

Mahatma Gandhi Vidyamandir's

**Mahilaratna Pushpatai Hiray Arts Science and Commerce Mahila
College, Malegaon Camp**

Department of Psychology

**Report of conducted a webinar as a Part of MoU on "Life Skills and Stress
Management" Dated 6th April 2023**



Mahatma Gandhi Vidyamandir's

**MAHILARATNA PUSHPATAI HIRAY ARTS, SCIENCE AND COMMERCE
MAHILA MAHAVIDYALAYA, MALEGAON CAMP, DIST. NASHIK [M.S.]**

Loknete Vyankatrao Hiray Marg,

Savitribai Phule Pune University, Pune Affiliated Id. No. PU/NS/ASC/039/(1990)

NAAC ACCREDITED "B" GRADE

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NOTICE

Date- 01/04/2023

All the students are hereby informed that the Department of Psychology & IQAC is going to organise the Webinar Under MoU on "Life skills And Stress Management" on 06/04/2023 at 11:00 am on Google Platform.

All the students must participate in the programme.

Principal

ACTING PRINCIPAL

M.P.H. Mahila Mahavidyalaya
Malegaon Camp 423105 (Nashik)



Founder



Karmaveer Bhausaheb Hiray

Mahatma Gandhi Vidyamandir's

**MAHILA RATNA PUSHPATAI HIRAY ARTS, SCIENCE
& COMMERCE MAHILA MAHAVIDYALAYA , MALEGAON CAMP**

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NAAC ACCREDITED "B" GRADE
Ref.No.C-41629

Date- 06/04/2023

To,

Hon. Kishor D.Agham

President:- Mindguru Foundation,Jalna (M.S)

Director:-Sanvad Counselling Centre,Jalna(M.S)

Subject- Letter Of Appreciation...

Respected Sir,

Thank you very much for delivering an informative and a thought provoking lecture on 'Life Skills and Stress Management'. It was really a splendid presentation and all the participants got benefitted and appreciated the talk.

Looking forward for your cooperation in future as well.

Thanking you,


Principal

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Malegaon Camp 423105 (Nashik)

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Mahatma Gandhi Vidyamandir's

**Mahilaratna Pushpatai Hiray Arts Science and Commerce Mahila College,
Malegaon Camp**

Department of Psychology

Theme of Event

MGV's, Mahilaratna Pushpatai Hiray Arts, Science & Commerce Mahila College, Department of Psychology conducted a webinar as a Part of MoU on "Life Skills and Stress Management" Dated 6th April 2023. the renowned counsellor Kishore Agham, founder of Sanvad Counselling Psychological Testing and Wellness Center, Jalna is the chief guest and speaker for this program aimed at creating awareness about Life Skills and Stress management.

The objectives of this program are as follows-

- 1) Creating awareness about Stress Management among all.
- 2) Analyze the essentials of life skills
- 3) To enhance one's ability to be fully self aware by helping oneself to overcome all fears and insecurities and to grow fully from inside out and outside.
- 4) To examine special stressors that affect college students and strategies for reducing risk.
- 5) To Identify the life skill component to be integrated with the content objective.
- 6) Everyone understood the Stress management is possible by using life skills



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Mahatma Gandhi Vidyamandir's

**Mahilaratna Pushpatai Hiray Arts, Science and Commerce , Mahila
Mahavidyalaya, Malegaon Camp**

Department of Psychology and IQAC

**Report of conducted a webinar as a Part of MoU on“Life Skills and Stress
Management” Dated 6th April 2023**

Mahatma Gandhi Vidyamandir's, Mahilaratna Pushpatai Hiray Arts, Science and Commerce, Mahila Mahavidyalaya, Malegaon Camp , Department of Psychology Successfully Conducted a Webinar as a part of collaborative activityon “Life Skills & Stress Management” dated on 06th April 2023.

As the keynote speaker for this webinar, the renowned counsellor Kishore Agham, founder of Sanvad Counselling Psychological Testing and Wellness Center, Jalna, was present. Speaking on the occasion, he said that "Stress management is possible by using life skills". In this regard, he explained what life skills are, how a person can use it. Through the discussion & examples he elaborated what is stress, types of stress, side effects, various stress management techniques and discussed it in detail. He added, Stress is like a salt. In case of overdose, the person has to suffer its side effects. So, like salt, stress should be treated as needed. Along with this, the students were given useful guidance on how to live a happy life through PPT with the help of various examples.

I/Principal and Noted Psychologist Dr. Mrunal Bhardwaj guided the participants in her presidential address that, “Every human being has to manage life skills as well as stress at every moment. Stress management depends on the way a person looks at a problem”. She added, in today's modern competitive world achieving goals is easily possible by managing stress well.

