

D.Y.PATIL EDUCATION SOCIETY, KOLHAPUR

Institution Deemed to be University

NSS UNIT

Stress Management

Date & Time	Topic	Speakers	Monitor	Chair Person
16.09.2020 4 to 5 pm	Stress Management	Dr. Dayanand N. Devmore Department of Mechanical Engineering. D Y Patil Engineering college, Kolhapur	Dr. N. T. Venugopal Associate Dean for student's affairs	Dr. Shimpa Sharma Pro -Vice- Chancellor, D.Y. Patil Education Society, Kolhapur

The webinar was conducted on topic of **stress management** by Dr Dayanand Devmore for students and faculty. He explained on How to overcome stress and how to handle various situations in internal and external environment, deal with work force in and around us in daily life especially on this **COVID-19** situation . 110 students and the staff took benefit of this webinar.

SCREEN SHOT: 01



SCREEN SHOT: 02



Mr. Ram Powar

NSS Coordinator
D.Y. Patil Education Society
(Institution Deemed to be University, Kolhapur.)