



Atul Vidya Mandir Wardha's  
**Rajarshee Shahu Science College**  
Chandur Rly, Dist. Amravati

**Department of Mathematics**

**Session 2020-21**

**Application**

**Date: 27/05/2021**

To

**The Principal,**

Rajarshee Shahu Science College,

Chandur Railway, Dis:-Amravati

Subject: To conduct Workshop on "Stress Management"

Through: IQAC Co-Ordinator, RSSC, Chandur Railway.

Living a life full of tension or stress can be physically and mentally detrimental to our bodies. For enhancing our ability to cope with the pressures in our everyday life. Workshops on stress management can give us the tools, tips and strategies needed to cope with our stressful lives.

With this objectives in mind, our Department of Mathematics, Rajarshee Shahu Science College, Chandur Rly has decided to organize workshop on "Stress Management" on 30<sup>th</sup> May 2021 at 09:00 am. through Zoom platform.

I kindly request you to permit us for the same and grace your presence on this occasion.

Program Time: 09:00 am

Program Venue: Zoom Platform

Thanking You

Dr. R. V. Kene

Head & Assist. Prof.

Department of Mathematics

Rajarshee Shahu Science College, Chandur Rly

**IQAC Co-ordinator**  
Rajarshee Shahu Science College  
Chandur Rly., Dist. Amravati

**Principal**  
Rajarshee Shahu Science College  
Chandur Rly., Dist. Amravati



## राजर्षी शाहू सायन्स कॉलेज ,चांदूर रेल्वे

### नोटीस

प्रिय सहकाऱ्यांनो,

दिवसाच्या शुभेच्छा

ताणतणाव शरीराच्या काही घटनांना मिळालेला नैसर्गिक प्रतिसाद आहे ज्यामुळे आपण परिस्थितीचा सामना करण्यास अक्षम्य आणि असमर्थ होतो. तणाव किंवा तणावाने पूर्ण आयुष्य जगणे आपल्या शरीरासाठी शारीरिक आणि मानसिक हानिकारक असू शकते. आपल्या दैनंदिन जीवनात असलेल्या दबावांचा सामना करण्याची आपली क्षमता वाढविण्यासाठी. ताणतणाव व्यवस्थापनावरील कार्यशाळा आपल्याला आपल्या तणावग्रस्त जीवनास सामोरे जाण्यासाठी आवश्यक साधने, टिपा आणि रणनीती देऊ शकतात . ही उद्दिष्टे लक्षात घेऊन

गणित विभाग, राजर्षी शाहू विज्ञान महाविद्यालय, चांदूर रेल्वे तर्फे दिनांक 30 मे 2021 रोजी सकाळी 9.00 वाजता झूम प्लेटफॉर्म द्वारे "ताणतणाव व्यवस्थापन" या विषयावर कार्यशाळेचे आयोजन केले आहे. तरी सर्वांनी खाली दिलेल्या लिंक वर रजिस्ट्रेशन करून या कार्यशाळेला उपस्थित रहावे ही विनंती. या कार्यशाळेमध्ये आपले नातेवाइक पण सहभागी होऊ शकतात.

रजिस्ट्रेशनलिंक:

[https://docs.google.com/forms/d/e/1FAIpQLSf1A4XiiMPrg\\_XQffQF3OPalFqJGWb7rA4AKfkemt\\_s3-aNVXQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSf1A4XiiMPrg_XQffQF3OPalFqJGWb7rA4AKfkemt_s3-aNVXQ/viewform?usp=sf_link)

खालील झूम लिंक वरून तुम्ही कार्यशाळेत सहभागी होऊ शकाल

झूम लिंक : <https://omshanti.zoom.us/j/91023834348>

Meeting ID: 91023834348

NO Password required.

कु. ममता स .पळसपगार,

सह संयोजक

डॉ. रेखा व्ही. केने

संयोजक

डॉ. मिनल जे . केचे

आयक्यूएसी समन्वयक

डॉ. एस. एस. ठाकरे

प्राचार्य, राजर्षी शाहू विज्ञान महाविद्यालय, चांदूर रेल्वे





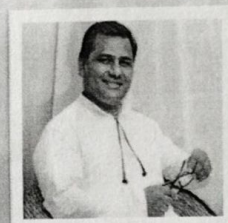
Atul Vidya Mandir Wardha's  
**Rajarshee Shahu Science College, Chandur Rly**

Dist.:- Amravati (M.H.)

