

Date: 17/08/2020

PROPOSAL

To
The Principal,
Sonopant Dandekar College,
Palghar

Sub: Proposal for organizing Online Meet on Stress Management

Respected Sir,

The NSS Unit of the college is planning to organize an Online Meet on Stress Management on August 26, 2020.

We request you to kindly allow us to permit the volunteers to participate in the event.

Thank you.

Yours Sincerely,



Dr. Rohit Gaikwad

NSS Program Officer



Sonopant Dandekar Shikshan Mandali's
**SONOPANT DANDEKAR ARTS, V.S. APTE COMMERCE AND
M.H. MEHTA SCIENCE COLLEGE, PALGHAR**

Palghar, Dist. – Palghar, Pin – 401 404, E – Mail: sdscollege@yahoo.com

Date: 18/08/2020

National Service Scheme (NSS)

NOTICE

Stress Management Online Meet

All the NSS volunteers are hereby informed that the “Online Meet on Stress Management” is organized on 26th August 2020 on Zoom Meeting App at 10.00 AM onwards.

All the NSS volunteers are requested to actively participate in this Online Meet.

NOTE: Attendance of all NSS volunteers is mandatory.

Dr. Rohit Gaikwad

NSS Program Officer

National Service Scheme (NSS)

EVENT REPORT

Name of the Event-Online meet on stress management

Date-26/08/2020

No. of participants- 45

The NSS Unit of the college organized an Online Meet on Stress Management. The event, held on 26th August 2020, aimed to educate students about the significance of effectively managing stress in various circumstances. Dr. Rohit Gaikwad, an expert in the field, was invited to deliver a comprehensive session on stress management techniques and strategies. During the session, Dr. Gaikwad elucidated the importance of recognizing and addressing stress, particularly in today's fast-paced and demanding environment. He shared valuable insights into understanding stressors and implementing practical coping mechanisms to alleviate stress. Additionally, Dr. Gaikwad provided guidance on adopting mindfulness practices, relaxation exercises, and time management strategies to better manage stress. The session was highly informative and interactive, fostering meaningful discussions among participants. Overall, the Online Meet on Stress Management successfully fulfilled its objective of equipping students with valuable knowledge and skills to effectively manage stress in their personal and academic lives.

OBJECTIVES:

1. To raise awareness about stress and its impact.
2. To identify and discuss various stressors faced by participants.
3. To share effective stress management techniques and coping strategies.
4. To provide education and training on stress management skills.
5. To create a supportive environment for discussing stress-related challenges.

OUTCOMES:

1. Increased understanding of stress and its consequences.
2. Enhanced awareness of personal and professional stressors.
3. Expanded repertoire of stress reduction techniques.
4. Improved ability to manage stress through acquired skills and knowledge.
5. Cultivation of a supportive and empathetic community for addressing stress-related challenges.



Dr. Rohit Gaikwad
NSS Program Officer

GLIMPSE OF THE EVENT

1. Screenshot of the session with student interaction

