

Rayat Shikshan Sanstha's
Shri Sadguru Gangageer Maharaj Science, Gautam Arts & Sanjivani
Commerce College, Kopargaon Dist- Ahmednagar 423601, Maharashtra
Department of Zoology
2021-22

**Report on
One Day National Conference on Online Teaching Learning and
Stress Management**

Department of Zoology and Psychology was organized national conference on Online Teaching Learning and Stress Management on date 23rd April 2022. Dr. Sunil Jadhav as resource person addressed the students about how to manage stress while online teaching learning. Total 171 participants benefited from this conference. Principal Dr. R.R. Sanap was introduced the program by giving presidential speech and Dr. V. R. Jiwatode valedicted the program.



Some memorable events/photographs during the conference


Principal
S.S.G.M.College
Kopargaon



Rayat Shikshan Sanstha's
**Shri Sadguru Gangageer Maharaj Science, Gautam
Arts and Sanjivani Commerce College, Kopargaon,
Dist. Ahmednagar 423601 (Maharashtra)**
Affiliated to Savitribai Phule Pune University, Pune &
Reaccredited with 'B⁺⁺' Grade by NAAC



**DEPARTMENT OF PSYCHOLOGY & ZOOLOGY IN
COLLABORATION WITH IQAC**
Organized
One Day National Conference
on
Online Teaching Learning & Stress Management
Date: 23th April 2022, Time: 11:00 AM



Dr. R.R. Sanap
I/c Principal & Convener

Miss. S. S. Bansode
Organizing Secretary & Head,
Dept. of Psychology

Mr. V. R. Jiwatode
Co-ordinator & Head, Dept. of
Zoology

Phone No. 02423-223155

Website: <http://www.ssgmcollege.org>

Principal
S.S.G.M.College
Kopargaon

Invitation

Dear Sir/Madam, It gives us immense pleasure to invite you to participate in the offline Conference on "Online Teaching Learning & Stress Management". The aim of this workshop is to make faculties and students aware about

1. Online Teaching Learning.
2. Problems during online Teaching Learning.
3. Stress & Stress Management during online Teaching Learning.

About Rayat Shikshan Sanstha

Rayat Shikshan Sanstha, Satara was established in 1919 by a great visionary Padmabhushan Dr. Karmaveer Bhaurao Patil with a motto of "Education through self-help." It is one of the leading educational institutions in Asia having in all 716 branches which includes 42 Senior Colleges, 438 Secondary Schools, 8 Training Colleges, 42 Primary Schools, 31 Pre-primary Schools, 80 Hostels, 07 Administrative Offices, 08 Ashram Schools, 02 Industrial Training Institutes, 01 Rayat Institute of Research and Development (RIRD) and 57 Ancillary Branches.

About College

Shri Sadguru Gangageer Maharaj Science, Gautam Arts and Sanjivani Commerce College, Kopargaon, was established in 1965, in affiliation to Savitribai Phule Pune University, Pune. The College offers 17 Undergraduate, 10 Postgraduate and 2 Ph.D. research programs with 25 Short Term course and 3 Career Oriented Courses.

Resource Person

Dr. SUNIL JADHAV

Psychologist

Cavaryl Army School Ahmednagar

Patrons

Hon. Sharadchandraji Pawar,
President, Rayat Shikshan Sanstha, Satara.

Hon. Dr. Anil Patil,
Chairman, Rayat Shikshan Sanstha, Satara.

Hon. Adv. Bhagirath Shinde,
Vice-Chairman, Rayat Shikshan Sanstha,
Satara & Chairman of College
Development Committee

Hon. MLA Ashutoshdada Kale
Chairman, North Region, Ahmednagar, Rayat
Shikshan Sanstha, Satara & Member of
College Development Committee.

Hon. Bipindada Kolhe,
Member, College Development Committee.

Prin. Dr. Vitthal Shivankar,
Secretary, Rayat Shikshan Sanstha, Satara.