Coordination of the programme and vote of thanks was conducted by Prof. Rohini Pawar, Department of Psychology. Dr. Deepanjali Borse , Vice Principal of the college, Dr. Tejaswini Sontakke , Academi Supervisor, faculty Members, office administrative staff were present. 50 participants got benefitted through the webinar.



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Mahatma Gandhi Vidyamandir's

**Mahilaratna Pushpatai Hiray Arts Science and Commerce Mahila College,
Malegaon Camp**

Department of Psychology

PROGRAM OUTCOME

MGV's, Mahilaratna Pushpatai Hiray Arts, Science & Commerce Mahila College, Department of Psychology, conducted a webinar as a Part of MoU on "Life Skills and Stress Management" Dated 6th April 2023. As the keynote speaker for this webinar, the renowned counsellor Kishore Agham, founder of Sanvad Counselling Psychological Testing and Wellness Center, Jalna, was present. Speaking on the occasion, he said that "Stress management is possible by using life skills". In this regard, he explained what life skills are, how a person can use it.

The Outcomes of this Program is a follows-

- 1) Successful stress management can improve almost every area our lives.
- 2) To create awareness about Stress management is possible by using life skills
- 3) The students get proper guidance Gain Self Competency and Confidence
- 4) Develop proactive responses to stressful situations
- 5) Develop a long term action plan to minimize and better manage stress
- 6) Life skills bring forth the abilities that promote mental well being and competence in young people as they face the realities of life. It helps the students to take positive actions to protect themselves and to promote healthy and meaningful social relationships.

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Date- 01/04/2023

To,

Hon. Kishor D. Agham

President:- Mindguru Foundation,Jalna (M.S)

Director:-Sanvad Counselling Centre,Jalna(M.S)

Subject- Invitation to deliver a lecture in Webinar..

Respected Sir,

On behalf on the M.G.Vidyamandir's, Mahilaratna Pushpatai Hiray Arts, Science and Commerce Mahila Mahavidyalaya, Malegaon Camp, Dist-Nashik(M.S.), We would like to invite you as a resource person to deliver a lecture in the Webinar as a part of Collaborative activity on 'Life skills and Stress Management' scheduled on 06/04/2023 at 11:00 am We firmly believe that your thoughts, experience and expertise would enable our teachers and participants to gain knowledge in this field.