NAAC Accredited with "B<sup>+</sup>" Grade



### Resource Persons



Department of Mathematics Organize B K Ashwini Didi

B K Pramod Bhai

Brahmakumaris, Amravati

A Workshop on

## *Stress Management*

# May 30, 2021

On Zoom Platform

### Organizers

Time: - 09:00 am



Ms. M.S. Palaspagar  
Co-convener



Dr. R.V. Kene  
Convener



Dr. M.J. Keche  
IQAC, Coordinator



Dr. S.S. Thakare  
Principal, RSSC, Chandur Rly





Atul Vidya Mandir Wardha's  
**Rajarshee Shahu Science College**  
Chandur Rly, Dist. Amravati

**Department of Mathematics**

**Session 2020-21**

**Activity Report**

**Workshop on "Stress Management"**

Name of Activity	Workshop on "Stress Management"
Day & Date	30/05/2021
Time & Venue	09:00am on Zoom Platform
Targeted Audience	Teaching and Non Teaching Staff
Objective of the Activity	<ul style="list-style-type: none"><li>• Develop a definition of stress.</li><li>• Distinguish between good stress/bad stress</li><li>• Identify the primary source of stress</li><li>• Define and use mediators to interpret stressors</li><li>• Describe the mind/body connection</li></ul>

**Briefing of activity**

**Workshop on "Stress Management"**

This statement holds very true in today's scenario where everyone is in constant bafflement and riddles, where every moment is a testing moment and where running hands of the clock reminds us that we have to run and bear the loads of responsibilities and live upto the expectations of everyone around. All these situations create and lead to stress and strain in life. In order to help the teaching and non-teaching to learn to cope with the stress which they face in classrooms or at personal fronts, one day workshop on "Stress Management" was held on 30<sup>th</sup> May 2021 at 09:00 am through Zoom Platform by a renowned resource person B.K.Ashwinididi and B.K. Pramod Bhai.

The main highlights of the workshop were – workshop was arranged in two session. For first session resource person was B.K.Ashwinididi. She explained that we can not change the others. we should have to change ourselves. She explained about various types of stress faced by teenagers, stress relaxation therapy that could be followed and different stress management techniques. She also explained that "Stress can be good or bad, it is our attitude how we tackle with it". Answering to the queries of the teachers, she mentioned that it is very important



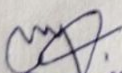
to vent out the feelings in front of the person who could give them the best guidance instead of keeping the knots in the mind. For the second session resource person was B.K.Pramod Bhai. He guided about the Guided Meditation and explained that how guided meditation is helpful in relaxing body and mind. He also demonstrated the Guided Meditation and because of this guided meditation, everyone present experienced a relaxed body and mind.

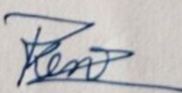
Addressing the gathering, Principal Dr.S.S.Thakare said that, stress and anxiety are an integral part of human nature and it is imperative to know how to deal with it and ultimately overcome it.

Near about more than 53 participants were registered for this workshop and 30 to 40 participants were present for this online workshop on "Stress Management". The workshop was host by Dr.R.V.Kene, Head Department of Mathematics and vote of thanks was proposed by Ms.M.S.Palaspagar.

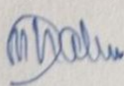
The workshop concluded with a big smile on the faces of all staff and with a promise to deal with stress in a positive way.

Registration link	<a href="https://docs.google.com/forms/d/e/1FAIpQLSf1A4XiiMPrg_XQffQF3OPalFqJGWb7rA4AKfkemts3-aNVXQ/viewform?usp=sf_link">https://docs.google.com/forms/d/e/1FAIpQLSf1A4XiiMPrg_XQffQF3OPalFqJGWb7rA4AKfkemts3-aNVXQ/viewform?usp=sf_link</a>
Activity Outcomes	<ul style="list-style-type: none"> <li>• Identified the costs and benefits of dealing with stress.</li> <li>• Defined what stress is and started to recognize the signs of stress.</li> <li>• Tried out some personal stress management strategies and techniques.</li> <li>• Recognized the legal obligation of the employer and reduced work-related stress.</li> <li>• Reviewed the main work areas that can lead to stress and identified ways to address work-related stress throughout the organization.</li> </ul>
Remark from Head	The workshop was very well organized and all the objectives were fulfilled.
Feedback link	<a href="https://docs.google.com/forms/d/10nHiGTNbHUOvli8Hf4oitgs5AOEGr7SdqKqLEKnBO1I/edit?usp=drivesdk">https://docs.google.com/forms/d/10nHiGTNbHUOvli8Hf4oitgs5AOEGr7SdqKqLEKnBO1I/edit?usp=drivesdk</a>
Recording Link of Workshop	<a href="https://drive.google.com/file/d/1pj4xTD_8NfS5XD0njvshBe8gVn1uJZGC/view?usp=sharing">https://drive.google.com/file/d/1pj4xTD_8NfS5XD0njvshBe8gVn1uJZGC/view?usp=sharing</a>

