CHHATRAPATI SHIVAJI MAHARAJ INSTITUTE OF TECHNOLOGY
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Ref. No.:-   Date:17/07/2020

A Report on Stress Management

NAME OF ACTIVITY: Webinar on Stress Management.

DATE & DURATION: 17/07/2020 2:00 pm

TYPE OF ACTIVITY: webinar

ORGANIZER(S): Women Development Cell, CSMIT,   Panvel

FLYER/POSTER:

BRIEF INTRODUCTION OF THE SPEAKER:

Dr. Sanjay Prem is a leading motivational speaker and corporate trainer in India. He is able to exhibit positive energy and vibes with people he meets. He has a deep understanding of human mind, emotions and feelings. He believes in parting his skills of motivating, inspiring and encouraging people.

ABSTRACT OF THE EVENT:

Stress can be defined as state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives.

Dr. Sanjay Prem explained about stress and its adverse effect on one's body and mind. Stress Management is to reduce the negative impacts caused by stress and to improve a person's physical and mental well-being.

All the girl students & ladies staff actively participated in the interactive session. They were eager to know the ways to cope up the stress. It was an enlightening and encouraging session

LIST OF THE PARTICIPANTS:

Sr No	Name of the Participants	College Name
1	GARGUDE NEETI	Chhatrapati Shivaji Maharaj Institute of Technology
2	NALAWADE APEKSHA	Chhatrapati Shivaji Maharaj Institute of Technology
3	DEVALE SHIVANI	Chhatrapati Shivaji Maharaj Institute of Technology
4	ARIFA FEROZ ALLAM	Chhatrapati Shivaji Maharaj Institute of Technology
5	GAIKWAD MEERA BHAGWAN	Chhatrapati Shivaji Maharaj Institute of Technology
6	BHANGALE VEDIKA RAJU	Chhatrapati Shivaji Maharaj Institute of Technology
7	MISHRA SHREYA ASHOK	Chhatrapati Shivaji Maharaj Institute of Technology
8	BORADE MANSI DILIP	Chhatrapati Shivaji Maharaj Institute of Technology
9	GEETA SHUKLA	Chhatrapati Shivaji Maharaj Institute of Technology
10	PATIL KANCHAN ARVIND	Chhatrapati Shivaji Maharaj Institute of Technology
11	PATIL SHWETA GANESH	Chhatrapati Shivaji Maharaj Institute of Technology
12	PARKHE PRAVINI PRAKASH	Chhatrapati Shivaji Maharaj Institute of Technology
13	SANAS GITANJALI DILIP	Chhatrapati Shivaji Maharaj Institute of Technology
14	PATIL RASIKA TANAJI	Chhatrapati Shivaji Maharaj Institute of Technology
15	DOMKONDWAR ANJALI	Chhatrapati Shivaji Maharaj Institute of Technology

	PRADEEP	
16	PINGALE DISHA JANARDAN	Chhatrapati Shivaji Maharaj Institute of Technology
17	THAKUR RACHANA HARESHWAR	Chhatrapati Shivaji Maharaj Institute of Technology
18	MURUDKAR SAYALI SANDIP	Chhatrapati Shivaji Maharaj Institute of Technology
19	KHADE SHIVANI MILIND	Chhatrapati Shivaji Maharaj Institute of Technology
20	MANE SHRUTI DEVIDAS	Chhatrapati Shivaji Maharaj Institute of Technology
21	SINGH ISHA VIJAY	Chhatrapati Shivaji Maharaj Institute of Technology
22	KAMBLE PRADNYA FULAJEE	Chhatrapati Shivaji Maharaj Institute of Technology
23	DALVI KASHMIRA GANESH	Chhatrapati Shivaji Maharaj Institute of Technology
24	SALUNKHE NEHA UTTAM	Chhatrapati Shivaji Maharaj Institute of Technology
25	NEETA CHAVAN	Chhatrapati Shivaji Maharaj Institute of Technology
26	SWATI MORE	Chhatrapati Shivaji Maharaj Institute of Technology

FEEDBACK ANALYSIS:

SESSION FEEDBACK ANALYSIS							
Sr.no.	**Attributes**	**Total Feed Back**	**Total Feed Back- 15**				
			>80% Objective Achieved, 60 to 79 %- Satisfactory, Below 60%, Need improvement				
1	**Do you think session was useful for you?**	20	**Yes**	**No**	**Partial**	**---**	**---**	**Remark**
			18	02				**Objective Achieved (94.00%)**
2	**Did you receive all the information you expected by the session**	20	**Outstanding**	**Excellent**	**Good**	**Average**	**Satisfactory**	**Remark**
			18	02`	0	0	0	**Objective Achieved - Outstanding & Excellent (90.00%)**
3	**Opinion on Rating the speaker for the session**	20	**Outstanding**	**Excellent**	**Good**	**Average**	**Satisfactory**	
			18	01`	01	0	0	**Objective Achieved - Outstanding & Excellent (90.00%)**
4	**Audience Query Response by the Speaker**	20	**Outstanding**	**Excellent**	**Good**	**Average**	**Satisfactory**	
			18	01`	01	0	0	**Objective Achieved - Outstanding & Excellent (90.00%)**
5	**Overall experience about the Session**	20	**Outstanding**	**Excellent**	**Good**	**Average**	**Satisfactory**	
			18	01`	01	0	0	**Objective Achieved - Outstanding & Excellent (90.00%)**