Local Advisory Committee

Dr. S. B. Randhir, Vice-Principal (Arts Faculty)
Prof. A. K. Deshmukh, Vice-Principal (Science Faculty)
Dr. V. B. Nikam, Vice-Principal (Commerce Faculty)
Dr. N. V. Malpure, Coordinator, IQAC

Organizing Committee

Prof. Bansode S. S. - Organizing Secretary 9762577759
Mr. Jiwatode V.R. - Co-ordinator 9765270772

Registration Link: <http://surl.li/buwuk>


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Department of Psychology & Zoology collaboration with IQAC Organized

National Conference on

Online Teaching Learning & Stress Management

23rd April 2022

Table Programme

1. Introduction of the Programme : Mr. Jiwatode V.R.
2. Felicitations : Prin. Dr. Sanap R.R.- Dr. Sunil Jadhav
Miss. Bansode S.S- Prin. Dr. Sanap R.R
Miss. Gore A.B.- Miss. Bansode S.S
3. Speech of Resource Person : Dr. Sunil Jadhav
4. Presidential Speech : Dr. R.R. Sanap
5. Participants Feedback :
5. Vote of Thanks : Prof. Bansode S.S.

Venue: Conference Hall

Time: 11.00 am


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Department of Psychology & Zoology

**National Conference on
Online Teaching Learning & Stress Management**

23rd April 2022



**Worship of Karmaveer Anna and Mai by
the hands of respected persons in conference**



**Felicitation of Resource person by the hand
of Principal Dr. R.R. Sanap**



**Presidential Speech by Principal Dr. R.R.
Sanap**



**Felicitation of vice Principal Dr. S.B.
Randhir by the hand of Organizing
Secretary of Conference Miss S.S. Bansode**


**Principal
S.S.G.M. College
Kopargaon**



**Resource Person
Dr. Sunil Jadhav
Addressing to
participants on
Stress
management
during online
teaching learning**



Kopargaon, Maharashtra, India
VFWJ+GXC, Shardanagar, Kopargaon, Maharashtra 423601, India
Lat 19.898201°
Long 74.482479°
23/04/22 12:15 PM



**Participants in
Conference.
Total
Beneficiary- 171**



Kopargaon, Maharashtra, India
VFWJ+GXC, Shardanagar, Kopargaon, Maharashtra 423601, India
Lat 19.896199°
Long 74.482528°
23/04/22 12:15 PM


**Principal
S.S.G.M.College
Kopargaon**

Rayat Shikshan Sanstha's
Shri Sadguru Gangageer Maharaj Science, Gautam Arts and Sanjivani
Commerce College, Kopargaon, Dist. Ahmednagar 423601 (Maharashtra)

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Department of Psychology & Zoology

National Conference on
Online Teaching Learning & Stress Management

23rd April 2022

Attendance of Participants

Sr. No.	Name of Participants	Mobile number
1.	Bagul Bhagyashree Dilip	7559482504
2.	Anant Bhramur Vijay	8408824036
3.	Dangre Ruchita Suresh	942113093
4.	Shinde Samiksha Vitthal	7020154594
5.	Patole Mayuri Karbhari	7030902289
6.	Ahet Vaishnavi Haribhau	9881993129
7.	Bagwan -Alfiya Maherajkhra	8010584274
8.	Chavan Kaveri chindhu	9322986040
9.	Pawar Harshali Ramdas	9158382864
10.	Chaudhari Poonam sunil	9379066586
11.	Baviskar Arati vijay	9371847830
12.	Gavhole Nikita kakasaheb	8767553460
13.	Solase Priyanka Bhanudas	8007574330
14.	Shinde Gayatri Balasaheb	9665696532
15.	Ghayadkar Akanksha Rajendra	9689446001
16.	Bhagwat Ujjwala Kailas	9730692743
17.	Dagale Shivani Laxman	8888710507
18.	Bhingure Harshali Babasaheb	9322564950


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19	Dokhe Nikita Balu	7821957779
20	Deokar Nikita Dnyandeo	9960590163
21]	Nile Diksha Sandip	9529340050
22]	Godha Aishwarya Ajitkumar	9021587012
23]	Dalvi Pramila Dilip.	7875726776
24]	Ajage Tejal Sunil.	6355918940
25]	Deokar Sushma Ashok	8857885121
26]	Agwan Swarna Bhagireath	7821010191
27)	Pagare Anuradha Rajendro	8788021199
28)	Vaidya Dhanshree Bhagat Rao	9763147857
29)	Bhaleao Jagadee Dattu	8999082653
30)	Bhokare Komal Babasaheb	7083715158
31)	Aher Rutuja Dattatray	90114454799
32)	Pokade Pooishi Ganpat	9529929121
33]	Deokar Sweety Ambadas	7218381261
34]	Mundhate Sneha Gotakhnath	9325675371
35]	Marathe Chanchal Dnyandeo	9307340361
36)	More Vrushali sainath	9359299715
37]	Gaikwad Sankhya Rajendra	9322374677
38)	Tadhav Gayatri Eaknath	8459465262
39)	Borawake Janki Milind	9762194506
40)	Batwal Megha Keshav	8830281873
41)	Chavan Saurabh Kiran	8390904180
42)	Shinde Akash Ramdas	7028222823
43]	Adhaw Sujit Arun	9373210236
44	Kherud Hari Digambar	9503079202
45]	Kherud Hushi Pramod	9665653766
46]	Lamkhade Kunal sahebrao	9095020699
47]	Kate Aniket Sampat	9970542275
49]	Kherud Vaibhav Dattatray	8999407690
50]	Aman M. Inamdar	9579210951


