



Nootan Vidarbha Shikshan Mandal's
MAHILA MAHAVIDYALAYA, JOG CHOWK, AMRAVATI
NAAC Accreditation Grade – B with CGPA 2.56
INTERNAL QUALITY ASSURANCE CELL (IQAC)



Brief report
2020-2021

Guest Lecture on 'Stress and Stress Management Techniques for Younger Generation'

In Mahila Mahavidyalaya, Amravati run by Nootan Vidarbha Shikshan Mandal, Amravati online guest lecture on 'Stress and Stress Management Techniques for Younger Generation' was organised on 22 January 2021 Hon 'ble Sharad Mankar (Counsellor Baba Vyasank Mukti Kendra, Amravati) was the resource person for this program. Hon'ble Sushma Deshmukh (Principal, Mahila Mahavidyalaya, Amravati) presided over the function. Mr. Sharad Mankar expressed his views on causes and effects of stress on human health .He has also thrown light on various techniques of stress management by citing various simple examples in daily life. He has also emphasized the need of understanding various psychological problems such as depression, anxiety, alienation, frustration etc which leads to dangerous situations in future life.He further explained the importance of sharing for living a healthy life. In her presidential speech Hon'ble Sushma Deshmukh effectively expressed her views that everyone need to focus on time management in order to reduce stress in life Hon'ble Prof. Dr. Auna Wadekar (coordinator Mentor Mentee Project) explained various schemes, funds and facilities provided to the students by the college. She also threw light on various activities held under Mentor-Mentee project. Vote of thanks was proposed by Prof. Dr. Aruna Wadekar. Prof. Preeti Jawanjal conducted anchoring of this programme. Above-mentioned guest lecture was organised under the able guidance of Prof. Dr. Sushma Deshmukh and Prof. Dr. Aruna Wadekar. Students from arts and commerce faculty noted their online attendance for this guest lecture.


IQAC Co-ordinator
Mahila Mahavidyalaya
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PRINCIPAL
MAHILA MAHAVIDYALAYA
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