



Gramin (Arts, Commerce & Science) Mahavidyalaya Vasantnagar

Activity Report, Year 2025 - 2026

Department / Committee IQAC

IQAC Document No:

Title of the Activity: State Level Online Webinar on "Effective ways to Relieve Stress"

Name of the Coordinator	Day and Date	Venue	Time
Dr.D.C. Pawar	Wednesday, 13.01.2026	Online Mood	07.00 pm
Number of beneficiaries: 38	Nature: Outdoor / Indoor / Online	Types pf Activity: Academic / Extention / Student support / Student progration / Environment / Gender / Days / Enrichment /Anyother ther (Specify):	
Total Expendature : 200/-	Name of the Chief guest : Dr. Hanumant Marotrao Bhopale		

ACTIVITY DETAILS

Topic / Title of the activity	State Level Online Webinar on "Effective ways to Relieve Stress"
Objectives	The aim of activity to Control or reduce the negative physical and mental effects of stress by Changing your response to stressors.
Methodology	Lectur Method
Outcomes	Mental & Emotional Benefits: Increased endorphins (feel-good chemicals), improved mood, reduced anxiety, enhanced focus, and a calmer, more resilient mindset.

DOCUMENTATION:

Pre-event Documents (Apporoval and planning)	1. Approval letter 2. Guest speaker invitation 3. Notice 4. Flyer 5. Pre-registration list 6. Budget sanction
During event documents	1. Signature Attendance of participants: Counter signature by Guest 2. High-quality geotagged photos with accurate event tagging 3. Some small reels of essentials parts of the programs
Post-event documents (Feedback and reports)	1. Feedback and feedback analysis 2. Certificate of appreciation 3. Event report. 4. Annual report monitoring activity 5. Publicity

IQAC Document No: 01 / / / 2025 -2026 / Attribute Name and No.

Departmental file No. 1/ Activity file/ 02 /2025 -2026

Name of the Teacher with Signature & date: Dr. D. C. Pawar

Name of the Head/Committee Incharge Signature with date: Dr. D. C. Pawar



Date 10/01/2026

To,
The Principal,
Gramin (ACS) Mahavidyalaya,
Vasantnagar, Tq. Mukhed.

**Subject: Application for your consent to organize Online state level
seminar on Stress Management...**

Respected Sir,

We, the Department of Philosophy would like to seek your kind permission to organize Online State Level Webinar on Stress Management activity on date 13/01/2026 at 07:00 pm. The aim of activity to Control or reduce the negative physical and mental effects of stress by Changing your response to stressors. We assure you that all necessary preparations and arrangements required for the event are made to ensure the smooth conduct of the event.

We kindly request you to grant us permission to conduct the above-mentioned activity. Your support will be highly encouraging, to all the participants involved in event.

Thanking you

Yours faithfully



Dr. Gore S.Y

(Head, Department of Philosophy)

Permission Granted
[Signature]
10/1/26



Estd. 1991



Vimukta Jati Seva Samitee's

Gramin (Arts, Comm. & Science) Mahavidyalaya

Vasantnagar (Kotgyal) Tq. Mukhed Dist. Nanded Pin - 431715 (M.S.)

Affiliated to S.R.T.M. University Nanded, College Code - 117

(NACC Re-Accredited- 'A')

E-mail : gramnaccollegevnagar@gmail.com

Web : gmvk.co.in

Email - haridasrathod1@gmail.com

rathod.haridas@yahoo.com

Mo.09423076156, 08805895428

Principal

Dr.H.B.Rathod

M.A.(Geog.), M.Phil, Ph.D.

Ref.No. :

Date :

TO,

Prof. Dr. Hanumant Marotirao Bhopale

(Marathi, Head of Department)

Indira Gandhi College, Cidco

Subject:- Invitation as a Resource Person for Online Webinar...

