



Nootan Vidarbha Shikshan Mandal's
MAHILA MAHAVIDYALAYA, JOG CHOWK, AMRAVATI

NAAC Accreditation Grade – B with CGPA 2.56
INTERNAL QUALITY ASSURANCE CELL (IQAC)

“Aapulki” Mentor- Mentee Project

Guest Lecture Stress Management

2020-2021



Mahila Mahavidyalaya, Amravati Mentor Mentee project “Aapulki” the motivational lecture was held on 26th July 2021 through online youtube video. The Prof. Gokul Deshmukh was conducted this lecture. Students Spend most of their time in college. Due to continuous mental work, peer pressure and family problems mind becomes stressful. In order to reduce their stress one lecture on stress management techniques was conducted by Prof. Gokul Deshmukh. He has give information about yoga and meditation for reducing their stress and students are realized stress free.

By means of this lecture students realized importance of stress free life for better outputs in working zones. Near about students 104 join this lecture.

Youtube Video link :-Part I <https://youtu.be/m29pSZpZB5w>

Part II <https://youtu.be/M7jmACwNx3U>

Part III <https://youtu.be/IHT-yhnZlHU>


IQAC Co-ordinator
Mahila Mahavidyalaya
Amravati




PRINCIPAL
MAHILA MAHAVIDYALAYA
AMRAVATI.