



BHARATI VIDYAPEETH
DEEMED TO BE UNIVERSITY
SCHOOL OF PHYSIOTHERAPY, SANGLI

ACTIVITY

STRESS MANAGEMENT AND
PEER MENTORING PROGRAM:
YOUR PATH TO ACADEMIC WELLBEING

CULTIVATING RESILIENCE AND PEER SUPPORT



DATE:
7/8/2026



TIME:
9.30 to 10.30 am



VENUE:
Auditorium, 4th floor,
BVDU School of Physiotherapy



- ☐ TIME MANAGEMENT
- ☐ MINDFULNESS & RELAXATION
- ☐ SEEKING SUPPORT
- ☐ RESILIENCE BUILDING
- ☐ PEER GUIDANCE



**Cultivate mental well-being and
build a strong support network.**



**FIND CALM
& BALANCE**



**BUILD
RESILIENCE**



**ACQUIRE NEW
COPING SKILLS**



**STRENGTHEN PEER
CONNECTIONS**



**LEARN & GROW
TOGETHER**

*Be resilient. Be connected.
Take control of your student journey.*



**BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)
SCHOOL OF PHYSIOTHERAPY, SANGLI**

CIRCULAR

Date: 04/08/2026

A guidance session on "**Stress Management and Peer Mentoring**" is scheduled to be held for first-year BPT students and faculty members.

- **Date:** 7th August 2026
- **Time:** 9:30 AM – 10:30 AM
- **Venue:** 4th Floor Auditorium, BV (DU) School of Physiotherapy, Sangli
- **Resource Person:** Dr. Neelam Behre
- **Event Coordinators:** Dr. Sheetal Swamy & Dr. Sayali Jadhav

The session will address common academic stress triggers, coping strategies, mindfulness techniques, and the importance of peer support networks in healthcare education. Attendance is mandatory for all first-year students.

Copy to

1. Hon. Regional Director, B.V. (D.U.), Sangli
2. Dean, BV (DU) M.C.H, Sangli
3. Dy. Dean, BV (D.U.) M.C.H, Sangli
4. Medical Superintendent, B.V (D.U.) M.C.H, Sangli
5. Dy. Medical Superintendent, B.V (DU) 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.



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SCHOOL OF PHYSIOTHERAPY, SANGLI

Report on -" Lecture on Stress management and Peer mentoring"

Title of the Activity-"Lecture on Stress management and Peer mentoring"

Venue of the Activity- 4th floor Auditorium, BV (DU) School of Physiotherapy, Sangli

Date of Activity- 7/8/2026

Duration of Activity- 9:30 am -10:30 am

Collaborating Agency- Nil

No. of Students Participated- 52

No. of Teachers Participated - 20

No. of Beneficiaries- 52

Details of the Activity with Photographs-

The BV (DU) School of Physiotherapy in Sangli conducted an insightful and empowering session titled "*Stress Management and Peer Mentoring*" on August 7, 2026. Held at the 4th floor auditorium, the event ran from 9:30 AM to 10:30 AM. The session was led by the esteemed speaker, Dr. Neelam Behre, who addressed the growing concern of stress among students, especially within demanding academic environments. Through an engaging and thoughtful discourse, she highlighted the psychological, emotional, and physiological impacts of stress, while sharing practical strategies for managing it effectively. A core component of his talk emphasized the value of peer mentoring, presenting it as a vital tool for emotional support, collaborative learning, and community building among students. Attendees were encouraged to strengthen their social connections, develop positive coping mechanisms, and cultivate empathy within peer groups. The interactive format, backed by real-life scenarios and reflective exercises, made the session highly impactful and personally relevant. The coordinators for the event were Dr. Sheetal Swamy (Associate Professor, BVDU SOP, Sangli) and Dr. Sayali Jadhav (Assistant Professor, BVDU SOP, Sangli). MOC and Vote of thanks was given by Dr. Manali Kadam (Assistant Professor, BVDU SOP, Sangli). The event was successful under the guidance of Dr. Sneha Katke (Principal, (BVDU SOP, Sangli).



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Impact of the Activity-

Heightened Stress Awareness

Students became more conscious of the sources and symptoms of stress in their academic and personal lives.

Shift in Perspective

Many participants reconsidered how they approach challenges, leading to a more balanced and mindful mindset.