Sir,

In this regard, you are requested to attend the online webinar being conducted by the Philosophy Department of our college on Tuesday, 13/01/2026, and cooperate by guiding and acting as the Resource Person on the topic "Effective Solutions for Stress Relief".

This request.

your faithfully

(Dr. Haridas Rathod) 10/1/26

Principal

Gramin Arts, Comm. & Science
Mahavidyalaya, Vasantnagar (Kotgyal)
Tq. Mukhed Dist. Nanded



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Vimukt Jati Seva Samiti's

Gramin (Arts, Comm. & Science) Mahavidyalaya Vasantnagar

Kotgyl Tq. Mukhed Dist. Nanded (M.S.)-431 715.

NOTICE

Date:- 10/01/2026

Time: 07.00 pm

All Faculty Members of College are Requested to attend Programme of
online State Level "Webinar on Effective ways to Relives Stress"
Organised by Department of Philosophy

Date : 13/01/2025 Time : 07:00 pm

Head

Dept. of Philosophy

Principal

Gramin Arts, Comm. & Science

Gramin (A.C.S.) Mahavidyalaya

Mahavidyalaya Vasantnagar

Kotgyl Tq. Mukhed Dist. Nanded

Mahavidyalaya Vasantnagar

S. N.	Name of the Teacher	Sign.	S. N.	Name of the Teacher	Sign.	S. N.	Name of the Teacher (CHB)	Sign.
01	Principal Dr. Rathod H.B.		19	Dr. Pentewar M.S.		36	Shri. Kamlakar S.V.	
02	Dr. Kshirsagar S.G.		20	Dr. Sow. Shendge S.N.		37	Miss. Bagal V.C.	
03	Dr. Rathod B.C.		21	Dr. Gore S.Y.		38	Miss. Lokhande M.B.	
04	Dr. Kendre D.K.		22	Dr. Mathpati G.H.		39	Shri. Pawar V. B	
05	Shri Jewel S.A.		23	Shri. Patil S.S.		40	Dr. Panchal J.G.	
06	Dr. Badne R.D.		24	Shri.Pande G.K.		41	Dr.Patel S.N.	
07	Sow. Itkapalle A.P.		25	Dr. Mrs. Lohale K.C.		42	Shri. Gitte G.R.	
08	Dr. Giri M.A.		Name of the Teacher (CHB)			43	Waghmare D.W.	
09	Dr. Shinde P.R.		26	Shri. Jadhav A.S.		Name of the Non-Teaching		
10	Dr. Kankute S.R.		27	Shri. Waghmare B.S.		1	Shri Gokule R.G.	
11	Dr. Naik N.U.		28	Shri. Selke U.P.		2	Shri Rathod A.P.	
12	Dr. Kallimath S.K.		29	Shri. Sayyad S.N.		3	Shri.Zampalwad S.S.	
13	Dr. Awade N.H.		30	Shri. Navghare P.B.		4	Shri Rathod N.S.	
14	Dr. Chavan V. P		31	Dr. Honwadajkar M.B.		5	Shri Rindakwale R.R.	
15	Dr. Reddy S.M.		32	Shri. Hangargekar K.B.		6	Shri Sarkale B.V.	
16	Dr. Padamwar U.D.		33	Dr. Gaikwad S.B.		7	Shri Mane S.D.	
17	Dr. Pawar S.K.		34	Dr. Shetkar N.S.		8	Smt. Chavan Saruba	
18	Dr. Pawar D.C.		35	Dr. Deshmukh B.S.		9	Shri Karale P.V.	



Vimukta Jati Seva Samitee's

Gramin Art's, Commerce & Science Mahavidyalaya Vasantnagar,

Tq. Mukhed Dist. Nanded.

