



BHARATI VIDYAPEETH (Deemed to be University)
SCHOOL OF PHYSIOTHERAPY, SANGLI

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



BHARATI VIDYAPEETH(Deemed to be university)
SCHOOL OF PHYSIOTHERAPY, 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)




Dr. Sneha Katke
PRINCIPAL
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
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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, Sangli 4th 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

Program co-ordinator



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Principal

2

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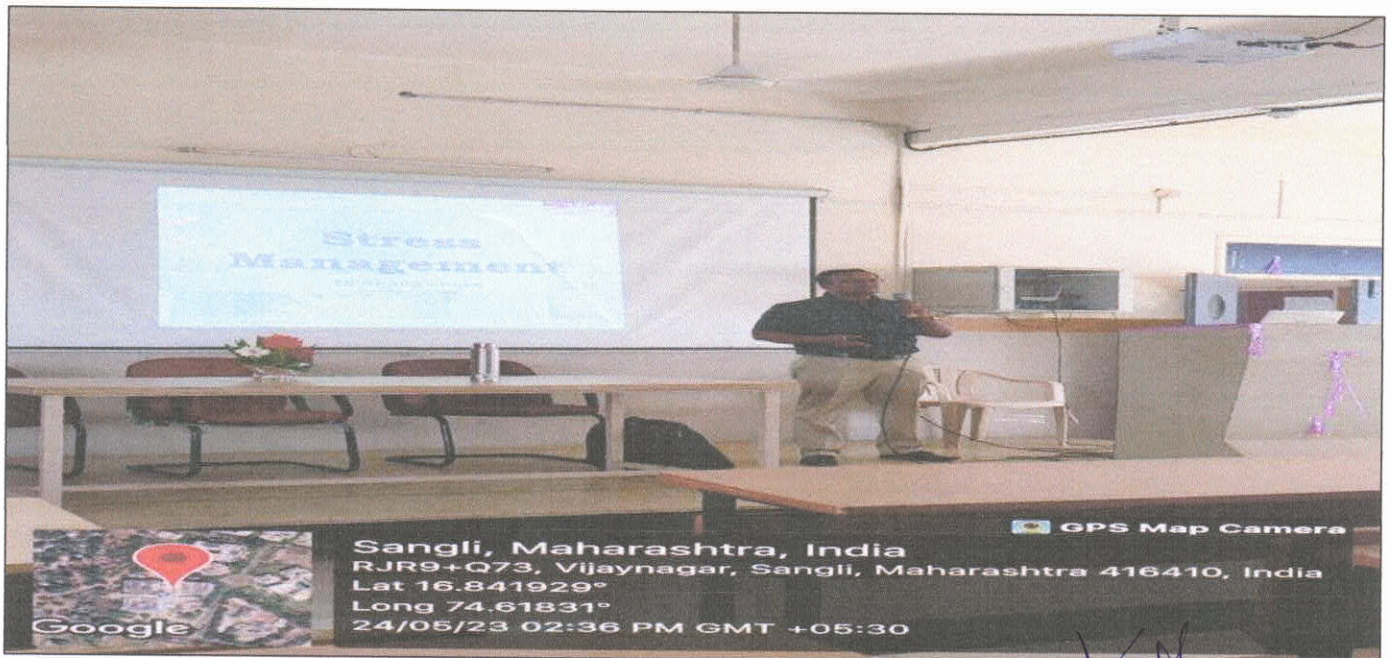
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SCHOOL OF PHYSIOTHERAPY, SANGLI

Stress Management

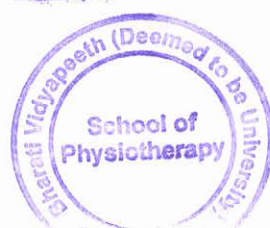


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ATTENDANCE SHEET

ACTIVITY: Lecture on
stress management

DATE: 24/5/2023

SR. NO.	NAME OF THE PARTICIPANTS	SIGNATURE
1)	Sarthak Kulkarni	
2)	Harshad Gajannavar.	
3)	Shubhangi Potdar	
4)	Fatima Parkar	
5)	Giouina S. Jadhav	
6)	sonika S. Mane	
7)	Harshwardhan Jagdale	
8)	Moin Mushrif	
9)	Payal Narwade	
10)	Tarvi S. Jadhav	
11)	Shubham R. Pawar	
12)	Nirjaza V. Deshi	
13)	Hrishita Madhwal.	
14)	Krant. Mane	
15)	Sharvati Kadam	
16)	Sujeer Kumble	
17)	Palyanshu fuzalkar	
18)	Jaykumar Mohite	
19)	Soham Gurav	
20)	Vaishnavi Patil	
21)	Pooja Parit.	
22)	Pooja Lotkar	
23)	Sakshi Pawar	
24)	Tanisha Shah	
25)	Riddhi patil	
26)	Aditi munde	
27)	sakshi Suryawanshi	
28)	Aryan Deshpande	
29)	Abdur Rahim Khan	
30)	Amina Nadim Bangi	



