>

Sl. No	Name of The Student's	Class	Sign
84]	Divya Sunil Mule	S.Y.B.A	<u>D Mule</u>
85]	Neha Digambar Wani	S.Y.B.A.	<u>N. Wani</u>
86]	Shruti Rajendra Marathe	S.Y.B.A	<u>Marathe</u>
87]	Gayatri Ravindra Shimpi	Sy. Bcom	<u>G Shimpi</u>
93]	Deveshri Ravindra Marathe	S.Y. Bcom	<u>D. R. Marathe</u>
94]	Gauri Tulsiram Vyas	S.Y. Bcom	<u>G Vyas</u>
95]	Roshni Ishvar Patil	S.Y. B.A	<u>R Patil</u>
96]	Mayuri Yuvraj Marathe	S.Y.B.COM	<u>Marathe</u>
97]	Divya Amrut Tayade	F.Y.B.A.	<u>Divya Tayade</u>
98]	Dhagyashree Bhanudas Borge	F.Y.B.A	<u>Dhagyashree</u>
99]	Ritu Jagdish Koli	S.Y. B.A.	<u>R Koli</u>
100]	Sadhna Sakhardam Borse	S.Y.B.A	<u>S Borse</u>
101]	Madhuri Sashikant Bari	S.Y.B.A	<u>M. Bari</u>
102]	Vaishali Sapan Boriskar	S.Y.B.A	<u>V B</u>
103]	Nikita Laxesh Padedni	S.Y.B.A	<u>Nikita</u>
104]	Ashwini Devidas Sawkare	S.Y.B.A	<u>A Sawkare</u>
105]	Vibhavari Dilip Shekar	S.Y. Bcom	<u>V Shekar</u>
106]	Ekata Patil	S.Y.B.A	<u>Ekata Patil</u>
107]	Madhuri Kishor Sali	MA-II	<u>M Sali</u>
108]	Rashani Prakash Vispute	S.Y. B Com	<u>R Vispute</u>
109]	Shamare Yogita Shankar	MA-II	<u>Shamare</u>
110]	Tejaswini Rajesh Sonawane	Ty B.A	<u>T Sonawane</u>
111]	Mayuri Sharad Mohod	M.A II	<u>M Mohod</u>