Date : 10/01/2026

सूचना

महाविद्यालयातील सर्व तत्त्वज्ञान आणि इतर विषयांतील विद्यार्थ्यांना सूचित करण्यात येते की, Online State Level Webinar "Webinar on Effective ways to Relives Stress" दिनांक 13/01/2026 रोजी ठीक 07:00 pm आयोजित केलेले आहे. तरी या कार्यक्रमास सर्व विद्यार्थ्यांनी उपस्थित राहून लाभ घ्यावा.



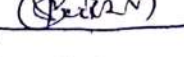
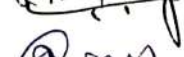
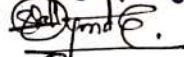
Head

Dept. of Philosophy

Gramin (A.C.S.) Mahavidyalaya

Vasantnagar (Kotigal), Tq. Mukhed Dist. Nanded

- 1) Dr. Kallimath. S.K. B.A.T.Y pol. science
- 2) Prof. Shelke U.P. B.A.S.Y. Marathi
- 3) Dr. Naik M.U. B.A.F.Y.
- 4) K.M. K.U. S.U. B.A.S.Y.
- 5) Gopalwadi S.B. B.A.F.Y.
- 6) Sayyad S.P. B.A.F.Y.





विमुक्त जाती सेवा समिती वसंतनगर संचलित...

ग्रामीण (कला, वाणिज्य व विज्ञान) महाविद्यालय वसंतनगर
ता.मुखेड जि.नांदेड

नॅक पुनर्मुल्यांकन "अ" वर्जा प्राप्त

तत्वज्ञान विभाग आयोजित राज्यस्तरीय वेबिनार

विषय : ताणतणाव निर्मुलनाचे प्रभावी उपाय

दिनांक : १३-०९-२०२६ वेळ : सायंकाळी : ७.०० वा.



: अध्यक्ष :

प्राचार्य डॉ.हरिदास राठोड

ग्रामीण (कला, वाणिज्य व विज्ञान) महाविद्यालय, वसंतनगर



: व्याख्याते :

प्रो.डॉ.हनुमंत मारोतीराव भोपाळे

इंदिरा गांधी महाविद्यालय, सिडको, नांदेड

: आयोजक :



प्रा.डॉ.सखाराम यशवंता गोरे

तत्वज्ञान विभागप्रमुख



प्रा.डॉ.महेंद्र बाबुराव होनवडकर

तत्वज्ञान विभाग

Mob.8625878886, 9767757406



Google Meet Link : <https://calendar.app/SUeGWHq9d8gpLoq79>



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विमुक्तजातीसेवासमिती संचलित
ग्रामीण (कला,वाणिज्य,व विज्ञान) महाविद्यालय, वसंतनगर

ता. मुखेड जि. नांदेड

तत्वज्ञान विभाग आयोजित

राज्यस्तरीय वेबिनार

२०२५-२०२६

दिनांक: १३/०१/२०२६.

कार्यक्रम पत्रिका

वेळ: ०७:०० pm

विषय: " ताणतणाव निर्मूलनाचे प्रभावी उपाय "

- प्रास्ताविक : प्रा. डॉ. सखाराम गोरे (तत्वज्ञान विभागप्रमुख)
- पाहुण्याचा परिचय : प्रा. डॉ. महेंद्र होनवडजकर
- पाहुण्याचे मार्गदर्शन : प्रा. डॉ. हनुमंत मारोतीराव भोपाळे
(मराठी, विभागप्रमुख) . इंदिरा गांधी महाविद्यालय सिडको , नांदेड
- अध्यक्षीय समारोप : मा. प्राचार्य प्रो. डॉ. हरिदास राठोड
ग्रामीण (कला,वाणिज्य,व विज्ञान) महाविद्यालय, वसंतनगर
- सूत्रसंचालन : प्रा. डॉ. उमाकांत पद्मवार
- आभार व तंत्रसहायक : प्रा. कृष्णा हंगरगेकर (राज्यशास्त्र विभाग)



[Handwritten Signature]
13/1/26

To.

