



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

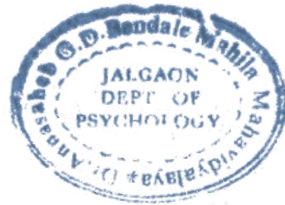
**Prof. Dr. Gauri M. Rane (M.Sc, Ph.D.)
Principal**

Phone: (0257) 223605

Report : Stress Management of College Girls
Name of the Programme : Stress Management of College Girls
Date of the Programme : 15/02/2024
Venue of the Programme : Psychology Department
Time : 10:00 AM
Number of beneficiaries/Participants: 46 Students

A talk on Stress Management of College Girls was organized by department of Psychology on 15/02/2024. Dr. A.B. Patil has chaired the session. Mrs. Kavita Namdev Sonawane, alumni of the department was invited as an expert speaker. The event was aimed to educate students about the psychological aspects of stress, Provide practical coping mechanism.

Madam explained Physiological and Psychological nature of stress and Practical techniques such as Mindfulness, Time Management, Positive Reframing and common examples of stress related to students. Dr. A.B. Patil, introduced the Program and student Ms Aarti Gayakwad was comparer whereas Ashwini Choudhari proposed vote of thanks on behalf of the college. Dr Rani Tripathi has taken efforts for making this event a success.



AB Patil

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



2H66+8F5, Mahatma Gandhi Rd, Pratap Nagar, Jalgaon, Maharashtra 425001, India

Latitude
21.0107322°

Longitude
75.5612218°

Local 10:22:29 AM
GMT 04:52:29 AM

Altitude 14.03 m
Date Thu, 15 Feb 2024

Note : Dr. Annasaheb G. D. Bendale Mahila Mahavidyalaya, Jalgaon.
Topic:- Stress Management.



11-B, Rasal Chambers, Stadium Chowk, opp. Nandini Bai School, Jaikisan Wadi, Jalgaon, Maharashtra 425001, India

Latitude
21.0099763°

Longitude
75.5620581°

Local 10:40:31 AM
GMT 05:10:31 AM

Altitude 224 m
Date Thu, 15 Feb 2024

Note : Dr. Annasaheb G. D. Bendale Mahila Mahavidyalaya, Jalgaon.
Topic:- Stress Management.

15/12/24

दिनांक 15/12/24 रोजी मानसशास्त्र विभागात
 "नणाव व्यवस्थापन" या विषयावर महाविद्यालयात
 माजी विद्यार्थीनी कविता नामदेव सोनवणे
 यांचे व्याख्यान आयोजित करण्यात आले.

दिनांक - 15/12/24

वेळ - स. 90.00

वक्ते - कविता सोनवणे (माजी विद्यार्थीनी)

विषय - नणाव व्यवस्थापन

Sr. No	Student Name	Sign
1]	Sanjana Bharat Chavan	S.B.C.
2]	Dipali Ravindra Sonawane	R.Sonawane
3]	Pradnya Tushar Gajare	P.Gajare
4]	Sonwane Harshada Vijay	Harshada
5]	Mase Harshada Dilip	H.D.Mase
6]	Neha Ravindra Pardeshi	N.Pardeshi
7]	Shruti Rajendra Marathe	S.Marathe
8]	Khushi Deepak Kumar Gupta	Khushi
9]	Neha Dee Digambar Wani	N.Wani
10]	Vaishali Neelias Harshad	V.Harshad
11]	Nikita Suresh Pardeshi	Nikita
12]	Bhagyashri Parvati Tavade	B.P.Tavade
13]	Namrata Ashok Gajkarwad	N.Gajkarwad
14]	Prerona Yuvraj Badgajar	P.Badgajar
15]	Chaitani Manoj Wankhede	C.Wankhede
16]	Mayuri Rajendra Rutthad	M.R.Rutthad
17]	Nikita Ashok Peltit	N.A.Peltit
18]	Vijaya Pramod Deshmukh	V.P.Deshmukh

Sl. No.	Student Name	Sign
191	Abhade Lalita Babur	
192	Sakshi Yogesh Bami	
193	Manshali Kishor Patil	
194	Aarti Jadhav Gajkumar	
195	Ashwini Ratan Chaudhari	
196	Lina Sitaram Durgam	
197	Bhagwati Umesh Umde	
198	Shraddha Jayshree Bhargava	
199	Kirti Anjanabai Mahajan	
200	Shraddha Rajesh Koli	
201	Priya Prakash Saraswat	
202	Ashwin Devdas Sawade	
203	Sakshi Patil	
204	Usharani Ramesh Suptale	
205	Samal Indal Rathod	
206	Asha Sharda Rathod	
207	Manshala Ravindra Mahajan	
208	Nilma Kavindra Mahajan	
209	Bhagwati Prakash Bhokar	
210	Tejaswini Shakti Chavan	
211	Kushi Dinesh Chivastav	
212	Ramni Vilas Sutar	
213	Pooa Anirvan Pagar	
214	Aarti Prathap Jadhav	
215	Bhagwati Sharda Thakare	
216	Sanjana Shakti Chivastav	
217	Uma Mahesh Jadhav	
218	Shraddha Anil Sawade	