Strengthened Peer Connections

The emphasis on mentoring encouraged students to engage more openly with their peers and offer mutual support.

Practical Tool Adoption

Techniques like deep breathing, time management, and journaling were introduced and quickly embraced by attendees.

Boost in Communication Confidence

Students felt more equipped to express their emotions and reach out for help, creating a healthier dialogue culture.

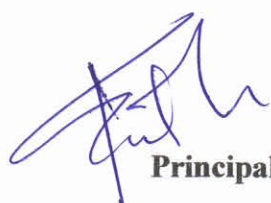
***Please tick the Criterion for the activity:**

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


Event co-ordinator

2




Principal

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BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)

SCHOOL OF PHYSIOTHERAPY, SANGLI

Date – 7/8/2026

**“LECTURE ON STRESS MANAGEMENT AND PEER MENTORING
PROGRAM”**

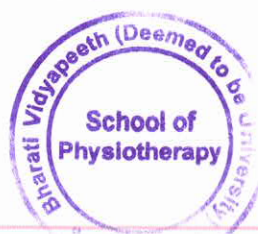
SR. NO.	NAME OF THE STUDENT
1	ISHITA VAIBHAV DOBHADA
2	VIDHI VINAY UPADHYE
3	FARHAT ASIF KACCHI
4	PRANAV VIJAY PACHUPATE
5	ADITYA MARUTI MISAL
6	CHAVAN VARNAN MILAND
7	RISHIT SANJAY LATKAR
8	MAROOF ASIF KARVINKAR
9	ATHARV LAXMAN BHOSALE
10	YESHA KRUNAL BISCUITWALA
11	ANUSHKA SANJAY JORWAR
12	SHRUTI ATUL VARUNKAR
13	PALLAVI RAMESH KAMBLE
14	FARHAT GULAB PATEL
15	KIRTANA SUBHASH RATHOD
16	ANISHA NITIN KAMBLE
17	PURVA PRAKASH PATIL
18	ADITYA NITIN KADAM
19	TANVI VINAYAK PAPAT
20	NETRA MAHESH SOLANKI
21	BATUL ISAK PATHAN
22	NEHA BALARAM DONGARE
23	VAISHNAVI AJINATH JARAD
24	YUVINA KAMLESH LONDHE
25	SIDDHI TANAJI MHARANUR



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26	AISHWARYA ASHOK MALI
27	ASHLYN AMEYA JOSHI
28	SHRIDHAR KIRAN AWASARKAR
29	ADI SHRIPAD MARALE
30	SHREYA PRATAPSINGH GORE
31	SRUJAL BALAJI LATKAR
32	YASH ANNASO DANDAWADE
33	DIYA RONAK SHAH
34	VIDISHA VIJAY ADHAV
35	ANUSHRI DEVENDRA SUSAR
36	AARYA DINESH DHOLE
37	ADITYA DILIP JAGTAP
38	POURNIMA RAJSHEKHAR DHEKANE
39	AYESHA SHAKIL AHMED KASKAR
40	KANAK DEEPAK KADAM
41	AYUSH RAJESH CHARIYA
42	KETAKI PAPASING CHAVAN
43	SHREYA KISHOR MARALE
44	NAITIK SHIVAJI SHIRSATH
45	MOUAVVIZ AHEMAD MUBINODDIN SHAIKH
46	ADITI RAJESH JANKAR
47	PRITAM SHRANIK KASAR
48	MOHAMAD REHAAN SHAFIQ KALEBHAI
49	VISHAL RANJIT SANAP
50	MIFZAL ZAFAR



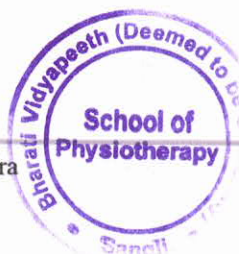

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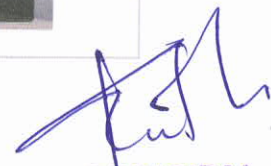
Stress management and peer mentoring program



Sangli – Miraj Road Sangli – 416 416 , Maharashtra

Email : sopt.sangli@bharatividyaapeeth.edu

Tel No. : 0233-2601593/94/95 Ext.No. 228, 269
Website : <http://soptsangli.bharatividyaapeeth.edu>


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BVDU School of Physiotherapy, Sangli

