

# Report on Stress Management Program

**Organized by:**

Rashtrapita Mahatma Gandhi Arts, Commerce and Science College, Saoli

**Date:** January 22, 2026

**Time:** 10:00 AM

**Venue:** Digital Room

**Program Details**

**Resource Person:** Dr. Suchita Deshmukh

**Chairman of the Program:** Dr. A. Chandramouly, Principal

**Program Hosting:** Prof. P.S. Wasade

**Vote of Thanks:** Prof. Devilal N. Watakhare

**Number of Participants:** 37 Students

**Executive Summary**

The Stress Management Program was successfully organized at Rashtrapita Mahatma Gandhi Arts, Commerce and Science College, Saoli on January 22, 2026. The program aimed to equip students with essential stress management techniques and coping strategies to enhance their mental well-being and academic performance. The session was attended by 37 students and was conducted in the Digital Room of the college premises.

**Introduction**

In the contemporary educational landscape, college students face multiple stressors including academic pressure, career uncertainties, peer relationships, and personal challenges. Research indicates that stress management skills training significantly contributes to promoting academic vitality and psychological well-being among students. Recognizing the critical importance of mental health support, the college organized this specialized program to address student stress and provide practical coping mechanisms.

The program was designed to create awareness about stress triggers, teach effective stress management techniques, and foster a supportive environment where students feel comfortable discussing their challenges.

## **Program Objectives**

The Stress Management Program was organized with the following key objectives:

- To educate students about the nature and sources of stress in academic life
- To demonstrate practical stress management techniques and coping strategies
- To promote mental health awareness and reduce stigma around seeking help
- To enhance students' emotional resilience and psychological well-being
- To provide a platform for open discussion about stress-related challenges
- To encourage healthy lifestyle practices that support stress reduction

## **Program Schedule and Proceedings**

### **Opening Session (10:00 AM)**

The program commenced at 10:00 AM in the Digital Room with Prof. P.S. Wasade hosting the session. The program began with a warm welcome to the Resource Person, Dr. Suchita Deshmukh, and all the participants.

### **Presidential Address**

Dr. A. Chandramouly, Principal of RMG College Saoli, chaired the program and delivered the presidential address. In his address, the Principal emphasized:

- The increasing importance of mental health support in educational institutions
- The college's commitment to holistic student development
- The need for students to develop effective coping mechanisms for academic and personal challenges
- The value of seeking professional guidance when experiencing stress

### **Expert Session by Dr. Suchita Deshmukh**

Dr. Suchita Deshmukh, the Resource Person for the program, conducted an informative and interactive session covering multiple dimensions of stress management.

## **Key Topics Covered:**

1. **Understanding Stress:** Dr. Deshmukh explained the physiological and psychological aspects of stress, helping students recognize stress symptoms and their impact on overall health and academic performance.
2. **Sources of Student Stress:** The session identified common stressors faced by college students, including:
  - Academic pressures and examination anxiety
  - Time management challenges
  - Career-related uncertainties
  - Social and peer relationship issues
  - Financial concerns
  - Family expectations
3. **Mindfulness and Relaxation Techniques:** Dr. Deshmukh introduced practical mindfulness practices including meditation, deep breathing exercises, and progressive muscle relaxation techniques. Studies have shown that mindfulness engagement significantly reduces stress levels and helps students feel calmer and more focused.
4. **Lifestyle Management:** The session emphasized the importance of:
  - Regular physical exercise and its stress-reducing benefits
  - Maintaining a balanced and nutritious diet
  - Adequate sleep and rest patterns
  - Limiting caffeine and sugar intake
  - Time management and prioritization skills
5. **Building Support Systems:** Dr. Deshmukh encouraged students to develop strong social support networks, communicate openly about their challenges, and seek professional help when needed without hesitation.

6. **Practical Coping Strategies:** The session included demonstrations of immediate stress-relief techniques that students could apply in their daily lives, including breathing exercises and quick relaxation methods.

### **Interactive Session**

Following the expert presentation, an interactive session was conducted where students actively participated by:

- Sharing their personal experiences with academic stress
- Asking questions about specific stress management techniques
- Discussing practical challenges in implementing stress reduction strategies
- Seeking guidance on balancing academic and personal life

Dr. Deshmukh provided personalized responses and practical advice tailored to student concerns, creating a supportive and non-judgmental atmosphere that encouraged open dialogue.

