

Dr. Ambedkar College, Deekshabhoomi, Nagpur
Life Line Services Cell
Report 2022-23
Guest Lecture: Stress Management and Anxiety Management
Techniques
Date- 19th November 2022

DR.AMBEDKAR COLLEGE, DEEKSHABHOOMI, NAGPUR

NOTICE

Date: 16-11-2022

All the students are hereby informed that Lifeline Services Cell in association with Department of Physical Education and Sports have arranged a talk the topic "Stress Management and Anxiety Management Techniques" on 19th November 2022.


Date: 19th November 2022

Timings: Timings: 1.30 pm - 2.30 pm

Venue: Room No. 1, Dr. Ambedkar College, Deekshabhoomi, Nagpur.

Speaker: Dr. Pooja Malviya (Sharma), Associate Professor, Department of Psychology, PGTD RTMNU, Nagpur.




Principal
(Prof. Dr. B.A. Mehere)
PRINCIPAL
DR. AMBEDKAR COLLEGE
NAGPUR.

Poster:

**DR AMBEDKAR COLLEGE DEEKSHABHOOMI
NAGPUR**

**Lifeline Services Cell
in association with
Department of Physical
Education and Sports**

organises

**GUEST LECTURE ON STRESS MANAGEMENT
AND ANXIETY MANAGEMENT TECHNIQUES**

Guest Speaker

DR. POOJA MALVIYA (SHARMA)

Associate Professor
Department of Psychology
PGTD RTMNU, Nagpur.

Time: 1.30pm to 2.00pm

Date: 19 November 2022

Report:

The Lifeline Services Cell of Dr. Ambedkar College, Deekshabhoomi, Nagpur organized a Guest Lecture on “Stress Management and Anxiety Management Techniques” on 19th November 2022 in association with the Department of Physical Education and Sports, Dr. Ambedkar College, Deekshabhoomi, Nagpur. The guest speaker for the program was Dr. Pooja Malviya, Assistant Professor, Department of Psychology, PGTD, RTMNU, Nagpur.

This program was organized to educate the students of the college about the ways to lead a stress free life and the ways to keep the anxiety levels in check.

The program began by paying respects to the stalwarts of Humanity Bhagwan Gautam Buddha and Dr. Babasaheb Ambedkar. The Guest Speaker Dr. Pooja Malviya was welcomed by Dr. B.A. Mehere, Pricipal, Dr. Ambedkar College, Nagpur. Dr. B.A. Mehere, Pricipal, Dr. Ambedkar College, Nagpur was welcomed by Dr. Jitesh Tripathi, Co-ordinator, Lifeline Services cell, Dr. Ambedkar College, Nagpur. In the guest lecture Dr. Pooja Malviya interacted with the students and discussed about the issue of rising stress and anxiety in society at large. She also gave a detailed explanation about various types of stress that affect a person from time to time in their social and professional life. She also emphasized the need for early detection of stress related trauma and if needed then a visit to a counselor for early mitigation of the problem. The students actively participated during the guest lecture and also discussed their personal issues with Dr. Pooja Malviya.

Miss. Rita Lakakul, Member, Lifeline Services cell, conducted the program. Dr. Jitesh Tripathi, Co-ordinator, Lifeline Services Cell, Dr. V. M. Shivankar and Dr. Deepak Borkar, Member of Lifeline Services cell were present and helped in conduction of the activities conducted during the session. All the Students appreciated the initiative taken by the Lifeline Services Cell. In the talk, Dr. Pooja Malviya, a renowned Counselor in Nagpur, discussed about the various types of factors affecting the Strees and anxiety amongst people. She also emphasized about the proper methods to train the mind of an individual and the ways in which the stress and anxiety can be managed. She also demonstrated some deep breathing techniques that help in reducing the stress in a person. Finally, she gave every participant a questionnaire form for studying the stress levels amongst the

participants. She also pointed out the importance of treating the stress related mental trauma at an early stage with the help of a counselor.

Dr. B.A.Mehere, Principal, Dr. Ambedkar College, Deekshabhoomi, Nagpur, gave her presidential address pointing out the need for counseling and training the young participant about the factors affecting stress and managing anxiety. Dr. Jitesh Tripathi, Coordinator of the Lifeline Services cell, Dr. Ambedkar College, Nagpur presented the aims and objectives of the lifeline services cell of the College. Dr. Deepak Borkar, Member, Lifeline Services cell and Dr. V. M. Shivankar, Member, Lifeline services cell, actively participated in organizing the guest lecture. Dr. Jitesh Tripathi, Co-ordinator, Lifeline services cell, propped the vote of thanks. Dr. (Mrs.) B.A. Mehere, Principal, Dr. Ambedkar College, Deekshabhoomi, Nagpur, congratulated the team of Lifeline services cell and had a discussion with Dr. Pooja Malviya, for future associations and organizing such programs for the benefit of Students and faculty members of the College.

The program was a success.