Feedback Analysis

Title : STRESS MANAGEMENT AND PEER MENTORING PROGRAM

Academic Year : 2026-27

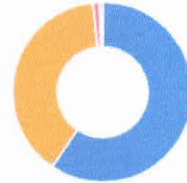
Class : BPT First year [Bachelor of Physiotherapy]

Subject/Course : -

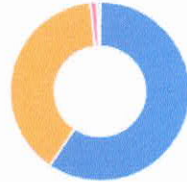
Details : Activity

Total number of response(s) : 46 / 58

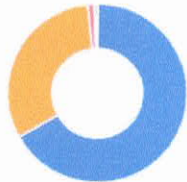
Question	The topic of the guest lecture/webinar was relevant and useful.			
Answer	Value	No. of response(s)	Response value	Response %
Excellent	4	24	96	51.06
Good	3	21	63	33.51
Fair	2	1	2	1.06
Poor	1	1	1	0.53
Performance				86.17
Final Attainment				2.59



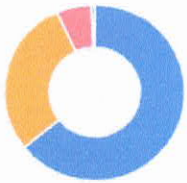
Question	The objectives of the session were clearly explained.			
Answer	Value	No. of response(s)	Response value	Response %
Excellent	4	24	96	51.06
Good	3	21	63	33.51
Fair	2	1	2	1.06
Poor	1	1	1	0.53
Performance				86.17
Final Attainment				2.59



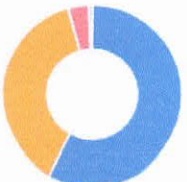
Question	The speaker demonstrated thorough knowledge of the subject.			
Answer	Value	No. of response(s)	Response value	Response %
Excellent	4	27	108	58.70
Good	3	17	51	27.72
Fair	2	1	2	1.09
Poor	1	1	1	0.54
Performance				88.04
Final Attainment				2.64



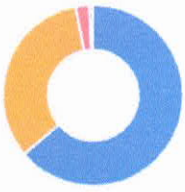
Question	The content was well-organized and easy to understand.			
Answer	Value	No. of response(s)	Response value	Response %
Excellent	4	25	100	54.35
Good	3	15	45	24.46
Fair	2	5	10	5.43
Poor	1	1	1	0.54
Performance				84.78
Final Attainment				2.54



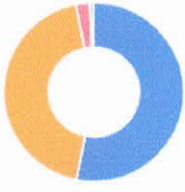
Question	The speaker communicated effectively and engaged the audience.			
Answer	Value	No. of response(s)	Response value	Response %
Excellent	4	23	92	48.94
Good	3	20	60	31.91
Fair	2	3	6	3.19
Poor	1	1	1	0.53
Performance				84.57
Final Attainment				2.54



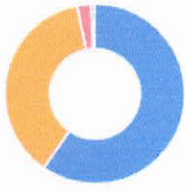
Question	The session enhanced my knowledge and understanding of the topic.			
Answer	Value	No. of response(s)	Response value	Response %
Excellent	4	26	104	55.32
Good	3	18	54	28.72
Fair	2	2	4	2.13
Poor	1	1	1	0.53
Performance				86.70
Final Attainment				2.60



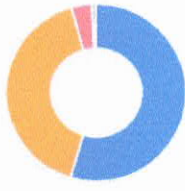
Question	The examples, demonstrations, or case studies used were helpful.			
Answer	Value	No. of response(s)	Response value	Response %
Excellent	4	21	84	44.68
Good	3	23	69	36.70
Fair	2	2	4	2.13
Poor	1	1	1	0.53
Performance				84.04
Final Attainment				2.52



Question	Adequate opportunity was provided for interaction and questions.			
Answer	Value	No. of response(s)	Response value	Response %
Excellent	4	24	96	51.06
Good	3	20	60	31.91
Fair	2	2	4	2.13
Poor	1	1	1	0.53
Performance				85.64
Final Attainment				2.57



Question	The duration and pace of the session were appropriate.			
Answer	Value	No. of response(s)	Response value	Response %
Excellent	4	22	88	45.83
Good	3	22	66	34.38
Fair	2	3	6	3.13
Poor	1	1	1	0.52
Performance				83.85
Final Attainment				2.52



NOTE:

- Response Value = (Value * Total Number of Responses)
- Response % = (Response Value / (Max Value * Total Number of Responses))

