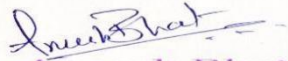


ACTIVITY REPORT

1.	Name of the activity	Guest Lecture : Stress Management
2.	Date & Time	19 th April, 2025 1pm to 2pm
3.	Venue / Place	CRPF camp, Talegaon Dabhade
4.	Total number of participants/beneficiaries (No of individuals benefited by activity)	50
5.	Organizing Faculty / Medical team	Mrs. Archana Raje
6.	In-charge	Dr. Aneesh Bhat
7.	Brief summary of the event in around 100 words (purpose, conduct, feedback, impact, suggestions)	<p>A lecture on Stress Management was conducted at CRPF camp by Archana Raje (Psychologist) on 19 April 2025</p> <p>The session aimed to help personnel understand the impact of stress and learn effective techniques to manage it. The speaker highlighted practical strategies such as breathing exercises, time management, mindfulness, and maintaining a healthy work-life balance. The session was interactive and well-received, promoting awareness and well-being among the participants.</p> <p>Lecture was attended by the junior resident and intern</p> <p>Junior resident - Bharati Shelke</p> <p>Intern- Pratik chate</p>
8.	Number of faculties attended (Guest lecture/CME/Workshop/Seminar/Health camps)	-
9.	Number of Students Attended	-


Dr. Aneesh Bhat
 MBBS, MD (Psychiatry)
 Reg No.: 2005/03/1908
 Professor & Head





Nutan Maharashtra Vidya Prasarak Mandal's (NMVPM's)
**NUTAN MAHARASHTRA INSTITUTE OF
ENGINEERING AND TECHNOLOGY (NMIET)**

Under Administrative Support - Pimpri Chinchwad Education Trust (PCET)



Approved by AICTE

Accredited by NAAC & NBA

Affiliated to SPPU

Woman Empowerment Club Committee

Date:08/03/2025

To

Dr.Swati Magare

MIMER Medical college& BSTR Hospital,

Talegaon Dabhade

Dear Dr.Swati Magare,

We sincerely thank you for readily accepting our invitation and delivering a session on 'International Women's Day' organised by Committee "Woman Empowerment Club" on 08-03-2025 at 1:30pm am for All Ladies Staff Members & Girl students, Nutan Maharashtra Institute of Engineering and Technology, Talegaon Dabhade, Pune.

Your Session was well received by our students and they were highly benefited with your experienced and knowledge based inputs. The valuable exposure about the concepts presented by you will definitely help our students.

We are indeed, deeply indebted to you for sparing your valuable time for this event and look forward to the same favourable support in future.

Thank you once again.




Principal
Nutan Maharashtra Institute
of Engineering and Technology
"Santosh Vidya Sankar" Vastanpuri
Talegaon Dabhade, 410507



Nutan Maharashtra Vidya Prasarak Mandal's (NMVPM's)
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Woman Empowerment Club Committee

Date:08/03/2025

To

Dr.Archana Raje

MIMER Medical college,

Talegaon Dabhade

Dear Dr.Archana Raje,

We sincerely thank you for readily accepting our invitation and delivering a session on 'International Women's Day' organised by Committee "Woman Empowerment Club" on 08-03-2025 at 1:30pm for All Ladies Staff Members & Girl students, Nutan Maharashtra Institute of Engineering and Technology, Talegaon Dabhade, Pune.

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