### **Vote of Thanks**

Prof. Devilal N. Watakhare delivered the vote of thanks, expressing gratitude to:

- Dr. Suchita Deshmukh for her expert guidance and engaging presentation
- Dr. A. Chandramouly, Principal, for his leadership and support in organizing the program
- Prof. P.S. Wasade for skillfully hosting the program
- All participating students for their active engagement and enthusiastic participation
- The college administration for providing necessary facilities and support

### **Outcomes and Impact**

The Stress Management Program achieved significant positive outcomes:

#### **Immediate Outcomes:**

- 37 students gained comprehensive knowledge about stress management techniques
- Students learned practical, evidence-based coping strategies applicable to daily life
- Increased awareness about the importance of mental health and well-being
- Reduced stigma around discussing stress and seeking help
- Enhanced understanding of the mind-body connection in stress management

### **Expected Long-term Benefits:**

Research indicates that stress management skills training has significant impact on psychological well-being and academic vitality. The program is expected to contribute to:

- Improved academic performance through better stress coping mechanisms
- Enhanced emotional resilience and mental well-being
- Development of healthier lifestyle habits
- Better time management and organizational skills
- Increased confidence in handling challenging situations
- Promotion of a supportive campus culture around mental health

### **Student Feedback**

Students responded positively to the program, expressing:

- Appreciation for the practical and applicable nature of the techniques taught
- Gratitude for the college's initiative in addressing mental health needs
- Increased confidence in managing academic and personal stress
- Interest in attending more such programs in the future
- Recognition of the importance of self-care and mental health maintenance

### **Recommendations**

Based on the success of this program, the following recommendations are proposed:

1. Conduct periodic stress management workshops throughout the academic year
2. Integrate stress management education into the regular curriculum
3. Establish a dedicated mental health support system within the college
4. Create peer support groups where students can share experiences and coping strategies
5. Organize follow-up sessions to reinforce learned techniques and address ongoing concerns
6. Provide resources such as mindfulness apps, relaxation audio guides, and self-help materials
7. Conduct pre and post-program assessments to measure effectiveness and improvement

## **Conclusion**

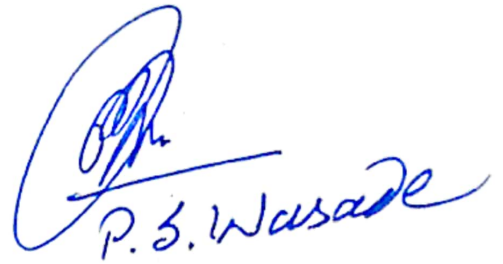
The Stress Management Program held on January 22, 2026, at Rashtrapita Mahatma Gandhi Arts, Commerce and Science College, Saoli was a highly successful initiative that addressed a critical need in student welfare. Under the expert guidance of Dr. Suchita Deshmukh and the leadership of Dr. A. Chandramouly, Principal, the program effectively equipped 37 students with essential stress management skills and coping strategies.

The program demonstrated the college's commitment to holistic student development and mental health support. By providing practical tools and creating a supportive environment for discussing mental health challenges, the initiative contributed significantly to promoting psychological well-being and academic vitality among students.

Such programs are essential in contemporary educational settings where students face multiple pressures and challenges. The success of this initiative underscores the need for continued focus on mental health support and the integration of stress management education into the broader academic framework.

The college looks forward to organizing more such programs and strengthening its mental health support infrastructure to ensure the overall well-being and success of its students.

  
Principal  
Rashtrapita Mahatma Gandhi  
Arts, Commerce & Science College  
Sion, Dist. Chandrapur (M.S.)

  
P. S. Wasade





**लोकशाही वार्ता**

# गडचिरोली

नागपूर, गुरुवार, २९ जानेवारी २०२६/१२

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## महात्मा गांधी महाविद्यालयात तणावमुक्त जीवनावर मार्गदर्शन

**लोकशाही वार्ता / सावली**

राष्ट्रपिता महात्मा गांधी महाविद्यालय, सावली जि. चंद्रपूर येथे ह्यातणावमुक्त जीवनह या विषयावर एक दिवसीय मार्गदर्शनपर कार्यक्रमाचे आयोजन करण्यात आले. कार्यक्रमाच्या अध्यक्षस्थानी महाविद्यालयाचे प्राचार्य डॉ. ए. चंद्रमौली होते.