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Department of Psychology & Zoology

National Conference on
Online Teaching Learning & Stress Management

23rd April 2022

Attendance of Participants

Sr. No.	Name of Participants	Mobile number
1.	Londe Prayakta Sanjay	9168201251
2	Jagtap Ashwini Prakash	9552828647
3] Shreddha Dadasaheb Kulkarni		8010538563
4] Anvesha Sivasundar Mishra		8459244820
5) Bhattkudav Pooja Digambar.		8806078132
6) More Neha Sanjay		8805392938
7. Khakale Ashwini Shivanath.		8390987006
8. Gaikwad Akshada Dinesh		8199838338
9. Shinde Vijaya Shankar		9552615197
10. Dake Karanji Sarnath		7030298580
11. Udawant Shruti Udawant		4083924282.
12. Pingale Pratima Rajendra		9765760510
13. Dake Shreddha Dadasaheb.		8668359949
14. Jadhav Shreddha Ashok		7498692700
15. Gaikwad pratiksha Uttam		7498008532
16] Dake Akanksha Mohan		9552697451
17. Gorde Pooja Shankar		7666726271
18] Khalkar Gauai Ashok		93099055921


Principal
S.S.G.M. College
Kopargaon

- Pawar Vaibhav Ramdas

- F.Y. BA

(39)

Student Stress Measurement Test.

- | | | | | |
|---|------|----------|-------|---|
| 1. परिवार में सदस्यों के व्यवहार से मुझे दबाव का अनुभव होता है। | सहमत | अनिश्चित | असहमत | 2 |
| 2. मित्रों एवं सम्बन्धियों के व्यवहार के कारण दबाव का अनुभव करता हूँ। | सहमत | अनिश्चित | असहमत | 1 |
| 3. पड़ोस के वातावरण से दबाव का अनुभव होता है। | सहमत | अनिश्चित | असहमत | 1 |
| 4. कार्यक्षेत्र में सहयोगियों के व्यवहार से दबाव की अनुभूति होती है। | सहमत | अनिश्चित | असहमत | 1 |
| 5. स्कूल/कालेज के वातावरण से दबाव की अनुभूति होती है। | सहमत | अनिश्चित | असहमत | 1 |
| 6. परिवार के सदस्यों की अपेक्षाओं से दबाव का अनुभव करता हूँ। | सहमत | अनिश्चित | असहमत | 2 |
| 7. सम्बन्धियों/मित्रों की अपेक्षाओं के कारण दबाव की अनुभूति होती है। | सहमत | अनिश्चित | असहमत | 1 |
| 8. कार्यक्षेत्र से सम्बन्धित जिम्मेदारियों के कारण दबाव की अनुभूति होती है। | सहमत | अनिश्चित | असहमत | 2 |
| 9. विपरीत लिंग के लोगों के साथ वार्तालाप में दबाव का अनुभव होता है। | सहमत | अनिश्चित | असहमत | 1 |
| 10. शिक्षा पर पढ़ने वाले व्यय से दबाव का अनुभव करता हूँ। | सहमत | अनिश्चित | असहमत | 1 |
| 11. स्वास्थ्य सम्बन्धी समस्याओं से दबाव की अनुभूति होती है। | सहमत | अनिश्चित | असहमत | 2 |
| 12. मांगलिक कार्य (शादी/अन्य संस्कार) पर होने वाले व्यय से दबाव की अनुभूति होती है। | सहमत | अनिश्चित | असहमत | 1 |
| 13. नौकरी में अनिश्चितता के कारण दबाव का अनुभव करता हूँ। | सहमत | अनिश्चित | असहमत | 2 |
| 14. परिवार के सदस्यों एवं सम्बन्धियों के वैवाहिक समस्याओं के कारण दबाव उत्पन्न होता है। | सहमत | अनिश्चित | असहमत | 1 |
| 15. यौन सम्बन्धी समस्याओं से दबाव का अनुभव करता हूँ। | सहमत | अनिश्चित | असहमत | 1 |
| 16. पारिवारिक मतभेदों के कारण प्रायः दबाव की अनुभूति होती है। | सहमत | अनिश्चित | असहमत | 2 |
| 17. विभिन्न कारणों से उत्पन्न असुरक्षा के भाव के कारण दबाव की अनुभूति होती है। | सहमत | अनिश्चित | असहमत | 2 |
| 18. वादों (लिटिगेशन) से घिरे होने के कारण मानसिक दबाव का अनुभव करता हूँ। | सहमत | अनिश्चित | असहमत | 2 |
| 19. पुलिस प्रशासन के अनावश्यक हस्तक्षेप से दबाव की अनुभूति होती है। | सहमत | अनिश्चित | असहमत | 1 |