The Principal

Gramin (ACS) Mahavidyalaya, Vasantnagar

Tq. Mukhed Dist. Nanded.

Subject: Request for Approval and Release of funds for Online State level Webinar

Respected sir,

I am writing to request the release of funds for the expenses incurred for organizing the "Effective ways to Relieve Stress". Held on dated 13/01/2026 by the Department/Committee/IQAC Cell. The workshop was organized successfully with active participation of faculty, fulfilling the objectives behind workshop organization. The summary of expenditure is given below:

Sr. No. Particulars

Amount

1. Resource person Honorarium

2. Stationery and Printing

3. Refreshment and Hospitality

4. Banner and Publicity

200/-

5. Miscellaneous

Total : 200/-


I kindly request you to sanction and release the above-mentioned amount. The original bills and receipts are enclosed herewith for your kind information and necessary action.

Thank you for your continued support.

Name: Designation: Dr. Gore sakharam Yeshwanta

Department/ Committee/Cell: Philosophy

Date:



People

Information

Activities



Pandhari Jumbad



pawar vitthal



Ramkrishna Badne



Sachin Rajput



Sakharam Gore



Sanjay Patil



sanjeev reddy



Saroj Gaikwad



Shankarayya kallimath



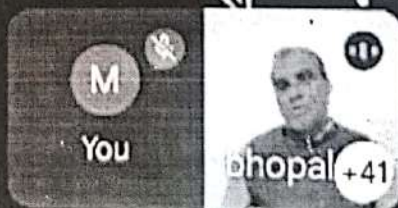
Shivkanta Gore



SIKANDAR SAYYAD



Sujit Kamlakar



Sunil Pawar



Supriya Honwadjkar







(No title)



Haridas



Dr. Umakant



Dr. Sunildatt



Gyandeo



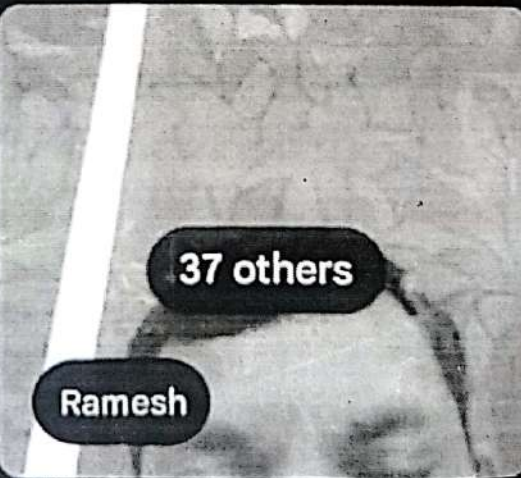
Sakharam



bhopale



You



37 others

Ramesh



Handwritten signature
Principal
Comm. & Science
Basantnagar (Kotgya
Dist. Nanded



Ref.No. :

Date :

Certificate of Appreciation

This certificate is presented to Prof. Dr. Hanumanth Marotirao Bhopale in appreciation for delivering the resource lecture on the topic **“Effective Solutions of Stress Relief”** in the online program organized by the Department of Philosophy through the Zoom platform.

We sincerely thank you for your valuable guidance and contribution to the success of this program.

Date: 13 January 2026

Place: Vasantnagar


Principal
Gramin Arts, Comm. & Science
Mahavidyalaya, Vasantnagar (Kotgyal)
Tq. Mukhed Dist. Nanded



Vimukta Jati Seva Samitee's

Gramin ACS Mahavidyalaya Vasantnagar Kotgyal

Tq. Mukhed Dist. Nanded

Department of Philosophy

Feedback form

Online Webinar on Stress Management

Date: 13/10/2026

Platform (Zoom/Google Meet etc.): Zoom

Participant Details

1. Name: Khandekar Subhash
2. Gender: Male Female Other
3. Age Group: Below 18 18-25 26-40 Above 40
4. Occupation: Student Faculty Other