Questionwise Attainment

Activity Number	Attainment
1	2.59
2	2.59
3	2.64
4	2.54
5	2.54
6	2.60
7	2.52
8	2.57
9	2.52

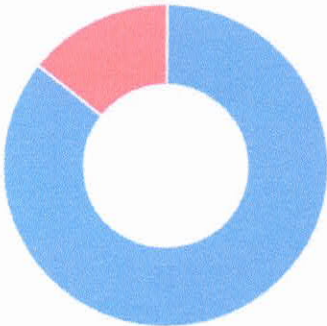
Program outcome and question mapping

AO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6	PO-7	PO-8	PO-9	PO-10	PO-11	PO-12
AO1	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
AO2																							
AO3																							
AO4																							
AO5																							
AO6																							
AO7																							
AO8																							
AO9																							
Average	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00

Program outcome attainment

AO	AO Attainment	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6	PO-7	PO-8	PO-9	PO-10	PO-11	PO-12
AO1	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59
AO2	2.59																							
AO3	2.64																							
AO4	2.54																							
AO5	2.54																							
AO6	2.60																							
AO7	2.52																							
AO8	2.57																							
AO9	2.52																							
Average	2.57	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59	2.59

Achieved Scope for improvement



Achieved 85.55 | Scope for improvement 14.45



BVDU School of Physiotherapy, Sangli

Feedback Analysis

Title : STRESS MANAGEMENT AND PEER MENTORING PROGRAM

Academic Year : 2026-27

Class : BPT First year [Bachelor of Physiotherapy]

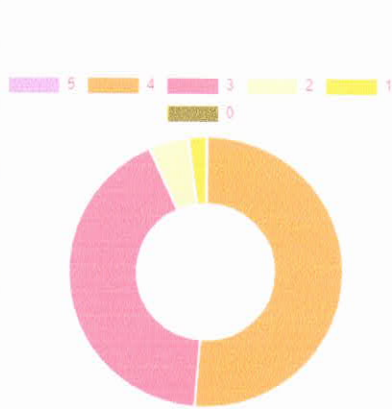
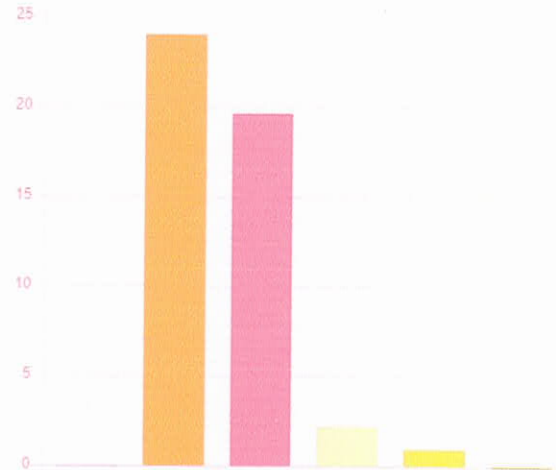
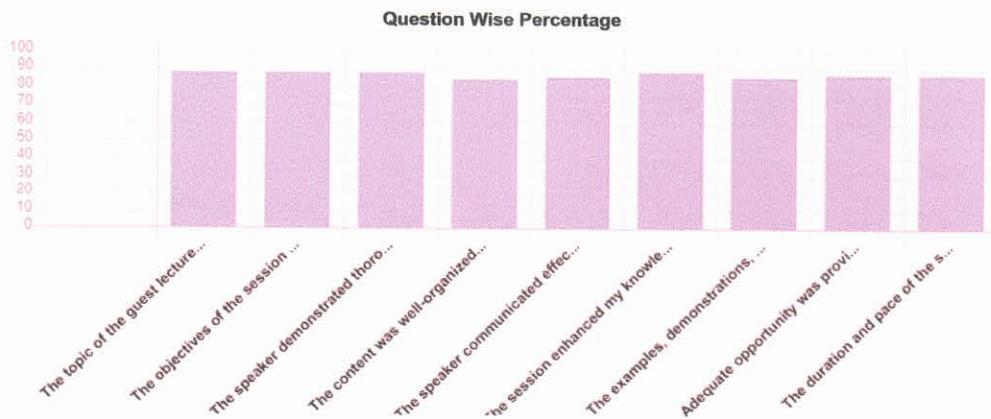
Subject/Course : -

