

Department of Lifelong Learning and Extension

Stress Management

Stress management involves the methods and practices individuals use to handle and reduce the impact of stress on their well-being. We conducted this program to show some demos related to relaxation methods, mindfulness, physical activities, and effective time management techniques. Our speaker introduced the importance of stress management in our day-to-day life.

Objective: -

1. Implement strategies and techniques such as mindfulness, deep breathing exercises, and time management to reduce stress levels and promote emotional well-being.
2. Provide education and resources on stress management, including stress-reducing activities, relaxation techniques, and healthy coping mechanisms, to empower individuals in effectively managing stressors.

Outcome: -

1. Students will demonstrate the ability to identify personal stressors, apply stress management techniques, and effectively cope with stress in various situations.
2. Students will develop skills in resilience, self-awareness, and self-regulation, leading to improved emotional well-being, productivity, and overall quality of life.

Participants:

1. Chief Guest
2. Extension Teacher
3. DLLE students



Extension Teacher,
DLLE, Palghar Unit



SONOPANT DANDEKAR SHIKSHAN MANDALI'S
SONOPANT DANDEKAR ARTS, V.S. APTE COMMERCE
AND M.H.MEHTA SCIENCE COLLEGE, PALGHAR

**DEPARTMENT OF
LIFE LONG LEARNING
& EXTENSION
ORGANIZES**

Stress Management

Seminar by
Dr. Tanaji pol

- **DATE: 30/10/2021**
- **TIME: 02:00 PM**
- **PLATFORM: ZOOM APPLICATION**



Department of Lifelong Learning and Extension

ACTIVITY REPORT

Name of the Activity – Stress Management

Date – 30/10/2021

Time- 2:00

No. of Students Participated – 17 (Boys: 07 & Girls: 10)

About the Activity –

DLLE students joined through the Zoom platform Prof. Prashant Mogle introduced the guest Dr. Tanaji Pol, Head of Political Science of Sonopant Dandekar College, Palghar Sir discussed the importance of living a stress-free life, how to improve a stressful life, and types of stress arises in our mind.

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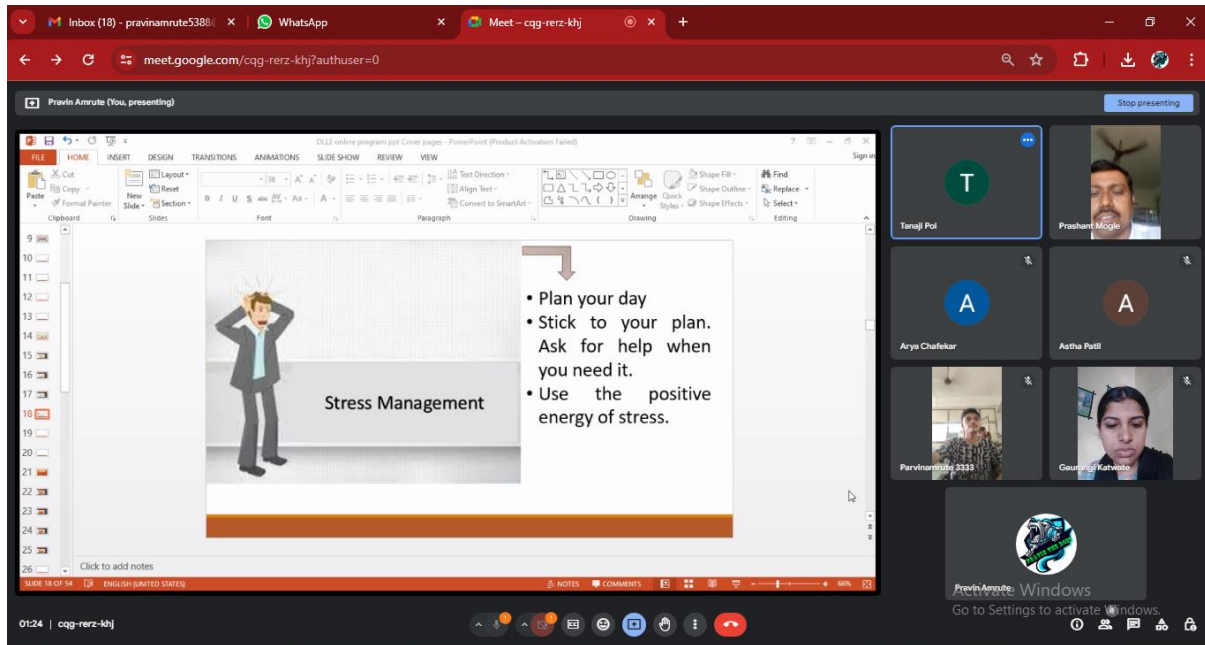
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Students Attendance



The screenshot shows a Google Meet interface with a PowerPoint presentation titled "DLE online program ppt Cover pages - PowerPoint (Product Activation Failed)". The presentation slide is titled "Stress Management" and features a cartoon character holding his head in pain. The slide content includes:

- Plan your day
- Stick to your plan.
- Ask for help when you need it.
- Use the positive energy of stress.

The Meet interface shows several participants: Tanaji Pol (presenting), Prashant Moghe, Arya Chafekar, Astha Patil, Parvinamrute, and Geetanjali Khatwani. The bottom of the screen shows the time 01:24 and the meeting ID cqg-rerz-khj.

Dr Tanaji Pol sir delivered an online lecture on “Stress management”