Feedback on Webinar

Please rate the following aspects on a scale of 1 to 5:
(1 = Poor, 2 = Fair, 3 = Good, 4 = Very Good, 5 = Excellent)

Sr. No.	Criteria	1	2	3	4	5
1	Relevance of the topic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
2	Quality of content delivered	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3	Clarity of presentation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
4	Knowledge and expertise of the speaker	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
5	Usefulness of stress management techniques shared	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
6	Interaction and engagement during session	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
7	Time management of the webinar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>



Sr. No.	Criteria	1	2	3	4	5
8	Technical quality (audio/video)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
9	Overall organization of the webinar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Learning Outcome

6. Did this webinar help you understand stress and its management?
 Yes No To some extent
7. Do you feel confident to apply stress management techniques in daily life?
 Yes No Maybe

Open-Ended Questions

8. What did you like most about the webinar?

The speaker to speak very simple way

9. Suggestions for improvement:

more and more organized online webinar

10. Any additional comments:

NO

Overall Rating

11. Overall, how would you rate the webinar?
 Excellent Very Good Good Average Poor

Signature: 

Sr. No.	Criteria	1	2	3	4	5
8	Technical quality (audio/video)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
9	Overall organization of the webinar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Learning Outcome

- 6. Did this webinar help you understand stress and its management?
 Yes No To some extent
- 7. Do you feel confident to apply stress management techniques in daily life?
 Yes No Maybe

Open-Ended Questions

8. What did you like most about the webinar?

Subject is a very important

9. Suggestions for improvement:

No Thanks

10. Any additional comments:

—

Overall Rating

11. Overall, how would you rate the webinar?

- Excellent Very Good Good Average Poor

Signature: Prashu

दैनिक

संघर्ष

लोकन्याय

• संपादक:- शंकर तिडके •

Website - Epaper.loknyaysangharsh.in



मनःस्थितीवर नियंत्रण ठेवता येते-डॉ. हनुमंत भोपाळे

लोकन्याय न्यून नेटवर्क
मुखेड । एस. डी. जम्भडे
जन आणि निर्माणावर नियंत्रण ठेवणे
जवळ नसले तरी आपल्या मनःस्थितीवर
नियंत्रण ठेवता येते... यासाठी
योगसाधना, विषम्यना, संतुलित आहार,
सकारात्मक दृष्टिकोण आणि सतत
अतिशय अच्युतक असा त्याचे
प्रतिकारन सुप्रसिद्ध साहित्यिक तथा
व्यक्तिमत्त्वविषयक सतत प्रा.
डॉ. हनुमंत भोपाळे यांनी ग्रामीण
(कला, वाणिज्य व विज्ञान)
महाविद्यालय, वसंतनगर ता. मुखेड येथे
तत्त्वज्ञान विभागाच्यावतीने आयोजित
राज्यस्तरीय वेबिनारचे
प्रमुख मार्गदर्शक या नात्याने ताण-
तणावर नियंत्रणाचे प्रभावी उपाय या

आहेत
त्यांनी तसे वागू नये असा विचार
करू लागलो की ताण येतो. जीवनात
अनुकूल व प्रतिकूल परिस्थिती येत
असते पण त्याचा आपल्या मनावर
परिणाम होऊच
देणार नाही, हा दृढ इच्छा
आणि निर्णयामुळे ताणतणावाला दूर
ठेवता येते. तणाव हा निर्माणित
नसून मानवनिर्मित आहे. नकारात्मक
मन तणाव निर्माण करते तर
सकारात्मक मन
आनंद, उत्साह आणि आत्मविश्वास
निर्माण करते.
मनाला साक्षी ठेवून
आत्मपरिक्षण, आत्मसुधारणा
आणि सकारात्मक स्वयंमुच्यनामुळे

