



Amrutvahini College of Engineering, Sangamner

Department of Computer Engineering



Resource Person:
Prof. V. V. Sable
Asst. Prof., Dept. of
MBA, AVCOE
Sangamner.

Organizes Guest Lecture on “Stress Management”

Date: 21 Sept 2018

Prof. S.K.Sonkar
Co-Ordinator

Prof. R.L.Paikrao
HOD

Dr.M.A.Venkatesh
Principal

Date: 21/09/2018

GUEST LECTURE

Date: 21st September 2018

Class: SE(B)

Topic: Guest Lecture on “Stress Management”

Resource Person: Prof. V. V. Sable, Asst. Prof., Dept. of MBA, AVCOE Sangamner.

Organized By: Prof. S.K.Sonkar

Total no. of Student Participant: 62

Total no. of Faculty Participant: (02)

Objective: How to Manage the Stress.

Guest Lecture Content: What is Stress, Stress Examples, What is stressful to you, Stress Warning signals, Suggestions for reducing stress- Find a support system, Change your attitude, Be realistic, Get organized and take charge, Take breaks, give yourself, Take good care of yourself, Learn to say "no.", Get regular exercise, Get a hobby, do something different



Snapshot1: Resource Person explaining Stress Management Concepts



Snapshot2: Participant Listening Concepts



Snapshot3: Participant Listening Concepts

Prof.S.K.Sonkar
Program Coordinators

Prof.R.L.Paikrao
Head of Department

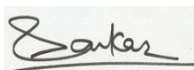
AMRUTVAHINI COLLEGE OF ENGINEERING, SANGAMNER
COMPUTER ENGINEERING DEPARTMENT
GUEST LECTURE ON “STRESS MANAGEMENT”

CLASS:SE(B)

DATE:21/9/2018

ROLL NO	STUDENT NAME
2201	MAHAJAN PRITI LAXMIKANT
2203	MARDIKAR GAURI SUHAS
2204	MEHER PRASAD ASHOK
2205	MITALAKAR SAINATH SHIVAJI
2206	MULAY PRASAD PRASHANT
2207	MULEY AKSHAY DEVANANAD
2208	MURTADAK GANESH SUDAM
2209	NAGARIYA HEMAL DILIP
2210	NALKAR ANKIT SHIVAJI
2211	NANOTE SAGAR SHRAVAN
2212	NARUTE SUJATA VISHNU
2213	NAVALE ANAGHA NITIN
2215	NIKUMBH PRIYANKA GOKUL
2216	PAKHALE HARSHAL DINESH
2217	PARBAT CHETAN GANGADHAR
2218	PATIL LAKSHMI SHRIKRUSHNA
2219	PATIL NITAL SUNIL
2220	PATIL SWATI SHANTARAM
2221	PUND SAI BALASAHEB
2222	RAHANE NEETA ANNASAHEB
2223	RAHANE ADITYA MOTIRAM
2224	RAJDEO DNYANDA SANJEEV
2226	RASAL SHRUTI MAHENDRA
2228	RODAGE HARSHADA VILAS
2229	SABALE SUPRIYA SUNIL
2230	SAHANE PRAGATI GORAKSHA
2231	SAHANE SNEHAL BALASAHEB
2233	SATPUTE SHREYASH SANJAY
2234	SATPUTE TEJAS BHASKAR
2235	SHELKE RUTUJA VILAS
2236	SHINDE SHUBHAM RAMDAS
2239	SHIRSHETWAD YOGESHWAR MAROTIRAO
2240	SINARE RUCHIKA BABASAHEB
2241	SONAWANE SAMRAT LAXMAN
2242	SONAWANE SNEHAL SANTOSH
2243	SONAWANE SAGAR BABASAHEB
2244	TAJANE SEJAL DATTATRAY
2245	TAMBE YASH SHIVAJI
2246	THITE KUNAL VIJAYKUMAR
2247	THORAT SANDHYA RAMESH
2250	UBARHANDE SACHIN GAJANAN
2251	UMAP GIRISH VIJAY
2252	UNDE KOMAL BABASAHEB
2253	VAISHNAV RUTUJA KAILAS
2254	VARPE ABHIJIT DILIP
2255	VETAL PRAJAKTA ANJABAPU
2256	WAKCHAURE GAURAVI BHARAT

2257	WAKCHAURE SHIVAM VAIBHAV
2258	WAKCHAURE SNEHAL SUNIL
2259	WALE SHUBHAM BALU
2260	WALUNJ YASHASHREE APPASAHEB
2261	WARADE SHUBHAM BALASAHEB
2262	SHERMALE GAURAV JAGANNATH
2263	NAGARE YASH
2264	MAHAJAN SEEMA
2265	ADITYA AMOLIK
2267	NAVSUPE ANJALI
2268	PHAPALE PANKAJ
2269	SHAIKH FIZA
2270	SHAIKH SABA
2271	SHAIKH SAMAR
2272	SONVANE SAVITA
2273	SONWANE CHAYA
2274	TALEKAR BHARTI
2275	THORAT KAVERI
2276	WARADE ROHIT
2277	ZAREKAR VRUSHALI
2278	SATPUTE SACHIN



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