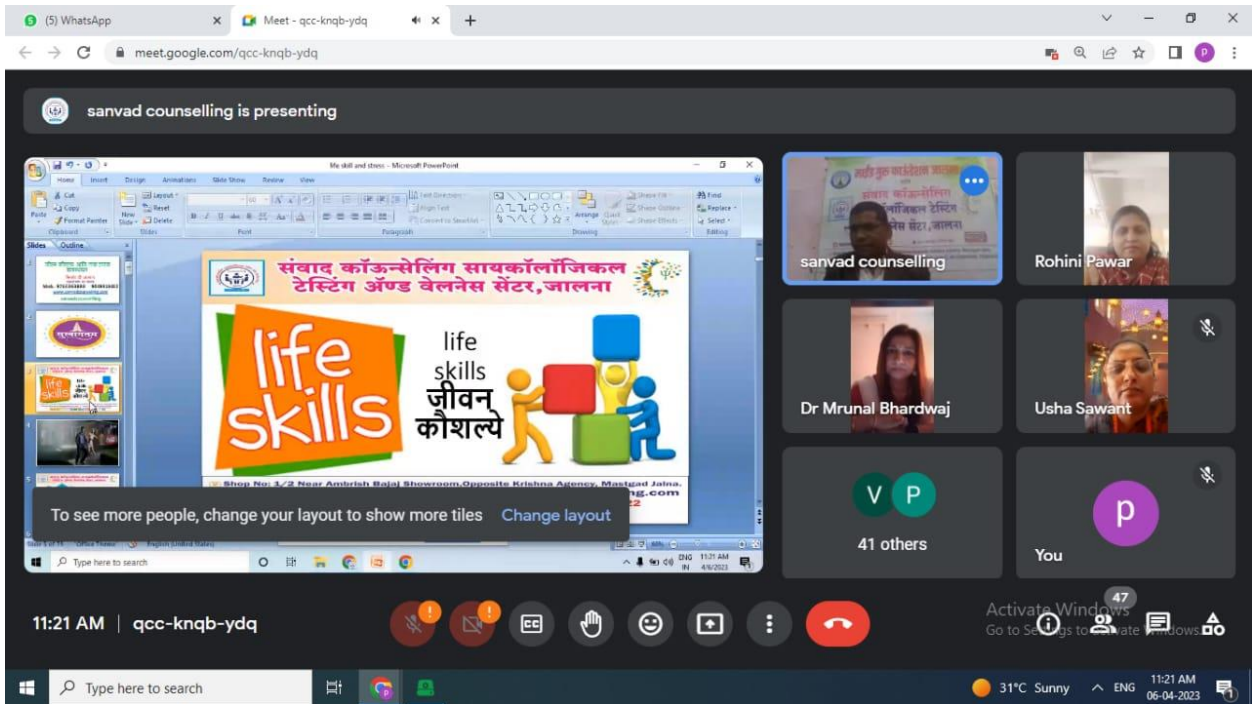
With regards,

Principal

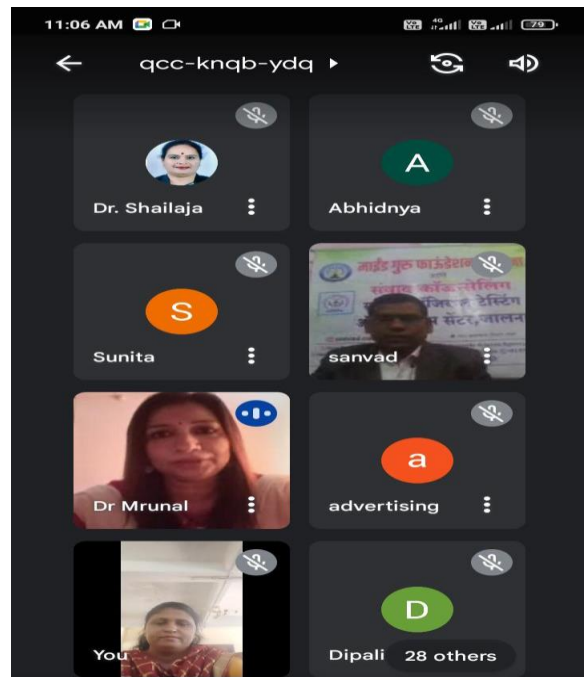
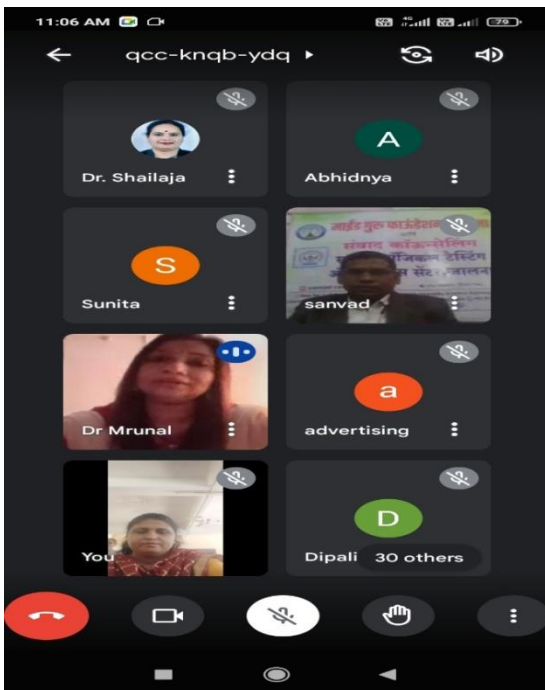
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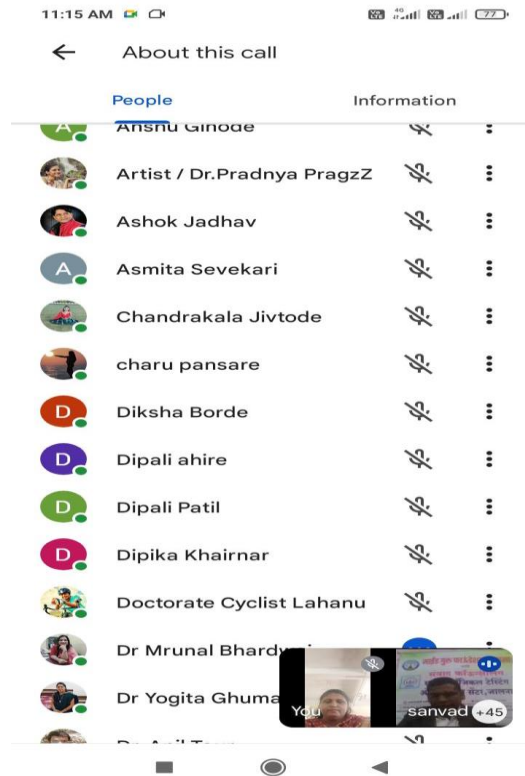
Photos and Attendance of conducted a webinar as a Part of MoU on “Life Skills and Stress Management” Dated 6th April 2023