  
**IQAC Co-ordinator**  
 Rajarshree Shahu Science College  
 Chandur Rly., Dist. Amravati

  
**Dr. R.V.Kene**

**Head, Department of Mathematics**

  
**Principal**  
 Rajarshree Shahu Science College  
 Chandur Rly., Dist. Amravati



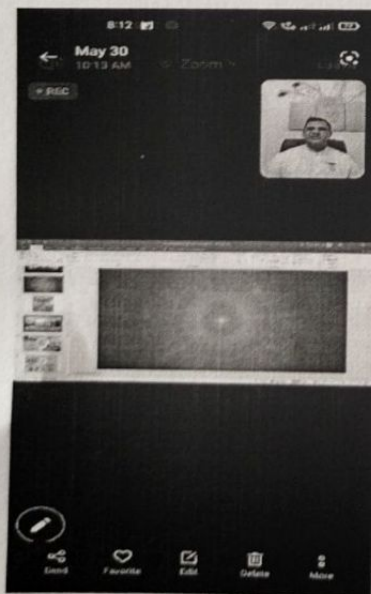
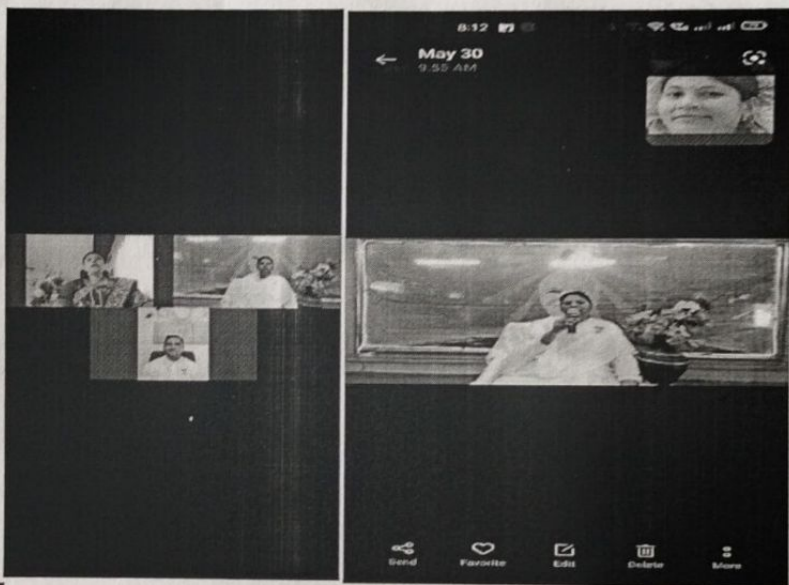


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**Screenshots of Workshop on Stress Management**





Atul Vidya Mandir, Wardha's

## **Rajarshee Shahu Science and Atul Jagtap Arts Junior College**

Virul Road, Chandur Rly, Dist. Amravati PIN - 444 904

(Index No. : 0204010 UDis No. : 27070701019)

PRESIDENT  
Prof. Mrs. Uttaratai V. Jagtap

SECRETARY  
Prof. Virendrabhau W. Jagtap

PRINCIPAL  
Dr. Suresh S. Thakare

Website : [www.rssc.edu.in](http://www.rssc.edu.in) | Email : [rajarsheeshahucollege@rediffmail.com](mailto:rajarsheeshahucollege@rediffmail.com) | [rsscprincipal@gmail.com](mailto:rsscprincipal@gmail.com) | ☎ (Office) 07222-254111

### **Invitation Letter**

Date: 28/05/2021

To

B.K. Ashwini Didi

Brahm Kumari Centre, Amravati

#### **Sub- Invitation letter as a guest speaker in Workshop**

Respected Madam,

Stress is a workplace reality that results from many different sources including but not limited to individual, work, extra and intra organizational attempts at achieving goals. Stress can lead to problems at the individual, work, and organizational levels; and also causes health problems, social and family disruptions. It is an honour to be able to invite you to be a Guest Speaker for a talk on "Stress Management" as we are aware of your contribution to this field. On your consent on telephone, your speech is organized on 30<sup>th</sup> May 2021 at 9.00 am. You are invited and requested to join this programme on the afford say date and time. We look forward for your speech on "Stress Management" which will be beneficial to our staff and students.

