

Activity Report
Of
Expert Talk
On
"Stress Management
with respect to
Exam and/or Campus stay"



Organized by ,
Sandip Foundation's
Sandip Institute of Technology and Research Center
Womens' Grivance Committee

Date :28th February 2015

Aim: To Motivate the students for Stress management during examination period and campus stay

Name of the Program: "Stress Management with respect to Exam and/or Campus stay"

Venue: Venue: Computer Seminar Hall

Time: 3pm to 5pm

Organised By: Sandip Foundation Nashik.

Conducted By: Members of Womens' Grivance Committee

Name of the resource Person:

1. Mr. Rasal Pundlik, Principal, K.G.D.M. Arts Comm. Science, College, Niphad
2. Dr. S. T. Gandhe, Pricipal, SITRC, Nashik
3. Mrs. G. M. Phade, HOD E&TC Department, SITRC, Nashik

Audience: FE, SE Students and Sandip Foundation's Staff

Deatils of Events:

Sandip Foundation Sandip Institute of Technology & Research Centre, Nashik has organized a guest lecture on "Stress Management with respect to exam and/or campus stay". For this lecture, the speaker was Mr. Pundlik Rasal, Psychologist, Principal, K.G.D.M. Arts Comm. Science, College, Niphad . Mrs. G. M. Phade, HOD E&TC Department, SITRC, Nashik introduced the speaker and mentioned the significance of organizing this kind of event in college campus. Mr. Pundlik Rasal started with experience of his own throught his dynamic career. He discussed the ways to overcome the stress. He focused on the coping strategies to combat stress. According to him, part of dealing with stress was to give importance to the three Fs - Faith, Family and Friends, which can become our support system in stress. He also focused upon the importance of concentration in studies. Expert explicitly described the main origins of stress among students across the globe which eventually causes degradataion of their overall health, both the mental & physical one. He demonstrated the key strategies to handle stress and the means to have a stressless life style by some very simple but effective practices that can be mastered in everyday life. In the second pahse of his lecture, Mr. Rasal Pundlik emphasized on the stress resulting from campus stay among the students. Afterwards, Prof. (Dr.) S. T. Gandhe, Pricipal, SITRC, Nashik, focused on the importance of students' work-life balance in both their academic & personal life style and role of Sandip Foundation towards achieving that. After that, end of the programme was declared with a vote of thanks and National Anthem.

Event Photos