Details : Activity

Total number of response(s) : 46 / 58

Question	MaxValue	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	Total	Pe		
The topic of the guest lecture/webinar was relevant and useful.	4	3	4	4	4	3	4	3	3	3	3	3	4	4	3	4	3	4	3	3	4	4	3	4	3	4	4	3	4	4	3	4	3	4	4	2	4	4	1	3	3	4	3	3	4	4	3	162	88		
The objectives of the session were clearly explained.	4	3	4	4	4	3	4	3	3	3	3	4	4	4	3	4	4	3	4	3	4	4	3	4	3	4	3	4	4	3	4	3	4	3	4	2	4	1	3	3	4	4	3	4	4	3	162	88			
The speaker demonstrated thorough knowledge of the subject.	4	4	4	4	4	4	4	3	3	3	3	3	4	4	3	4	4	4	3	3	4	3	3	4	3	4	4	3	4	4	3	4	3	4	4	2	4	1	3	3	4	4	4	4	3	162	88				
The content was well-organized and easy to understand.	4	4	4	4	4	3	4	3	3	3	4	3	4	4	3	4	2	2	4	3	4	3	3	4	3	4	4	4	4	4	2	4	3	4	4	4	2	4	1	3	3	4	3	3	4	4	2	156	84		
The speaker communicated effectively and engaged the audience.	4	4	4	4	4	4	3	3	3	3	3	3	4	4	3	4	3	4	3	3	4	3	3	4	3	4	4	3	4	4	2	4	3	4	4	3	4	2	4	1	3	3	4	3	3	4	4	2	159	86	
The session enhanced my knowledge and understanding of the topic.	4	4	4	4	4	3	4	3	3	3	3	2	4	4	4	3	4	4	3	3	3	4	3	3	4	3	4	4	3	4	4	4	3	4	4	4	2	4	1	3	3	3	4	4	3	4	4	3	163	88	
The examples, demonstrations, or case studies used were helpful.	4	4	4	4	4	4	3	3	3	3	3	3	3	4	4	3	4	3	2	3	3	4	3	3	4	3	4	4	3	4	4	4	4	3	3	3	2	4	1	3	3	3	4	3	3	4	4	3	158	85	
Adequate opportunity was provided for interaction and questions.	4	4	4	4	4	4	3	3	3	3	4	3	4	4	3	4	2	4	3	3	4	3	3	4	3	4	4	3	4	4	4	4	4	3	3	4	3	2	4	1	3	3	3	4	3	3	4	4	3	161	87
The duration and pace of the session were appropriate.	4	4	4	4	4	3	4	3	3	3	3	3	3	4	4	3	4	2	3	4	3	4	3	3	4	3	4	4	3	4	4	3	4	4	3	2	4	1	3	3	3	4	3	3	4	4	3,2	161	87		
Suggestions(if any)		No, Nil, , The seminar was conducted in a very systematic way and it did give more information on the related topic., All Good, Good , No suggestions , Nothing , Everything was well explained , , , Nothing, , It was all nice, no suggestion , Everything was good and well enough explained, Everything was good , Good, No. The session was perfect., No suggestions, NIL, No suggestion., The seminar was conducted in very systematic way and it did give more information on related topic, Overall session was Good , No any suggestions , Should more interactive, Nope, The Stress Management and Peer Mentoring Program was informative and helpful. It provided useful insights into managing academic stress, maintaining emotional well-being, and communicating effectively with peers. The interactive nature of the session made it easy to understand and relate to. , Good experience , More interactive activities and practical sessions could be included to make the program more engaging and useful for students.u201d																																																	

Question	Response Value				Average
	4	3	2	1	
The topic of the guest lecture/webinar was relevant and useful.	24	21	1	1	3.45
The objectives of the session were clearly explained.	24	21	1	1	3.45
The speaker demonstrated thorough knowledge of the subject.	27	17	1	1	3.52
The content was well-organized and easy to understand.	25	15	5	1	3.39
The speaker communicated effectively and engaged the audience.	23	20	3	1	3.38
The session enhanced my knowledge and understanding of the topic.	26	18	2	1	3.47
The examples, demonstrations, or case studies used were helpful.	21	23	2	1	3.36
Adequate opportunity was provided for interaction and questions.	24	20	2	1	3.43
The duration and pace of the session were appropriate.	22	22	3	1	3.35
Overall Average	24.00	19.67	2.22	1.00	3.42



[Signature]
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