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ATTENDANCE SHEET

ACTIVITY: STRESS MANAGEMENT

DATE: 24/5/2023

SR. NO.	NAME OF THE PARTICIPANTS	SIGNATURE
1	Manjisi Mane	<u>Mane</u>
2	Rebecca D. Mahapure	<u>Rebecca</u>
3	Rajkumara Charan	<u>RCharan</u>
4	Sakshi S. Mohite	<u>Mohite</u>
5	Ishwari Mahesh Chotho	<u>imchotho</u>
6	Neha Pravin chovan	<u>Nchovan</u>
7	Sana Pirjade	<u>Sana</u>
8	Samruddhi Charan	<u>Scharan</u>
9	Crawrav Mangale	<u>Crawrav</u>
10	Aftab H. Agasani	<u>Aftab</u>
11	Purnima Mahesh Shinde	<u>Purnima</u>
12	Ayush .kale	<u>Akale</u>
13	Sanket .Bhosale	<u>Sanket</u>
14	Sneha .Aapte	<u>Sneha</u>
15	Shravani . S.Gurav	<u>Shravani</u>
16	Maheshwari Patil	<u>Maheshwari</u>
17	Anisha Lanjekar	<u>Anisha</u>
18	Meunali Mohite	<u>Meunali</u>
19	Sakshi Mulik	<u>Sakshi</u>
20	Isha Sahil Shah	<u>Ishah</u>
21	Tanuja Kalsule	<u>Tanuja</u>
22	Hindali Seelkar	<u>Hindali</u>
23	Akanksha Pansel	<u>Akanksha</u>
24	Purnima Shinde	<u>Purnima</u>
25	Kushagrah Bahane	<u>Kushagrah</u>
26	Swasti Kure	<u>Swasti</u>
27	Shivendra Patil	<u>Shivendra</u>
28	Vishwatej Patil	<u>Vishwatej</u>
29	Prem Patil	<u>Prem</u>
30	Sanskuti Kamble	<u>Sanskuti</u>

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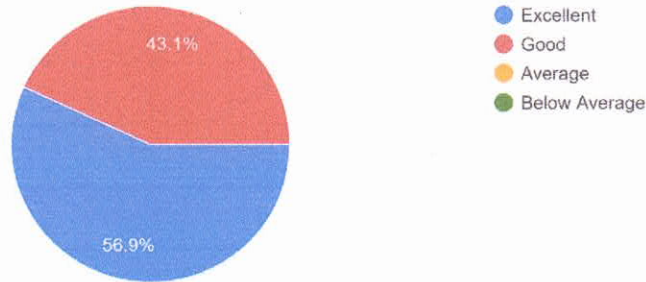
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Name of the event: Lecture on Stress Management

Date: 24/05/2023

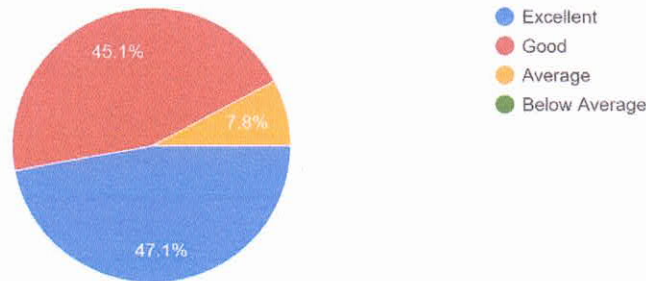
1. How would you rate the overview of the event/camp/lecture.

51 responses



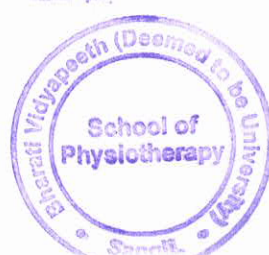
2. How would you rate the interaction between you and the Speaker.

