



Gaurishankar Seva Samiti's

Vidnyan Mahavidyalaya, Malkapur, Dist. Buldana

Academic Year: 2019-20

Report of Activity

Stress Management

1. Title of the Activity/Event: Stress Management

2. Objectives: The advice on how to deal with stress and get through it was given to all B.Sc. students.

3. The Context:

Organized by : Vidnyan Mahavidyalaya, Malkapur
Date : 27/01/2020
Speaker : Shri Dnyaneshwar Mule
Venue : Vidnyan Mahavidyalaya, Malkapur

4. The Activity/Event:

Description :

On January 27, 2020, the career guidance cell hosted a guest lecture by Chief Guest Shri Dnyaneshwar Mule of the District Mental Health Program (DMHP) Buldhana on stress management for all B.Sc. students. Several instances of stress-related suicides. Students experience daily stress as well. Informational brochure were given out to the student, and they were told that learning stress management would be highly important for their future lives. The helpline number is 104 if any students need to contact us for more information in detail. Professor Dr. R. T. Parihar gave an introduction and a vote of thanks.

List of Students : B.Sc. II student

List of teachers : Dr. R. T. Parihar.

Sr. No.	Number of Students participated in activity	Number of males	Number of females
1.	99	13	86

VIDNYAN MAHAVIDYALAYA, MALKAPUR**B.SC. II- Section : A [CBZ] 2019-20**

ROLL NO.	Gender	Name of Student
A001	F	ADHAO VAISHNAVI VISHNU
A002	F	BAND PRATIKSHA SHARAD
A003	F	BATHE PRIYANKA DIGAMBAR
A004	F	BHOPLE NIKITA DEVIDAS
A005	F	BHOPLE TRUPTI RAJU
A006	M	BODADE AKASH SANTOSH
A007	M	CHAVHAN ASHVIN BABUSING
A008	M	CHOPADE GANESH VILAS
A009	F	DATE PRANALI SUBHASH
A010	F	DHUNDAYE MADHURI SHANKAR
A011	F	DOFE PRIYANKA GAJANAN
A012	F	GADHE GAYATRI GOPAL
A013	F	GAIKWAD AKSHDA PRABHAKAR
A014	F	GANAGE KOMAL SAMADHAN
A015	F	HALDE KIRAN RAMESH
A016	F	INGLE PRATIKSHA RAGHUNATH
A017	M	INGLE RUSHIKESH SAMADHAN
A018	F	KARANDE NAMATA NINA
A019	F	KOLTE SHRADDHA PRAMOD
A020	M	MUNDHE SWAPNIL MAHADEV
A021	F	NAZMIN PARVEEN SHAIKH LUQMAN
A022	F	NIMBOLKAR POOJA SANJAY
A024	F	PATANE MANISHA SUDHAKAR
A025	F	PATIL VAISHNAVI DNYANDEO
A026	F	PHARPAT NEHA PURUSHOTTAM
A027	F	PHARPAT VAISHNAVI RAMAO
A028	F	SANA TANZIL MOHD RAFIQUE
A029	F	SAWDEKAR NIKITA SURESH
A030	F	SHINDE ADITI RAJU
A031	M	SHINDE ATUL BABURAO
A032	F	SHRIWAS VAISHNAVI DILIP
A033	F	SOLANKE SHRADDHA DARBARSING
A034	F	SONAWANE VAISHNAVI SARJERAO
A035	F	SONONE TRUPTI SANJAY
A036	F	SUSHIR PUNAM VINOD
A037	F	TAYADE ASHWINI LAHANU
A038	F	TAYDE ASHWINI SAHEBRAO
A039	F	THAKARE PRATIKSHA KHANDERAO
A040	F	UKEY PRACHI BHASKAR
A041	F	WAGH ASHWINI RAJARAM
A042	F	WAKODE AARTI ARUN
A043	F	WANKHEDE ARTI PANDURANG
A044	F	ZOPE PRATIKSHA CHANDRASHEKHAR
A045	F	WAGHMARE MAYURI VINAYAK

VIDNYAN MAHAVIDYALAYA, MALKAPUR**B.SC.II- Section :A [PCM] 2019-20**

Roll No.	Gender	Name of Student
A051	F	BAIS SANJANA RAVINDRASINGH
A052	F	BHAGAT ASHWINI EKNATH
A053	F	CHAUDHARI VAISHNAVI SANTOSH

A054	F	CHHAJED CHUNAUTI NEMICHAND
A055	F	GAWHAD VAISHNAVI PANJABRAO
A057	F	NARKHEDE PRADNYA ANIL
A058	F	NARKHEDE VAISHNAVI GAJANAN
A059	M	PALVE VISHAL MUFNDA
A060	M	PATEL NIHAR DAYARAM
A061	F	PATIL KALYANI KISAN
A062	F	PRADHAN SUHASINI GANESH
A063	F	RAJPUT ACHAL GOPALSINGH
A064	F	SHINDE RAJESHREE RAJENDRA
A065	M	SK ZOEF SK AMIN
A066	M	TALOLE NILESH RAJENDRA
A068	F	WAGH VAISHNAVI RAJENDRA
A069	F	WAKODE PRIYANKA SAMADHAN
A070	F	WANKHEDE PRIYANKA PANDIT
A071	F	BONDE VAISHNAVI DINKAR (B081)
A072	M	GAWHAD ABHIMANYU SHRIKRUSHNA (B082)
A073	F	HIWALE PRANALI SHATRUGHNA(B083)
A074	M	TAUQEER KHAN BISMILLAH KHAN (B084)
A075	F	NARKHEDE ASHWINI VINOD

VIDNYAN MAHAVIDYALAYA, MALKAPUR
B.SC. II- Section : A [CPS] 2019-20

Roll No.	Gender	Name of Student
A081	F	AMTE ANKITA SUNIL
A082	F	BARHATE KAJAL GAJANAN
A083	F	BHARAMBE JAYASHRI VISHNU
A084	F	BHARAMBE TEJASVINI SHRINIVAS
A085	F	BHOLE SANJIVANI GAJANAN
A086	F	BORALE SHUBHANGI RAJENDRA
A087	F	BORLE BHARTI GAJANAN
A088	M	CHAUDHARI HEMANT ARVIND
A089	F	CHOPADE PRADNYA DILIP
A090	F	CHOPADE PRAGATI ASHOK
A091	F	CHOPADE VAISHNAVI SANJAY
A092	F	CHOUDHARI KIRTI WASUDEV

5. Problems Encountered and Resources Required

Nil.

6. Evidence of Success: (Achievements/Awards/Certificates)

Photos : Nil
Videos : Nil
E-Certificates : Nil



Career Guidance Incharge,
Vidnyan Mahavidyalaya, Malkapur,
Dist.Buldana,