

DrAmbedkar College, Deekshabhoomi, Nagpur

UNNATI Programme

Weekly Report : Week 15

(15th – 20thMarch 2021)

SESSION	DATE	SPEAKER	TOPIC	HOSTED BY
40	20-03-21	Mrs. PoonamLala	Anger Management	ShefaliChouksey

Unnati2021

- Date and Time:-20th March 2021, 10AM
- Topic: -Anger Management.

The session highlighted the importance of managing anger especially in pandemic times. The speaker explained techniques to overcome anger and maintain a healthy relationship with self and family.

- Speaker: Mrs. Poonam Lala,
 - Secretary, VIA LEW, Business owner with experience of 21 years. Has an expertise in food distribution industry.
- Students attendance: -48

The screenshot shows a Zoom meeting interface. The main window displays a grid of 25 participants, each with a name and a small video thumbnail or profile picture. The participants are arranged in a 5x5 grid. The names visible are: Damini Tabhane, Ankit, college dach, Ekta Atram, OPPO A5 2020, Poonam Lala, Khushboo pand..., Mayuri Bhingare, Redmi Note 9, Pooja Vishwaka..., neha waghe, Vikas Ghode, Dipti Urkude, Disha Shrivastava, Krutika Bhoyar, Divya Raut, Ankit Gupte, Pratik Turak, Diksha Pakhale, Iohit Kumar, Pooja zodape, Priya More, Nokia 5.1 Plus, Gouri Zade, and Nikita k diyewar. On the right side, there is a 'Participants (36)' list with a search bar and a list of names with icons for mute, video, and chat. The names in the list include: college dach (Host, me), Damini Tabhane, Poonam Lala, Ankit, Ankit Gupte, Avishkar ramdas wadurkar, Diksha Pakhale, Dipti Urkude, Disha Shrivastava, Divya Raut, Ekta Atram, Gouri Zade, and Khushboo pand... At the bottom of the participants list, there are buttons for 'Invite', 'Mute All', and a three-dot menu.

Zoom Meeting

Participants (39)

Find a participant

college dacn (Host, me)

Damini Tabhane

Poonam Lala

Ankit

Ankit Gupte

Avishkar ramdas wadurkar

Diksha Pakhale

Dipti Urkude

Disha Shrivastava

Divya Raut

Ekta Atram

Gouri Zade

1

Invite Mute All

Mute Stop Video Security Participants 39 Chat 3 Share Screen Record Reactions End

Damini Tabhane Ankit college dacn Ekta Atram OPPO A5 2020

Poonam Lala Vishakha lolusare Khushboo pand... Mayuri Bhingare Redmi Note 9

Pooja Vishwakarma neha waghe Vikas Ghode Dipti Urkude Disha Shrivastava

Krutika Bhoyar Divya Raut Ankit Gupte Pratik Turak Diksha Pakhale

Iohit kumar Pooja zodape Priya More Nokia 5.1 Plus Gouri Zade

Zoom Meeting

Participants (41)

Find a participant

college dacn (Host, me)

Damini Tabhane

Poonam Lala

Aakansha Khobragade

Ankit

Ankit Gupte

Avishkar ramdas wadurkar

Diksha Pakhale

Dipti Urkude

Disha Shrivastava

Ekta Atram

Gouri Zade

1

Invite Mute All

Mute Stop Video Security Participants 41 Chat 6 Share Screen Record Reactions End

Damini Tabhane Ankit college dacn Ekta Atram OPPO A5 2020

Poonam Lala Dipti Urkude Shivani Krutika Bhoyar Priyanka wargh...

Pooja Vishwakarma Simran Jaikishore Disha Shrivastava Gouri Zade Khushboo pand...

Nokia 5.1 Plus Vishakha lolusare Redmi Note 9 neha waghe

Vikas Ghode Ankit Gupte From Avishkar ramdas wadurkar to Everyone sha Pakhale Iohit kumar

yes

Zoom Meeting

Participants (40)

Find a participant

- college dacn (Host, me)
- DT Damini Tabhane
- PL Poonam Lala
- A Aakashsha Khobragade
- AG Ankit Gupte
- AR Avishkar ramdas wadurkar
- DP Diksha Pakhale
- DU Dipti Urkude
- DS Disha Shrivias
- DC Divya Chavhan
- Divya Raut
- E Ekta Atram
- ...

Mute Stop Video Security Participants 40 Chat 6 Share Screen Record Reactions End

Zoom Meeting

Participants (43)

Find a participant

- college dacn (Host, me)
- DT Damini Tabhane
- PL Poonam Lala
- AR Avishkar ramdas wadurkar
- A Aakashsha Khobragade
- A Ankit
- AG Ankit Gupte
- DP Diksha Pakhale
- DU Dipti Urkude
- DS Disha Shrivias
- DC Divya Chavhan
- Divya Raut
- E Ekta Atram
- ...

Remove Spotlight

Mute Stop Video Security Participants 43 Chat 6 Share Screen Record Reactions End

Zoom Meeting

Damini Tabhane

OPPO A5 2020 Priyanka warg. Gouri Zade

college dach Poonam Lala

From Aakansha Khobragade to Everyone
gm mam

Mute Stop Video Security Participants 45 Chat 7 Share Screen Record Reactions End

Participants (45)

Find a participant

- college dach (Host, me)
- DT Damini Tabhane
- PL Poonam Lala
- AR Avishkar ramdas wadurkar
- A Aakansha Khobragade
- A Ankit
- AG Ankit Gupte
- DP Diksha Pakhale
- DU Dipti Urkude
- DS Disha Shrivias
- DC Divya Chavhan
- Divya Raut

Invite Mute All

Zoom Meeting

Damini Tabhane

OPPO A5 2020 Priyanka warg. Gouri Zade

college dach Poonam Lala

Mute Stop Video Security Participants 46 Chat 8 Share Screen Record Reactions End

Participants (46)

Find a participant

- college dach (Host, me)
- DT Damini Tabhane
- AR Avishkar ramdas wadurkar
- PL Poonam Lala
- A Aakansha Khobragade
- A Ankit
- AG Ankit Gupte
- DP Diksha Pakhale
- DU Dipti Urkude
- DS Disha Shrivias
- DC Divya Chavhan
- Divya Raut

Invite Mute All

Zoom Meeting

college dacn Shivani Priyanka warg...

Remove Spotlight

Participants (47)

Find a participant

- college dacn (Host, me)
- PL Poonam Lala
- A Aakansha Khobragade
- A Aishwarya
- AG Ankit Gupte
- AR Arti Rajak
- AR Avishkar ramdas wadurkar
- DP Diksha Pakhale
- DU Dipti Urkude
- DS Disha Shirvas
- DC Divya Chavhan
- Divya Raut
- E Ekta Atram

Invite Mute All

Zoom Meeting

college dacn Shivani OPPO A5 2020 OPPO A12

Remove Spotlight

Participants (48)

Find a participant

- college dacn (Host, me)
- PL Poonam Lala
- A Aakansha Khobragade
- A Aishwarya
- AG Ankit Gupte
- AR Arti Rajak
- AR Avishkar ramdas wadurkar
- DP Diksha Pakhale
- DU Dipti Urkude
- DS Disha Shirvas
- DC Divya Chavhan
- Divya Raut
- E Ekta Atram

Invite Mute All