51 responses



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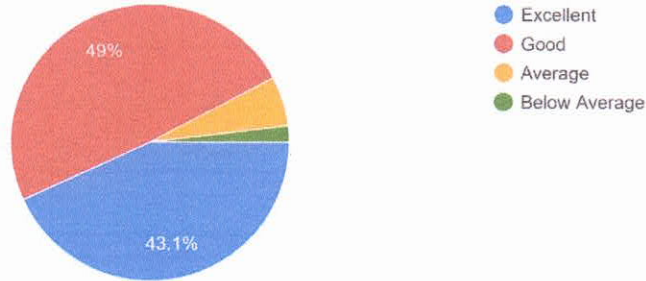




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3. How would you rate the arrangements of the event/camp/lecture

51 responses



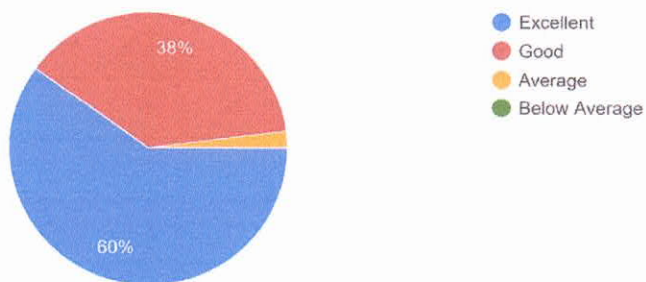
4. How would you rate the success of the event

51 responses



5. How would you rate the content & quality of event /camp/ lecture

50 responses



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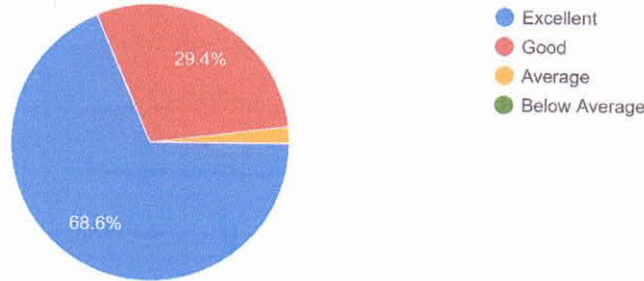




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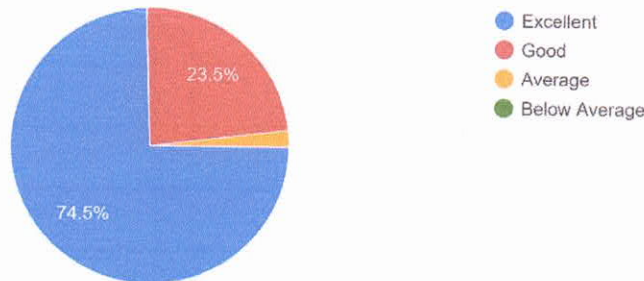
6. How would you rate queries answered by the Speaker

51 responses



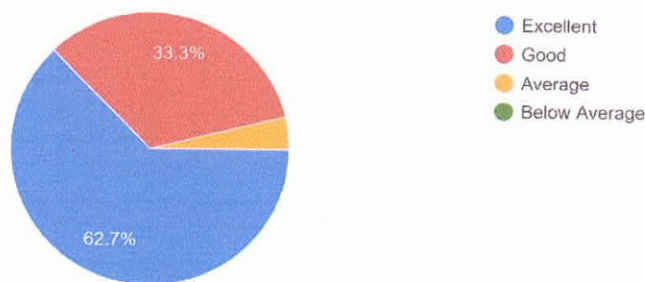
7. How would you rate the preparations of the Speaker

51 responses



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

51 responses



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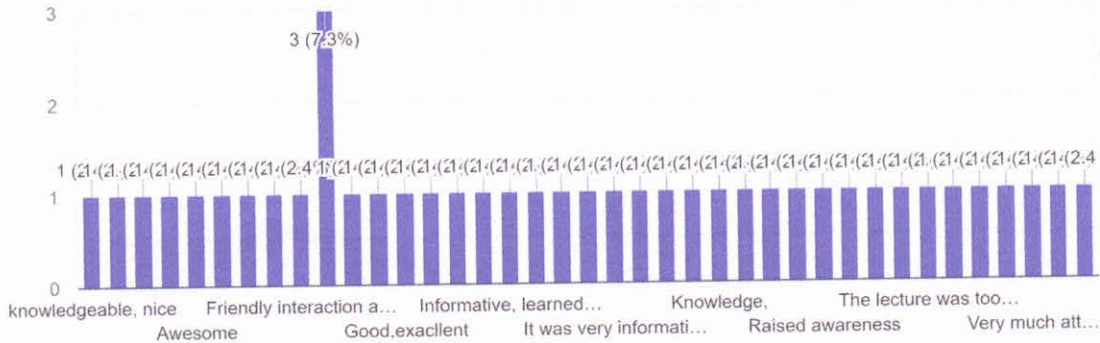
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9. Please write three words / expressions which describe event/camp/lecture for you
41 responses



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.
- No suggestions
- Good



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