

Organises

Mental Health Awareness Month

Lecture on - Stress Management

Speaker - Dr. Anand Anuse







Time -2.30 to 4pm

Date - 24th May 2023

Venue- E2 wing, 5th floor Bharati Vidyapeeth,

Medical college and Hospital, Sangli



CIRCULAR

BVDU, School of Physiotherapy Sangli, is conducting a Guest Lecture for Students on **STRESS MANAGEMENT**

Attendance is compulsory for all the Staff and Students.

Day and Date: Wednesday and 24/05 /2023

Venue: E2 Wing, 5th Floor, School of Physiotherapy

Time: 2:30pm to 4:00pm

Copy to

- 1. Hon. Regional Director, B.V.(D.U.), Sangli
- 2. Dean, B.V (D.U.) M.C.H, Sangli
- 3.Dy. Dean, B.V (D.U.) M.C.H., Sangli
- 4. Medical Superintendent, B.V (D.U.) M.C.H., Sangli
- 5. Dy. Medical Superintendent, B.V (D.U.) M.C.H., Sangli.
- 6. All Notice Boards (College and Department)



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Bharati Vidyapeeth
(Deemed to be University)
School of Physiotherapy,
Sangli - 416 416.

Address: Sangli – Miraj Road Sangli – 416 416, Maharashtra Tel No.: 0233-2601593/94/95 Ext.No. 228, 269 Email: sopt.sangli@bharatividyapeeth.edu Website: http://soptsangli.bharatividyapeeth.edu



ACTIVITY REPORT

Title of program/event/course/activity	Lecture on stress management
Objective/s of program	To educate students about different ways to manage stress in day to day life
Date and Time of program	24/5/2023; 2: 30 pm- 4 pm
Venue	BVDU Hospital , Sangli 4 th Floor, E2 wing
Organized by	Bharati Vidyapeeth (Deemed To Be University)School Of Physiotherapy, Sangli
If organized in collaboration, name of external institute/body/agency/hospital	Nil
Program approved by Dean/Principal/HOD/University	Dr. Sneha V. Katke (Principal)
Name of Program Co-ordinator	Dr. Tejaswi Varute (Assistant professor)
Name of Supporting staff	-
Name of Speaker/ Guest speaker	Dr. Anand Anuse (Consultant Psychiatrist)
Vote of thanks presented by	Dr. Tejaswi Varute (Assistant professor)
Photograph/video available	Yes (photograph)
Nature of photo submission [Hard/soft copy]	Hard and Soft copy
No. of Participants / Volunteers	88
No. of Beneficiaries	8

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Brief about the program/ activity/event:

On the occasion of Mental health awareness week, Bharati Vidyapeeth (Deemed To Be University)School Of Physiotherapy, Sangli had organised a guest lecture on "Stress Management" on 24/5/2023 at BVDU Hospital, Sangli4th Floor, E2 wing from 2: 30 pm-4 pm. The speaker of the guest lecture was Dr. Anand Anuse (Consultant Psychiatrist) working at Bharati Vidyapeeth Medical college and hospital, Sangli. The aim of the lecture was to educate students about different ways to manage stress in day to day life. The lecture covered topics including the how to diagnose stress, how to avoid incorrect methods of stress management, and practical methods of overcoming stress.

The vote of thanks was presented by Dr. Tejaswi Varute (Assistant professor).

Total of 88 students and 8 staff attended the lecture.

The activity was successfully conducted with the support of Dr. Sneha Katke (Principal, BVDU, School of Physiotherapy, Sangli).

*Please tick the Criterion for the activity:

Criterion I	Criterion II	Criterion III	Criterion IV
Criterion V	Criterion VI	Criterion VII	Link

Q.

Program co-ordinator

School of Physiotherapy Sangli.

PRINCIPAL
Bharati Vidyapeeth
(Deemed to be University)
School of Physiotherapy,
Sangli - 4/6 416.