Thanking You.

Yours Sincerely,

Principal

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Brahm Kumari Centre, Amravati

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Website : [www.rssc.edu.in](http://www.rssc.edu.in) | Email : [rajarsheeshahucollege@rediffmail.com](mailto:rajarsheeshahucollege@rediffmail.com) | [rsscprincipal@gmail.com](mailto:rsscprincipal@gmail.com) | ☎ (Office) 07222-254111

Date: 01/06/2021

### *Thanks Letter*

To

B.K.Pramod Bhai

Brahm Kumari Centre, Amravati

### **Sub- Thanks letter**

Dear Sir,

I thank you from the bottom of my heart for taking time from your busy schedule to be the guest speaker at our workshop. Your presence and peace words helped magnify our cause in the best possible way. Our workshop was a huge success. All thanks to your enlightening words that inspired so many people out there. It was a great pleasure to listen to your words and learn so much from it. I take this opportunity to thank you on behalf of our entire administration and students who were captivated by your talk.

Thanking You.

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Date: 01/06/2021

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Chandur Rly, Distt. Amravati



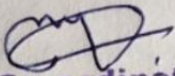
# Registration responses of Workshop

Timestamp	Username	Name of the Participant	Designation
2021/05/27 10:20:11	ashish.bansod	Dr.Ashish Damodarrao Bansod	Assistant Prc
2021/05/27 11:41:11	manoj.waghmare	Manoj P. Waghmare	Librarian
2021/05/27 11:45:11	ashwin.pachkaw	Dr. Ashwin Prabhakarrrao Pachkaw	Assistant prc
2021/05/27 11:50:11	draparnapatil	Dr.Aparna. A. Patil	Asst.Prof.
2021/05/27 11:56:11	astroindialal	Dr Rekha Daware	Doctor
2021/05/27 12:01:11	sanghpal.pa	Dr. Sanghapal Sudhakar Padhen	Assistant Prc
2021/05/27 12:06:11	vaishnavi.pa	Ku. Vaishnavi Gajanan Panchabudd	Student
2021/05/27 12:06:11	usharaut201	Usha Raut	Housewife
2021/05/27 12:09:11	rutujanihatkar	Rutuja Avinash Nihatkar	B.sc III rd year
2021/05/27 12:21:11	roshani.bhagat	Dr. Roshani Bhagat	Asst. Prof
2021/05/27 12:23:11	sakshi.girolkar	Sakshi Dinesh Girolkar	Student
2021/05/27 12:33:11	korpeasha5	Asha korpe	Housewife
2021/05/27 12:47:11	yash.bajaj@	Yash bajaj	Yash bajaj
2021/05/27 12:59:11	prajaktagawande	Prajakta Gawande	Doctor
2021/05/27 1:19:01	aslam.khan	Aslam Khan	Director of P
2021/05/27 2:19:11	bsdongre38	Bapurao Sahadeo Dongre	Assistant prc
2021/05/27 2:20:11	rekha.korpe	Dr.Rekha V.Kene	Assistant Prc
2021/05/27 2:22:41	thakarenitin	Nitin D.Thakare	jr.lecturer
2021/05/27 3:11:01	sampada.pa	Dr. Sampada P Patharkar	Assistant Prc
2021/05/27 3:24:11	komal.saw@	Komal sav	Mathematic
2021/05/27 4:08:21	dipalikorpe7	Diwali m. Korpe	Akola
2021/05/27 6:10:11	nareshingale	Dr.Naresh Shankarrao Ingale	Assistant Prc
2021/05/27 8:33:11	jumle.ravi@	Dr Ravi M Jumle	Professor
2021/05/27 8:36:01	jumle.ravi@	Dr Ravi M Jumle	Professor
2021/05/28 11:35:11	raksha.pali@	Raksha Ramlal pali	Lecturer
2021/05/29 8:14:41	bharatnagar	Mr.Bharat Raghunath Nagare	Assistant Prc
2021/05/29 8:17:11	raksha.pali@	Raksha Ramlal pali	Lecturer
2021/05/29 8:17:41	pravin.sarda	Pravin Rambhau Sardar	Assistant prc
2021/05/29 8:20:01	sontakkepa	Pawan N Sontakke	Teacher
2021/05/29 8:26:31	yadaosolanke	Prof. Yadao S. Solanke	Professor
2021/05/29 9:01:51	ashwin.pachkaw	Dr. Ashwin Prabhakarrrao Pachkaw	Assistant prc
2021/05/29 9:05:11	ashwinarang	Dr. Ashwina Nilkanth Rangari	Assistant prc
2021/05/29 9:14:01	vasantjadha	VASANT D JADHAO	Assistant prc
2021/05/29 10:09:11	aakanksha.t	Aakanksha Vinodrao Tupat	Assistant Prc
2021/05/29 11:33:11	ankgot@gm	ANKUSH FAKIRA GOTARKAR	Assistant Prc
2021/05/29 12:28:11	manoharing	Manohar N.Ingle	knowledge k
2021/05/29 6:19:11	maheshchik	Dr Mahesh P. Chikhale	Assistant prc
2021/05/29 7:13:01	ankita.cham	Ankita S. Chambatkar	Student
2021/05/29 7:27:51	sunil.ambat	Sunil Ambatkar	Laboratory A
2021/05/29 7:44:01	gajanan.san	Dr.Gajanan Baburao Santape	Rajarshee Sh
2021/05/29 7:54:41	achal.yadav	Achal yadav	Student
2021/05/29 8:27:41	yash.bajaj@	Yash bajaj	Yash bajaj
2021/05/29 8:39:31	harshal.mes	Harshal meshram	Student
2021/05/29 8:46:31	pratiksha.m	Pratiksha premdas meshram	No
2021/05/29 7:06:41	ingaleamol0	Amol Namdero ingale	Lab Attenda
2021/05/30 7:10:31	manjeri.chn	Manjeri rajendra chanwtkar	Student
2021/05/30 7:19:01	suraj.virulka	Suraj santosh virulkar	Student
2021/05/30 7:27:11	harshadhagi	Harsha Ramesh Dhage	Bsc 2 nd y st