Hon. Kishor Agham Guided the Participants on 06/04/2023



Dr. Mrunal Bhardwaj Guided the Participants in her presidential address on 06/04/2023



Participants were Present webinar on 06/06/2023

[Signature]
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News of conducted a webinar as a Part of MoU on “Life Skills and Stress Management” Dated 6th April 2023

महिलारत्न पुष्पाताई हिरे महिला महाविद्यालयात जीवन कौशल्ये आणि ताणव्यवस्थापन याविषयावर वेबिनार संपन्न

मालेगाव:-महात्मा गांधी विद्यामंदिर संचलित, महिलारत्न पुष्पाताई हिरे कला, विज्ञान व वाणिज्य महिला महाविद्यालयात दि. ६ एप्रिल रोजी मानसशास्त्र विभागाद्वारे जीवनकौशल्ये व ताण व्यवस्थापन या विषयावर वेबिनार आयोजित करण्यात आला.

सदर वेबिनारचे आयोजन, महात्मा गांधी विद्यामंदिर संस्थेचे समन्वयक व सावित्री बाई फुले पुणे विद्यापीठ सिनेट सदस्य डॉ. अपूर्व हिरे तसेच महात्मा गांधी विद्या मंदिर संस्थेच्या विश्वस्त व महाविद्यालय विकास समिती च्या उपाध्यक्ष डॉ. संपदा हिरे यांच्या प्रेरणेतून करण्यात आले.

यावेबिनारसाठी प्रमुखवक्ते म्हणून संवाद कौन्सेलिंग सायकोलॉजिकल टेस्टिंग अँड वेलनेस सेंटर, जालना चे संस्थापक व प्रसिद्ध समुपदेशक किशोर आगाम हे उपस्थित होते. याप्रसंगी बोलताना ते म्हणाले की, जीवन जगत असताना ताण व्यवस्थापन हे जीवन कौशल्यांच्या वर्धनासाठी उपयुक्त असते. यासंदर्भात त्यांनी जीवनकौशल्ये कोणती असतात, त्यांचा उपयोग व्यक्ती कसा करतो हे सोदा-हरण व प्रात्यक्षिकाद्वारे सांगितले. त्याचबरोबर, ताण म्हणजे काय, ताणाचे प्रकार, परिणाम, दुष्परिणाम, ताण व्यवस्थापनाची विविध तंत्रे या विषयी सविस्तर विवेचन केले.

ताण हा मीठा सारखा असतो. अतिप्रमाणात झाला तर व्यक्तीला त्याचे दुष्परिणाम भोगावे लागतात. म्हणून, मीठा प्रमाणेच ताणाला आवश्यकतेनुसार बघावे असेही ते म्हणाले. सोबतच विद्यार्थ्यांना विविध उदाहरणांच्या साहाय्याने पीपीटीच्या माध्यमातून प्रात्यक्षिके दाखवून आनंदी जीवन कसे जगता येईल या संदर्भात उपयुक्त असे मार्गदर्शन केले.

सदर कार्यक्रमाप्रसंगी कार्यक्रमाचे प्रास्ताविक व अध्यक्षीय मनोगत व्यक्त करताना महाविद्यालयाच्या प्रभारी प्राचार्य व प्रख्यात मानसशास्त्रज्ञ डॉ. मृणाल भारद्वाज म्हणाल्या की, प्रत्येक मनुष्याला प्रत्येक क्षणाला जीवन कौशल्यांसोबतच तानाचे

व्यवस्थापनसुद्धा करावे लागत असते. व्यक्तीचा एखाद्या समस्येकडे बघण्याचा जसा दृष्टिकोन असतो त्यावर ताण व्यवस्थापन अवलंबून असते. आजच्या आधुनिक स्पर्धात्मक युगामध्ये ताणाचे सुव्यवस्थापन करून ध्येय साधणे सहज शक्य आहे असेही त्या म्हणाल्या.

कार्यक्रमाचे सूत्रसंचलन व आभार प्रदर्शन मानसशास्त्र विभागाच्या प्रा. रोहिणी पवार यांनी केले. कार्यक्रमासाठी महाविद्यालयाच्या उपप्राचार्य डॉ. दीपांजली बोरसे, शैक्षणिक पर्यवेक्षक डॉ. तेजस्विनी सोनटक्के, प्राध्यापक बंधु-भगिनी, कार्यालयीन प्रशासकीय कर्मचारी व विद्यार्थीनी उपस्थित होते.


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