कार्यक्रमाच्या प्रमुख वक्त्या डॉ. सुचिता देशमुख यांनी तणाव म्हणजे काय, तो का निर्माण होतो? आणि दैनंदिन जीवनात तणावावर कशा प्रकारे मात करता येईल यावर सविस्तर मार्गदर्शन केले. त्यांनी विद्यार्थ्यांना मार्गदर्शन करताना सांगितले की, आजच्या स्पर्धात्मक युगात तणाव अपरिहार्य असला तरी त्याचे योग्य व्यवस्थापन आवश्यक आहे. सकारात्मक विचारसरणी, वेळेचे योग्य नियोजन, नियमित व्यायाम, योग व ध्यान यामुळे तणाव कमी करता येतो. मोबाईल व सोशल मीडियाचा अतिरेक टाळणे, आणि पुरेशी झोप घेणे मानसिक आरोग्यासाठी महत्त्वाचे आहे. समस्या आल्यास संवाद साधणे, आणि स्वतःवर विश्वास ठेवणे



आवश्यक आहे.

संचालन प्रा. प्रशांत वासाडे यांनी, तर आभार प्रा. देवीलाल वताखरे यांनी मानले. कार्यक्रमाला महाविद्यालयातील विद्यार्थी, प्राध्यापक, तसेच शिक्षकेतर कर्मचारी मोठ्या संख्येने उपस्थित होते. कार्यक्रमातून विद्यार्थ्यांना तणावमुक्त व सकारात्मक जीवनशैलीचा संदेश मिळला.



RASHTRAPITA MAHATMA GANDHI ARTS, COMMERCE AND SCIENCE  
COLLEGE SAOLI

SESSION-2025-26

ATTENDANCE SHEET

Program Name: Stress Management Program

Date: 22/01/2026

Sr.No.	Name of the Students	Class	Signature
1	Katti V. Shedmake	BSC III <sup>rd</sup> yr.	<i>[Signature]</i>
2	Sangam S. Bapjiwarr	BSC III <sup>rd</sup> yr.	<i>[Signature]</i>
3	Puja B. Kalsal	BSC III <sup>rd</sup> yr.	<i>[Signature]</i>
4	Saloni K. Sorde	BSC III <sup>rd</sup> yr.	<i>[Signature]</i>
5	Taru A. Chandagurwar	BSC III <sup>rd</sup> yr.	<i>[Signature]</i>
6	Snehal R. Pendoor	B.A III <sup>rd</sup> yr.	<i>[Signature]</i>
7	Janhavi P. Kalsar	B.A III <sup>rd</sup> yr.	<i>[Signature]</i>
8	Jyoti I. Chaudhary	B.A III <sup>rd</sup> yr.	<i>[Signature]</i>
9	Priyanka S. Raut	B.A III <sup>rd</sup> yr.	<i>[Signature]</i>
10	Palki B. Nape	B.A III <sup>rd</sup> yr.	<i>[Signature]</i>
11	Pooja B. Bawane	B.A III <sup>rd</sup> yr.	<i>[Signature]</i>
12	Kaishnavi M. Thorale	B.A III <sup>rd</sup> yr.	<i>[Signature]</i>
13	Mahima P. Mohale	B.A III <sup>rd</sup> yr.	<i>[Signature]</i>
14	Ganga A. Motghare	B.A I	<i>[Signature]</i>
15	Vedika S. Motghare	B.Com I	<i>[Signature]</i>
16	Tanvi J. Gohane	B.Com I	<i>[Signature]</i>
17	Vivald A. Manghate	B.A I	<i>[Signature]</i>
18	Safriya B. Awale	B.A I	<i>[Signature]</i>
19	Asavari R. Ramgirwar	B.A I	<i>[Signature]</i>
20	Soofi M. Mohale	B.A I	<i>[Signature]</i>

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COLLEGE SAOLI**

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Date: 22/01/2026

Sr.No.	Name of the Students	Class	Signature
21	Pradnyashil S. Undliwade	B.A III <sup>rd</sup> year	Bundliwade
22	Tanishka S. Waghmode	B.A. III year	Waghmode
23	Achal D. Yekutiwar	BA III year	Yekutiwar
24	Swati D. Chitambar	B.A I year	Swati
25	Shubhangi S. Sontakke	B.A I	Sontakke
26	Nikita C. Bhandekar	B.A. I	Bhandekar
27	Reeti R. Bhandekar	B.A. I	Bhandekar
28	Disha K. Bhojars	BA-I	Bhojars
29	Nitin D. Chudhary	B.A III	Nitin
30	Rehan M. Dudhe	B.COM I	Dudhe
31	Anmol A. Madhliwar	B.A I	Anmol
32	Trupti H. Narmalwar	B.A.III	Trupti
33	Kirti S. Chaudhari	B.A. I	Chaudhari
34	Khushbu G. Alewate	B.A.I	K.G. Alewate
35	Dnyaneshwari M. Chaudhari	BSC III <sup>rd</sup> year	Chaudhari
36	Swati R. Alam	B.A. III	S.R. Alam
37	Padma V. Borkar	B.A III	Padma