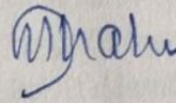


2021/05/30 7:29:46 ppawale737 Ku.Priyanka Rajendra pawale  
2021/05/30 7:32:58 sakshi.girolk Sakshi Dinesh Girolkar  
2021/05/30 7:34:31 pooja.borka Ku.Pooja Dhanraj Borkar  
2021/05/30 7:31:31 bharatnagar Mr.Bharat Raghunath Nagare  
2021/05/30 8:46:51 astroindialal Dr rekha daware  
2021/05/30 8:50 ar amol.thakar Dr Amol Thakare

Student  
Student  
Student  
Assistant Pro  
Homoeopath  
Asst Profess



**IQAC Co-ordinator**  
Rajarshee Shahu Science College  
Chandur Rly., Dist. Amravati

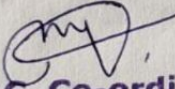


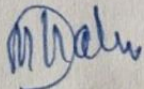
**Principal**  
Rajarshee Shahu Science College  
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## Feedback responses

How do yo	How do yo	Please rate	How would	Overall, ho	Any suggestions.
Excellent	Very good	Excellent	Excellent	Very satisfi	It's very knowledgeable too us In aur daily life
Excellent	Very good	Very good	Very good	Poor satisfi	Thanks sir
Good	Excellent	Good	Very good	Very satisfi	No suggestions
Very good	Very good	Very good	Very good	Satisfied	No
Excellent	Excellent	Excellent	Excellent	Very satisfi	Thank You
Very good	Excellent	Fair	Excellent	Very satisfi	no
Excellent	Excellent	Excellent	Excellent	Very satisfi	No
Good	Very good	Good	Good	Satisfied	No
Excellent	Very good	Excellent	Very good	Satisfied	Nothing
Excellent	Excellent	Very good	Excellent	Satisfied	No
Very good	Excellent	Excellent	Very good	Very satisfi	No
Very good	Excellent	Excellent	Excellent	Very satisfi	Solve difficultis
Very good	Excellent	Very good	Good	Satisfied	No
Very good	Good	Good	Good	Very satisfi	No
Good	Excellent	Very good	Good	Satisfied	No
Very good	Very good	Very good	Very good	Satisfied	Very nice webinar..
Good	Excellent	Very good	Excellent	Satisfied	No
Good	Very good	Good	Very good	Satisfied	7.8E+09

  
**IQAC Co-ordinator**  
 Rajarshee Shahu Science College  
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