

NAAC RE-ACCREDITED WITH 'A' GRADE

SevadaMahilaMahavidyalaya

Place for Higher Learning & Research (Research Academy)
Sakkaradara Square, Umrer Road, Nagpur-440024

Date :06/04/2022

NOTICE

All the students of **Final Year** Science, Home Science and Arts Faculty of the college are hereby informed that, Student Guidance and Counselling Committee in association with Cultural Committee, Human Development Department and Home Economics Department & Parent Teacher Association Alumni Association of college is organizing **Guest Lecture** of, **Ms. Priya Zoting** on "Youth and Stress Management" dated **6th April** on at 11am in Room No.110.

It is mandatory for students to attend the lecture.


DR. A. R. Ratkanthiwar

Convener
(Student Guidance & Counselling Cell)




(PROF. PRAVIN CHARDE)

Principle
Sevada Mahila Mahaviadyalya
Nagpur

Sevadal Mahila Mahavidyalaya

Sakkardara Chowk, Umrer Road, Nagpur – 440009

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Website: www.sevadalmahilamahavidyala.org

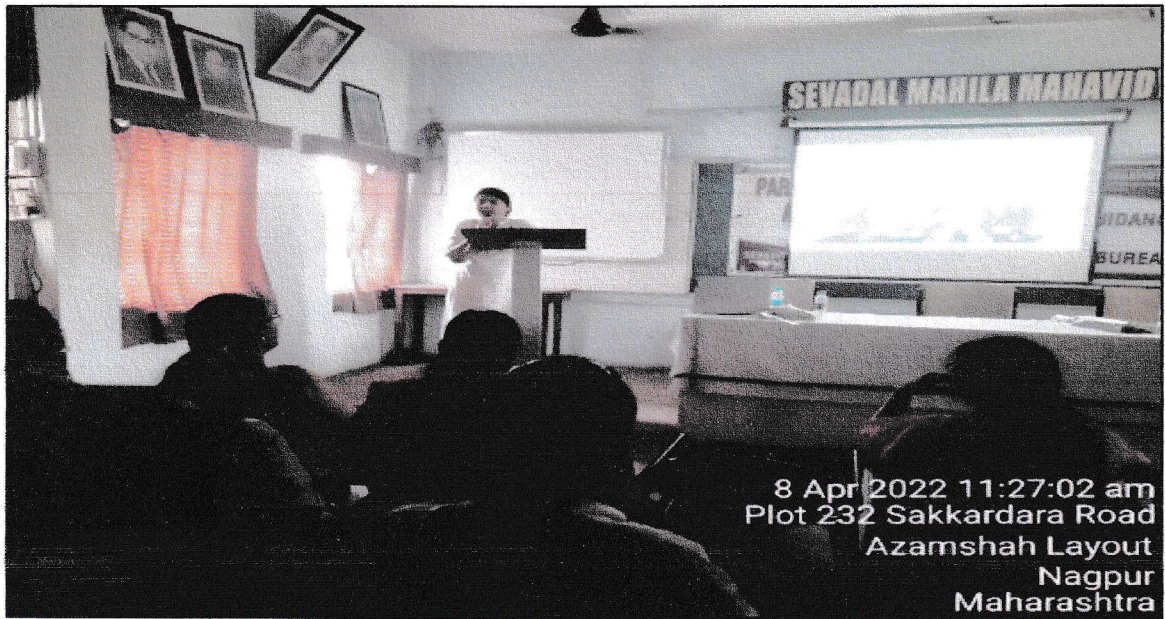
Guest lecture on Youth and Stress Management 2021-22

Sevadal Mahila Mahavidyalaya, Students Welfare, Student Guidance & Counselling Cell, Parents Teacher Association and Alumni Association of the college organized a guest lecture on “Youth and Stress Management” by Ms. Priya Zoting, Dean, Academics Institute of Psycho Management Studies, Nagpur on 8th April, 2022. Effective stress management enables you to respond to stressful situations in life more thoughtfully and sanely. It aids in controlling your stress levels. As a result, there are several psychological and physical advantages. You get more productive, feel healthier, and start getting better sleep. Helping the younger generation is a joint responsibility of our society in dealing with the stress and associated inhibitions carefully to help them grow into successful individuals. Dr. Mrs. A. R. Ratkanthiwar introduce the speaker and Dr. Mrs. B. S. Tapase proposed vote of thanks. The lecture was inspiring and informative for the students.

