



Shri Narayanrao Babasaheb Education Society's

## SHRI VENKATESH MAHAVIDYALAYA, ICHALKARANJI

### EVENT REPORT-2022-23

Name of the Event	The guest lecture on stress management and Procrastination
Objectives of the Event	To create the health awareness among the girls students.
Organising Committee/ Department/Association	Girls Forum
Collaborating Organization( if any)	Internal Complaint Committee
Day and Date	Thursday 13-10-2022
Time:	10 . 30 a.m to 12.00 p.m
Teacher in Charge	Dr. S.H Ambawade
Name of the Invitee	Shri Ajinkya Godase

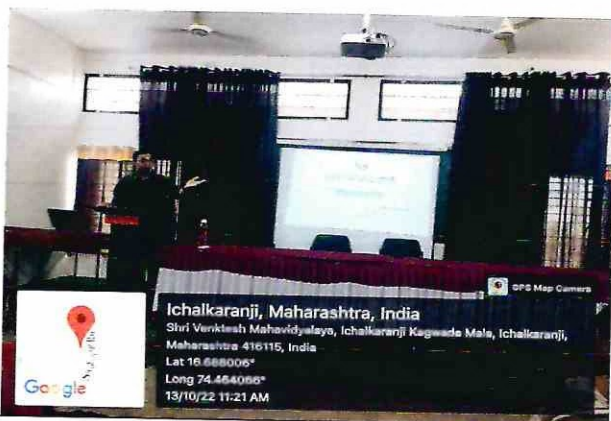
#### Detail Report:

The guest lecture on stress management and Procrastination organized on 13-10-2022. This programme was organized under the MOU with shri Samarth Computer and Rotary club of Ichalkaranji. The programme was organized on behalf of girl's forum and Internal Complaint Committee. Total 98 students were attended the programme. Dr.S.H.Ambawade introduced about the programme and guest. She explained the objectives of the programme. She said that the programme organized with an intention to know how to manage the stress. Because the Stress management offers a range of strategies to help you better deal with stress and difficulty in your life. Managing stress can help you lead a more balanced, healthier life. Stress is an automatic physical, mental and emotional response to a challenging event. It's a normal part of everyone's life. The chief guest Shri Ajinkya Godase focused on the following points regarding stress management .He expressed the Stress management approaches. He said that to manage your stress you have to develop the Learning skills such as problem-solving, prioritizing tasks and time management, Enhance your ability to cope with adversity,



Practice about the relaxation techniques such as deep breathing, yoga, meditation, exercise and prayer, improve your personal relationships. You can made capable to analyze the correct and wrong thoughts. Our principal Dr. V.A.Mane focused on the following points in the presidential speech that, Time management is a way to find the time for all the things you want and need to do. It helps you decide which things are urgent and which can wait. Learning how to manage your time, activities, and commitments can be hard. But doing so can make your life easier, less stressful, and more meaningful. Stress symptoms may affect your body, your thoughts and feelings, and your behavior. Miss M.S.Anchaliya proposed the vote of thanks.

### Photographs



Sign of Teacher in Charge:

Sign of the Principal  
**PRINCIPAL,**  
Shri Venkatesh Mahavidyalaya,  
ICHALKARANJI - 416 115.