Principal

2

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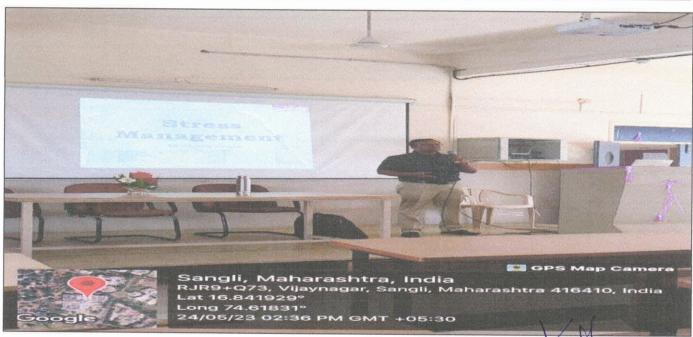
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Stress Management





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ATTENDANCE SHEET

ACTIVITY: L'esture on DATE: 24/5/2023

Stress	management
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19)	Sohom Gurav Vaishnavi Patil	Scruraw's
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22)	Posja Lotkas	Profess.
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Sangli - 416 416.



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ATTENDANCE SHEET

ACTIVITY: STRESS MANAGEMENT DATE: 24 8 2023

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Sangli - 416 416.



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ATTENDANCE SHEET
ACTIVITY: Stiess management lectore: 24-05-2023

SR. NO.	NAME OF THE PARTICIPANTS	SIGNATURE
1.	DR. SACHIN SHETTI	Capel
2.	DR. SHEETAL SWAMY	warmy
3,	Dr. SAPNA KHOT	apua
4.	Dr. TEJASWI VARUTE.	
<u> </u>	Dr. Rutinja phadre	96
6.	Dr. Anuja khadilkar	gaz.
7.	Dr. Aishinarua Wayadande	Parayadande
8.	Dr. Amruta Bajanti	Rajanthi,
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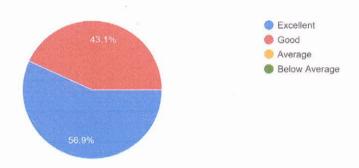


Name of the event: Lecture on Stress Management

Date: 24/05/2023

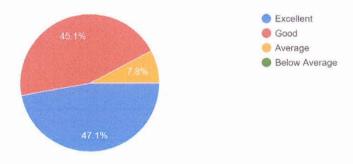
1. How would you rate the overview of the event/camp/lecture.

51 responses



2. How would you rate the interaction between you and the Speaker.

51 responses

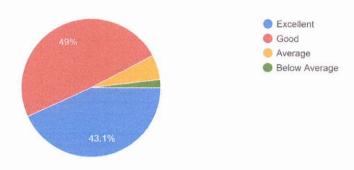


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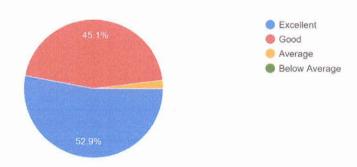


3. How would you rate the arrangements of the event/camp/lecture 51 responses

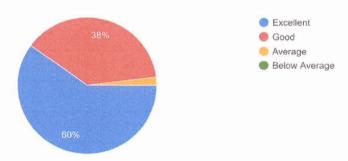


4. How would you rate the success of the event

51 responses



5. How would you rate the content & quality of event /camp/ lecture $50 \ \mbox{responses}$



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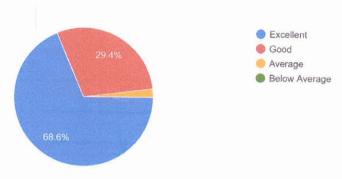
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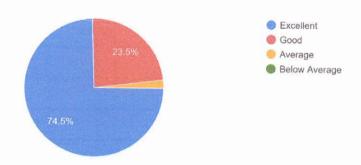




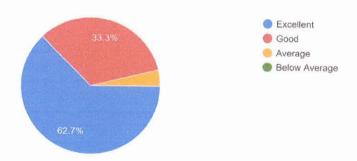
6. How would you rate queries answered by the Speaker 51 responses



7. How would you rate the preparations of the Speaker 51 responses



8.How would you rate the knowledge obtained from event/camp/lecture 51 responses



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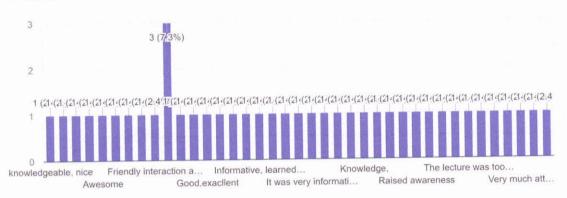
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9.Please write three words /expressions which describe event/camp/lecture for you 41 responses



10. If any suggestions(please specify)20 responses

No

None

No

Nothing

Need to spread more awareness among the citizens related to this topic

Need to spread more awareness among the citizens on this topic.

No suggestions

Good

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