



BACKWARD CLASS YOUTH RELIEF COMMITTEE'S

BHIWAPUR MAHAVIDYALAYA

BHIWAPUR DIST. NAGPUR- 441201

ACCREDITED WITH GRADE 'B' (CGPA-2.54) BY NAAC, BENGALURU

ISO-9001:2015

AFFILIATED TO RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR

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ANNUAL REPORT

ACADEMIC SESSION	2016-2017
ORGANIZER	Bhiwapur Mahavidyalaya, Bhiwapur
NAME OF THE ACTIVITY WITH TITLE	Guidance Programme on 'Stress Management and Art of Living'
DATE OF ACTIVITY	27th February, 2017
MODE OF ACTIVITY	Offline
ORGANIZING COMMITTEE	Students' Counseling Committee
PROGRAMME COORDINATOR	Asst. Prof. Dr. A. V. Mahawadiwar
COMMITTEE MEMBERS	Asst. Prof. Dr. Vijay S. Dighore Asst. Prof. Dr. M. V. Kadu Asst. Prof. Dr. Nitisha Patankar Asst. Prof. Shahane M.S.W. (Psychiatry) Dr. Sandhya Dhanvijay (M.B.B.S.)
NUMBER OF STUDENTS PARTICIPATED	40
BRIEF REPORT	To encourage and enhance students' academic, social, emotional and personal development, "Student Counseling Centre" was established in the College. The Centre renders selfless services to the students in resolving their genuine




problems. To assist the students to explore and understand about the root cause of their stress, a guidance programme on “Stress Management and Art of Living” was organized under the aegis of IQAC in Bhiwapur Mahavidyalaya, Bhiwapur on 27th February 2017 at 8.30 A.M. Dr. Rupesh Thakkar was the Keynote Speaker of the programme. Dr. Bhagyashri Wanjari also graced the occasion as a Guest of Honour. In his speech Dr. Thakkar cautioned the students that stress can lead to depression and anxiety in students, if not addressed in time. This can, in turn, negatively impact studies and work performances along with personal relationships with family, friends, co-workers and peers. Dr. Bhagyashree Wanjari threw flood of light on the Art of Living, in which she emphasized the practice of ‘Sudarshan Kriya’, ‘Yoga’ and ‘Meditation’ for leading Stress-free life. Dr. Satish Wanjari, Dr. Pradeep Gupta and Dr. Varsha Gupta also marked their attendance in the programme. Forty students participated in this programme. Asst. Prof. Dr. Anita Mahawadiwar conducted the Proceedings of the programme while Asst. prof. Aditya Sarwe, Director of Physical Education and Sports, proposed the formal Vote of Thanks.

**PROGRAMME
OBJECTIVES**

- To sensitize the participants to develop a balanced lifestyle in order to control stress in the long run.
- To train the students to cope up with stress in early age so as to develop their stress managing skills in adulthood.
- To encourage the participants in maintaining a strong and healthy workplace culture resulting in better creativity and productivity.
- To make the students aware of their stress and lifestyle through stress management and lifestyle guidance.
- To sensitize the students to maintain sound health for sound



	<p>mind.</p> <ul style="list-style-type: none"> • To spread awareness among students about the importance of 'Yoga' and 'Meditation' for leading stress-free life.
<p>PROGRAMME OUTCOMES</p>	<ul style="list-style-type: none"> • Sensitized the participants to develop a balanced lifestyle in order to control stress in the long run. • Trained the students to cope up with stress in early age so as to develop their stress managing skills in adulthood. • Encouraged the participants in maintaining a strong and healthy workplace culture resulting in better creativity and productivity. • Made the students aware of their stress and lifestyle through stress management and lifestyle guidance. • Sensitized the students to maintain sound health for sound mind. • Spread awareness among students about the importance of 'Yoga' and 'Meditation' for leading stress-free life.
<p>PHOTO GALLERY WITH CAPTIONS</p>	 <p>Dr. Rupesh Thakkar guiding the students about Stress Management</p>





Dr. Bhagyashri Wanjari exploring the benefits of Sudarshan Kriya and Yoga for leading stress-free life



Asst. Prof. Dr. Anita Mahawadiwar conducting the Proceedings of the Programme.

**NEWS
COVERAGE /
PAPER
MEDIA
COVERAGE**

**ANY
OTHER
INFORMATION**



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