Photographs:





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2022-11-19(Sat) 02:01(PM) Nagpur Maharashtra India 27°C 81°F



2022-11-19(Sat) 02:06(PM) Nagpur Maharashtra India 27°C 81°F



2022-11-19(Sat) 02:47(PM) Nagpur Maharashtra India 27°C 81°F



2022-11-19(Sat) 03:06(PM) Nagpur Maharashtra India 27°C 81°F



Attendance Sheet:

Name	Group	Signature	Date
Ankush A. Vathibante	BSC (ET)	Ankush	19 th Nov 22
Anisha A. Rahali	BSC (BT)	Anisha	
Diksha. I. Dayma	BSC (BT)	Diksha	
Gagan. Patel	BSC (CS)	Gagan	
Twinkle V. Chauhan	BSC (BT)	Twinkle	
Prachi R. Sankarwar	BSC (BT)	Prachi	
Khushboo R. Patle	BSC (BT)	Khushboo	
Aaryo Arind Chaurse	BSC (CS) I-sem	Aaryo	
Janhenid. Bhojkar	BSC (CS) I-sem	Janhenid	
Anshita M. Gajbhiye	BSC (PSM) I-sem	Anshita	
Kanchan. D. Gadapele	BSC (BT) 1 st yr	Kanchan	
Shubha. A. Kadape	BSC (BT) 1 st yr	Shubha	
Tanishka. S. Chokhandre	BSC (BT) 1 st yr	Tanishka	
Shrutika. P. Mhatre	BSC (BT) 1 st yr	Shrutika	
Mitali R. Todase	BSC (BT) 1 st yr	Mitali	
Khushbu Ranteke	BSC (BT) 1 st yr	Khushbu	
Pooja. Fambale	BSC (BT) 1 st yr	Pooja	
Nikita Chaudhari	BSC (BT) 1 st yr	Nikita	
Kashish. Mhatrekar	BSC (BT) 1 st yr	Kashish	
Purvi. Mhatrekar	BSC (BT) 1 st yr	Purvi	
Ranu. Khobragade	BSC (BT) 1 st yr	Ranu	
Lipika. Karokar	BSC (BT) 1 st yr	Lipika	
Unshali. Ingale	BSC (BT) 1 st yr	Unshali	
Somiksha. Thakre	BSC (BT) 1 st yr	Somiksha	
Kasturi. Asai	BSC (BT) 1 st yr	Kasturi	
Shreya. Vyas	BSC (BT) 1 st yr	Shreya	
Tohamirad. Zahut. Malhas	BSC (BT) 1 st yr	Tohamirad	
Yash. Dhurve	BSC (BT) 1 st yr	Yash	
Shubham. Ranteke	BSC (BT) 1 st yr	Shubham	
Savita. Meena	BSC (BT) 1 st yr	Savita	
Sarthak. Gadgil	BSC (BT) 1 st yr	Sarthak	
Shreya. Wankar	BSC (BT) 1 st yr	Shreya	
Manali. Wankar	BSC (BT) 1 st yr	Manali	
Sahil. Khandekar	BSC (BT) 1 st yr	Sahil	
Sudhanshu. Kumbhar	BSC (BT) 1 st yr	Sudhanshu	

Pranjwal S. Maske	B.Sc. (PCM)	<u>Praske</u>
Pranay A. Patte	B.Sc (PCM)	<u>Prate</u>
Harsh J. Wath	B.Sc. 1 st year (PEM)	<u>Harsh W</u>
Nilak S. Rewatkar	B.Sc. I (ECOM)	<u>Nilak S</u>
:handan V Rewatkar	BSC-I (ECOM)	<u>Handan V</u>
Kajwal A. Meshram	BSC-I (CBCB)	<u>Kajwal A</u>
Iyjal Kotale	BSC-I (PSM)	<u>Iyjal K</u>
Sanatkumar Kelle-Atani	B.Sc-I (PCM)	<u>Sanatkumar</u>
Pournima P. Sawai	BSC-I (BCCB)	<u>Sawai P</u>
Sujal S. Ingole	BSC I (BCCB)	<u>Sujal S</u>
Ekta D. Naik	BSc I (BCCB)	<u>Ekta D</u>
Chitra A. Gajbhise	BSC-I (PCM)	<u>Chitra A</u>
Nikita D. Huduwar	BSC I Sem (PCM)	<u>Nikita D</u>
Chauwari S. Dhok	BSC Sem I (PCM)	<u>Chauwari S</u>
Anjali K. Dakhare	BSC (Sem I) (PCM)	<u>Anjali K</u>
Ayushi R. Dhabade	BSC (Sem I) (PCM)	<u>Ayushi R</u>
Mehandi S. Bhojar	BSC (Sem I) (PCM)	<u>Mehandi S</u>
Chaitali Manwar	BSC (Sem I) (PCM)	<u>Chaitali M</u>
Krutika Gawali	BSC (Sem I) (PCM)	<u>Krutika G</u>
Ayushi Patil	BSC (Sem I) (PCM)	<u>Patil A</u>
Sakshi Baghele	BSC (Sem I) (PCM)	<u>Sakshi B</u>
Kajal Rahangdale	B.Sc (Sem I) (PCM)	<u>Kajal R</u>
Jidnyasha Tembhekar	B.Sc (Sem I) (PCM)	<u>Jidnyasha T</u>