संत तुकड्यांच्या विचारावर
श्रद्धा ठेवून जगाला नाही तर
मनाला साक्षी ठेवून
जगल्यास खोटे आरोग्य
त्रास देऊ शकत नाहीत.
सत्य परिज्ञान हो सकता है लेकिन
फारभूत नहीं ही बाब लक्षात ठेवा.
मनाने खचले की तणाव येतो.
अपेक्षांपास होण्याच्या भीतीने ही तणाव
येतो. माणूस हा गुणदोषांनी युक्त
आहे. त्याला गुणदोषांसह स्वीकारा.
क्षमता व कौशल्य वाढवा. चूक मान्य
करायला शिका. ऐवढेच
नाही तर आपल्या उर्जा व कृतीत
सुधारणा करत पुढे गेल्याशिवाय प्रगती
होत नाही. माफी करायला व माफी
मागल्याने

करा. विधायक छंद जोपासा,
प्रेरणादायी विचार बोला व तसे
जगा. मनाला चांगला आहार
असा सकारात्मक विचारांची
पेरणी करून प्रा. भोपाळे यांनी श्रोत्यांना
मंत्रमुग्ध केले.
अध्यक्षस्थानी महाविद्यालयाचे
प्राचार्य डॉ. हरिदास गटोड हे होते.
त्यांनी प्रेरक व्याख्यानामुळे मनाची
मसाले दूर होत... प्रा. भोपाळे हे सतत
प्रेरक आणि सकारात्मक विचारांची
पेरणी करून समाजमन घटविण्याचे
कारण असल्याचे प्रतिपादन करून
प्रशासकीय पदावर काम करताना
अनेकांची मने सांभाळताना ताणतणाव
येतो. पण तो घ्यायचा नाही. ताणामुळे
अनेक रोग येतात. तेव्हा स्वतः ताण

प्रमुख प्रा. डॉ. सखाराम गोरे यांनी
करून कार्यक्रम आयोजनामागची
भूमिका विनम्र केली. सूत्रसंचालन
श्रीजी विभागप्रमुख
प्रा. डॉ. उमाकांत पदमवार यांनी
केले. पहिल्यांवा परिचय प्रा. डॉ. महेंद्र
होन्वडकर यांनी करून दिला तर
अभार प्रा. कृष्णा हांगेकर यांनी
मानले.
कार्यक्रमास प्रा. डॉ. सुनील दत्त
गवरे, प्रा. डॉ. म्यानदेव
उपाडे, प्रा. डॉ. जितल येरूळे, प्रा. डॉ.
प्रभाकर कीर्तनकर, प्रा. डॉ. सधिन
गजपूत, प्रा. डॉ. धनराज हाडोळे, प्रा. डॉ.
धनराज लजरे, प्रा. डॉ. माधव
कांबळे, प्रा. डॉ. उद्धव कांबळे,
महा



Brief Event Report

Title: Effective Solutions of Stress Relief

Organized By: Department of Philosophy

Date: 13 January 2026

Venue: Online session conducted through the Zoom app

Resource Person: Dr. Hanumanth Marotirao Bhopale

Aim:

The aim of this program was to create awareness among students about stress and its effects on mental and physical health. The Department of Philosophy organized this session to help students understand the importance of managing stress in their academic and personal life. The program also aimed to introduce students to practical and effective techniques for reducing stress, improving concentration, and maintaining a balanced and healthy lifestyle.

Objectives:

- To help students understand the causes and effects of stress.
- To introduce simple and practical techniques for stress relief.
- To encourage students to develop positive thinking and healthy habits.
- To guide students in managing academic pressure effectively.

Outcomes:

- Students became more aware about stress and its impact on health.
- Teachers & Students learned different techniques to manage and reduce stress.
- The program motivated teachers & students to maintain a positive mindset.
- Students understood the importance of balancing studies and personal well-being.

Participation:

The program was conducted online, and all the students actively participated in the session. The event was informative and beneficial for students in understanding effective ways to manage stress.

