

Dr.Ambedkar College, Deekshbhoomi, Nagpur

Department of Chemistry

American Chemical Society International Student Chapter

'KILLER ON CALL'
ONLINE WEBINAR
9 SEPTEMBER 2020

Report

Modern life is full of hassles, deadlines, frustrations, and demands. For many people, stress is so commonplace that it has become a way of life. In small doses, it can help you perform under pressure and motivate you to do your best. Stress accounts for 80 percent of all illnesses either directly or indirectly. Stress weakens the immune system and has other serious effects on the brain and body such as cardiovascular problems, and mental illness such as depression. Students are experiencing stress at growing rate.

Effective stress management helps you break the hold stress has on your life, so you can be happier, healthier, and more productive.

To guide students about effective stress management ways which will help students to achieve their academic and personal goals in a healthy way, American Chemical Society (ACS) Intl. Student Chapter, Dr Ambedkar College organised a Webinar on “ Stress Management” . The resource person of the program was Dr Rashmi Bansal, Learning & Development Consultant and Life Couch. Dr Rashmi explained types of stress, various factors which lead to stress. She discussed day to day situations of students and guided students on how to take the competition positively, how to become a fearless person, how to handle stressful situation during examinations, how to handle current pandemic situation etc. She also explained breathing exercises for stress management. Number of students interacted with Dr Rashmi Bansal in the question answer session. Around 100 students got benefitted from the program.

Dr Deepa Panhekar, Head of Chemistry Department and Faculty Advisor, ACS Intl. Student Chapter welcomed Dr Rashmi Bansal and the students. ACS chapter members, Mr Harshal Nakade introduced the guest, Ms Ankita Lokhande conducted the question answer round, Ms Sneha Bhurse , Chapter President conducted the program and Ms Janhavi Lokhande proposed vote of thanks. Dr R C Sawant, Co- Advisor, Mr Parag Panse and ACS student members, Ms Swarnima Burande, Chapter Secretary looked after registrations, hosted the online event and collected feedback from participants. Ms Aishwarya Ashtankar , Ms Janki Parvadiya, Ms Shruti Rathi, Ms Shriya Thakre worked hard for the success of the program. Officiating Principal Dr Mrs P M Siriya congratulated the ACS chapter for successful organization of the program.



Participants during the Webinar Session

The Faculty advisor Dr.Mrs.Deepa Panhekar, co-advisor Dr. Ratnadeep Sawant and Mr ParagPanse had several online meetings with the chapter members regarding how to conduct the online program.



Chapter members during the practise session

ACS International Student Chapter holds webinar on 'Stress Management'

■ Staff Reporter

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achieve their academic and personal goals in a healthy way, American Chemical Society (ACS) International Student Chapter, Dr Ambedkar College, had organised a webinar on 'Stress Management'. The resource person of the program was Dr Rashmi Bansal, Learning and Development Consultant and Life Coach. Dr Rashmi named the session as 'Killer On Call'.

Dr Rashmi explained types of stress, various factors which lead to stress. She discussed day to day situations of students and guided students on how to take the competition positively, how to become a fearless person, how to handle stressful situations during examinations, how to handle current pandemic situation etc. She also explained breathing exercises for stress management. Number of students interacted with Dr Rashmi Bansal in the question-answer session.

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Dr Deepa Panhekar, Head of Chemistry Department and Faculty Advisor, ACS International Student Chapter welcomed Dr Rashmi Bansal and explained the purpose of organising this programme. ACS Chapter members, Harshal Nakade introduced the guest, Ankita Lokhande conducted the question-answer round, Sneha Bhurse, Chapter President conducted the programme and Janhavi Lokhande proposed a vote of thanks. Swarnima Burande, Chapter Secretary looked after registrations, hosted the online event and collected feedback from participants. Dr RC Sawant, Co-Advisor, Parag Panse and ACS student members, Aishwarya Ashtankar, Janki Parvadiya, Shruti Rathi, Shriya Thakre worked hard for the success of the programme.

Department of Chemistry
American Chemical Society (ACS) International Student Chapter
Organises
Webinar For Students
KILLER ON CALL

It's not the load that breaks you down, it's the way you carry it and what to do about this stress so that you can live a healthier, more focused and confident and at the same time more relaxing life is to learn to fight with this Killer...BE A NINJA

Day : 9th September 2020 Time : 02.30 pm

For Registration [Click Here](#)

Speaker

Dr. Rashmi S. Bansal
Learning & Development
Consultant, Life Coach

Broucher of the webinar

The link for registration :

https://docs.google.com/forms/u/1/d/13bkNtrKdd5_HRA_q_WOR2wqA2X20-NKNDgNcUwKT_P4/edit?usp=drive_web

The link for the webinar session:

<https://us04web.zoom.us/j/79007455691?pwd=UU1QQnVxbW5XSW9nOWdBMmVTenFIdz09>

The link for feedback form :

https://docs.google.com/forms/u/1/d/1RMX7o1Tv7pM619kW41UQ6I1SSj-gWMjb2IOI5k-7n94/edit?usp=drive_web