

**Rayat Shikshan Sanstha's
Balwant College,Vita
Department of Physics
2024-25**

One Page Report

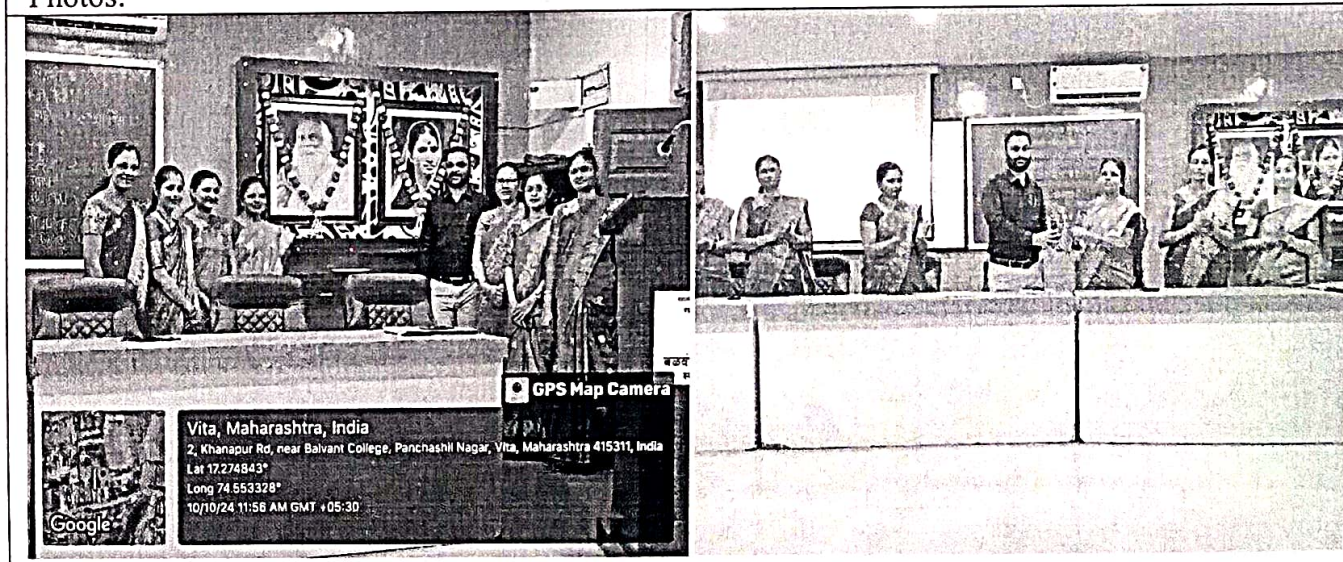
Department:	Department of Physics, IQAC, Ladies Welfare Committee and ICC/Vishakha Committee	
Title of Activity:	Stress Management	
Day :Thursday	Date:10/10/2024	Time: 11.00 am

Synopsis:

Department of Physics in collaboration with IQAC, Ladies Welfare Committee and ICC/Vishakha Committee has organized "Sharadshakti: Women Empowerment and Emancipation Programme" on "Stress Management" on 9th day of Navaratri. Introductory speech was given by Dr.Priyanka Shinde, Assistant professor, Department of Physics,Balwant College Vita. For this programme, Dr.Tejal Jagtap,KBP College,Islampur was chief guest and the invited speaker of the program. He guided students and faculties about stress management. He smoothly changed the mindset of students and awared students to handle very difficult situation in their life. Presidential remarks were given by Dr. Shahnaj Sayyad, Chairman, Ladies Welfare committee. Ms. Rani Chavan Chairman, ICC proposed vote of thanks. Ms.R.B.Ghadage did anchoring of the program. This activity was organized under guidance of Honorable Principal Dr. V. S. Shivankar and with a team work of Physics department, Ladies Welfare and ICC.

Objectives	Outcomes-
To increase awareness among students about positivity and to tackle difficult situations.	Student's awareness about handling a very difficult situations was increased.

Photos:



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