



Lokmanya Tilak Jankalyan Shikshan Sanstha's
PRIYADARSHINI BHAGWATI COLLEGE OF ENGINEERING
Harpur Nagar, Umred Road (Near Bada Tajbagh), Nagpur-24
(Approved by AICTE, New Delhi, Govt. of Maharashtra
and affiliated to Rashtrasant Tukdoji Maharaj Nagpur University)
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Faculty Development Program **Academic session 2022-2023**

Report on Expert Lecture on “Stress Mangement”

1. Event Title : Expert Lecture on “Stress Mangement”
2. Event Date : 31/05/2023
3. Event conduction duration : **1.30pm to 2.30pm**
4. Event venue : Seminar Hall, 1th Floor, PBCOE, Nagpur
5. Event resource perso : 1) Prof Shailesh A. Kurzadkar
Assistant Professor, KDK College Of Engineering, Nagpur
6. Name of Event Coordinator: Ms.A.A.Nikose
Dr K.D.Ganvir
7. Number of Faculty : 50
8. Objective : The main objective of stress management program was to recognize the stressors and signs of stress in our lives, giving insight of types of stress .
9. Outcome : The programme helped faculties and non teaching staff understand various relaxation methods to reduce muscle tension related to stress. Stress management offers a range of strategies to help you better deal with stress and difficulty (adversity) in your life. Managing stress can help you lead a more balanced, healthier life



Amikose

Signature of I/C Faculty Development Cell
(Ms.A.A.Nikose)

NK

Dr N. K. Choudhari
Principal