(Dr. Mrs. A. R. Ratkanthiwar)
Convener



(Prof. Pravin Charde)
Principal
Sevadal Mahila Mahavidhyalaya
Nagpur



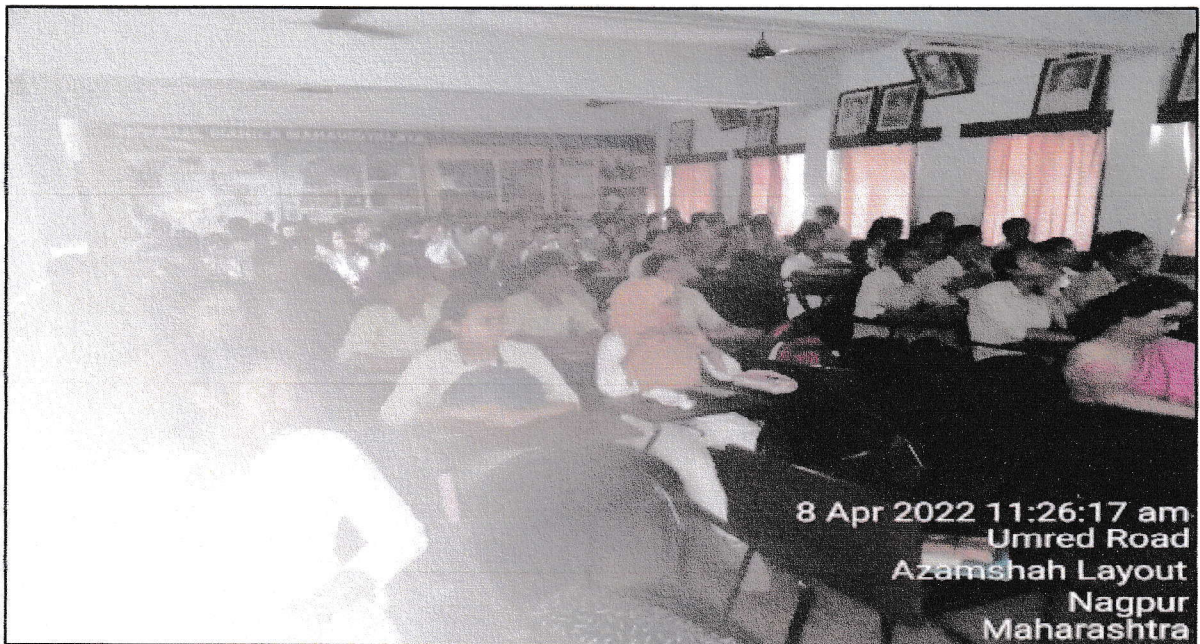
Guidance Given by Speaker



Principal
Sevadal Mahila Mahavidyalaya
Umrer Road, Nagpur-9.



Involvement of Students




Principal
Sevadal Mahila Mahavidyalaya
Umred Road, Nagpur-9.

Guest lecture on “Youth and Stress Management” by Ms. Priya Zoting.

List of students :

| Sr. No. | Name of Students |
|----------------|----------------------------|
| 1 | Samiksha Chakradhare |
| 2 | Trupti Gahukar |
| 3 | Nishika N. Rangari |
| 4 | Tejaswini G. Borkar |
| 5 | Nandini M. Sawalakhe |
| 6 | Harshada S. Satpute |
| 7 | Prachi P. Rokade |
| 8 | Swati R. Kaware |
| 9 | Rutik G. Gorle |
| 10 | Harsha S. Kapse |
| 11 | Gauri Sarode |
| 12 | Soumya V. Navghare |
| 13 | Priya Gaikwad |
| 14 | Vaishnavi N. Natiye |
| 15 | Sweety R. Raghushhe |
| 16 | Janhavi D. Lonare |
| 17 | Janvi D. Kaikade |
| 18 | Divyani R. Laroḱar |
| 19 | Shivani D. Sidhhamsettiwar |
| 20 | Divya G. Bhoyar |
| 21 | Bhagyashree Sisodiya |
| 22 | Tejal U. Kamlu |
| 23 | Vaishnavi A. Kambe |
| 2 | Aiswarya K. Bawankar |
| 25 | Manasi S. Patal |
| 26 | Kalashri G. Nakode |
| 27 | Priyanka R. Wadichar |
| 28 | Zeena S. Rassol |
| 29 | Prajakta Manekar |
| 30 | Vaishnavi Thakrele |
| 31 | Ruapli A. Shende |
| 32 | Aasawari A. Sahare |
| 33 | Mokshada Bhogade |
| 34 | Mansi P. Jadahv |




Principal
Sevalal Mahila Mahavidyalaya
Umrer Road, Nagpur-9.

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|----|---------------------|----------------------|
| 24 | Ashwani Sabal | B.Sc. (H.Sc.) Sem VI |
| 25 | Monika Nanadanwar | BSc. Sem VI |
| 26 | Amisha Denge | BSc. Sem VI |
| 27 | Sakshi Edalwar | BSc. Sem VI |
| 28 | Tejaswini Ingale | BSc. Sem VI |
| 29 | Vijeta Patil | BSc. Sem VI |
| 30 | Gauri Bansod | BSc. Sem VI |
| 31 | Kalayani Bante | BSc. Sem VI |
| 32 | Kalayani Bante | BSc. Sem VI |
| 33 | KanchanSurayawanshi | BSc. Sem VI |
| 34 | Shrutika Yadav | BSc. Sem VI |
| 35 | Tejaswini Pote | BSc. Sem VI |
| 36 | Pooja Chopde | BSc. Sem VI |
| 37 | Trushali Lende | BSc. Sem VI |
| 38 | Minal Bhajipale | BSc. Sem VI |
| 39 | Ashlesha Ukey | BSc. Sem VI |
| 40 | Dipti Sawarkar | BSc. Sem VI |
| 41 | Nandini Uikey | BSc. Sem VI |
| 42 | Hruchika Choudhari | BSc. Sem VI |
| 43 | Sneha Ghavde | BSc. Sem VI |
| 44 | Madhu Mishra | B.Sc. (H.Sc.) Sem VI |

DR. A. R. Ratkanthiwar
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 Convener
 (Student Guidance & Counselling Cell)



(Prof. Pravin Charde)
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 Principle
 Sevadai Mahila Mahavidyalaya
 Nagpur