

Rayat Shikshan Sanstha's

Arts, Science and Commerce College Ramanandnagar (Burli)

Report of

One day workshop of "Stress Management: Stop Stressing, Start Living." programme for teaching faculty and non teaching staff. Organized by Department of Library with IQAC on Friday 22nd January 2021.

The department of Library and IQAC of the college had organized a one day workshop on "Stress Management: Stop Stressing, Start Living." programme for teaching faculty and non teaching staff" for the teaching and non teaching faculty of the college on Friday 22nd January 2021. The resource person for the workshop was Dr. Madhumita P. Raut M.D. Psychiarty, Govt Medical College, Miraj. The program was inaugurated by Hon. Principal Dr. L. D. Kadam with a tribute to the founder of institution Padmabhushan Dr. Karmaveer Bhaurao Patil and Late Shree Patangrao ji Kadam." Dr. Namita P. Patil Librarian gave welcome address and introduction of resource persons.

The purpose to organize the workshop was to create awareness about the identification of stress and the methods to cope up the stress. Resource person Dr. Madhumita P. Raut gave knowledgeable information about stress management.

The session one was delt on How to recognize the sign and symptoms of stress by the faculty, the impact of stress on the physiology of faculties (B.P. and Diabities), she also discussed in details about the effects of tobacco, alcohol and durgs (i.e) Bio-Psychological disorders.

The session second was delt on How to cope up with the stress (i.e.) 1) By Muscle relaxation 2) Meditation 3) Listening to music etc. 4) Practice to yoga Principal Dr. L.D. Kadam in his presidential speech explained about maintaining the mental peace during the working hour. Ms. Sneha Wagh did anchoring, Mr. Kone D.M. delivered vote of thanks.

Outcome of Workshop

- Gained knowledge and awareness to handle stress.
- Learn to manage stress and fear of workplace.

Beneficiaries

Total no. of Teaching Faculty- 44
Total no. of Non Teaching Staff - 15


LIBRARIAN,
Arts, Science & Commerce College,
Ramanandnagar (Burli), Tal. Palus, Dist. Sangli.

Programme Co-Ordinator
Dr. N. P. Patil




PRINCIPAL,
Arts, Science & Commerce College,
Ramanandnagar (Burli), Tal. Palus, Dist. Sangli.

Principal
Dr. L.D. Kadam

Photos of One day workshop of “Stress Management: Stop Stressing, Start Living.” programme for teaching faculty and non teaching staff. On Friday 22nd January 2021



Latitude: 17.076769
Longitude: 74.419037
Accuracy: 1800.0 m
Time: 22-01-2021 14:49
Note: "Stress Management: Stop stressing, start living"

Powered by NoteCam



Latitude: 17.076769
Longitude: 74.419037
Accuracy: 1800.0 m
Time: 22-01-2021 14:54
Note: "Stress Management: Stop stressing, start living"

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Hon. Principal Dr. L. D. Kadam has did workshop inauguration

Dr.Namita P. Patil Librarian gave introduction of resource persons.



Latitude: 17.078502
Longitude: 74.420035
Elevation: 569.26 m
Accuracy: 47.2 m
Time: 22-01-2021 14:51
Note: "Stress Management: Stop stressing, start living"

Powered by NoteCam



Latitude: 17.078204
Longitude: 74.419037
Accuracy: 500.0 m
Time: 22-01-2021 15:10
Note: "Stress Management: Stop stressing, start living"

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Principal Dr. L.D. Kadam has welcome the resource person

Resource Person Dr.Madhumita Raut has delivered knowledgeable information about stress management.



Latitude: 17.076769
Longitude: 74.419037
Accuracy: 1800.0 m
Time: 22-01-2021 16:30
Note: "Stress Management: Stop stressing, start living"

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Latitude: 17.076769
Longitude: 74.419037
Accuracy: 1800.0 m

Principal Dr. L.D. Kadam gave presidential speech

Teaching and Non Teaching faculty had involve in the workshop