Shri Sadguru Gangageer Maharaj Science, Gautam Arts and Sanjivani Commerce College, Kopargaon
Tal-Kopargaon, Dist- Ahmednagar 423601 (MS)

Accredited by NAAC at 'B⁺⁺' grade & affiliated by Savitribai Phule Pune University Pune

One Day National Conference on
ONLINE TEACHING LEARNING AND STRESS MANAGEMENT

Organized by - Department of Psychology & Zoology in collaboration with IQAC

On
23rd April 2022

Certificate

This is to certify that, Prof. / Dr. / Mr. / Mrs. _____

--of-----

-----participated in One Day National
Conference on " Online Teaching Learning & Stress Management" held on 23rd April 2022. His / Her active participation in this
Conference is highly appreciated.

Miss. Bansode S.S
Secretary

Mr. Jiwatode V.R.
Coordinator

Dr. N. V. Malpure
Co-ordinator, IQAC

Dr. Sanap R.R.
I/C Principal & Convener


Principal
S.S.G.M. College
Kopargaon



I.C. Principal
Dr. Sanap R. R.
M.Sc., Ph.D.

Rayat Shikshan Sanstha's

Estd. : June 1965

SHRI SADGURU GANGAGEER MAHARAJ SCIENCE, GAUTAM ARTS & SANJIVANI COMMERCE COLLEGE

KOPARGAON - 423 601 Dist. Ahmednagar (M.S.) India.

Founder : Padmabhushan Dr. Karmaveer Bhaurao Patil, D.Litt.

• NAAC-Reaccredited 'B' Grade • Best College Award by S.P. Pune University • ISO 9001:2008 Certified

Ref. No. : 125/2022-23

Date : 22/04/2022

To,

Dr. Sunil Jadhav

Psychologist/Special educator

Cavarly Army School Ahmednagar

Subject: Inviting as a Resource Person for National Conference

Respected Sir,

It gives us immense pleasure to invite you as resource person for the National Conference organized by the Department of Psychology, Zoology and IQAC of our college. The Conference is titled as "Online teaching learning and Stress management" and scheduled on 23rd April 2022 at 11 am at the conference hall of S.S.G.M college, Kopargaon. We look forward for your cooperation and guidance.

Thanking You




Principal
S.S.G.M. College
Kopargaon

Principal
S.S.G.M. College
Kopargaon



I.C. Principal
Dr. Sanap R. R.
M.Sc., Ph.D.

Rayat Shikshan Sanstha's

Estd. : June 1965

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Ref. No. : Bphand/2022/23

Date : 23/04/2022

To,

Dr. Sunil Jadhav

Psychologist/Special educator

Cavaryl Army School Ahmednagar


Subject: Letter of Appreciation.

Dear Sir,

On behalf of Department of Psychology, Zoology & IQAC, S.S.G.M. College Kopargaon, we express our sincere thanks to you for your valuable talk cum trainer on topic " **Online teaching learning and stress management** " on date 23/04/2022 in our National conference. We expect your cooperation in future.

Thanking You




Principal
S.S.G.M. College
Kopargaon


Principal
S.S.G.M. College
Kopargaon

Rayat Shikshan Sanstha's
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Commerce College, Kopargaon, Dist. Ahmednagar 423601
(Maharashtra)

DEPARTMENT OF PSYCHOLOGY & ZOOLOGY IN COLLABORATION WITH IQAC

Organized
One Day National Conference

on
Online Teaching Learning & Stress Management

Date: 23th April 2022, Time: 11:00 AM

Feedback Form

Name of Participant:.....Dr. Vaspe B.D.....

College Name:.....S.S.G.M. College, Kopargaon.....

Mobile No & Email address :.....9850825965.....babasaheb.vaspe1964@gmail.....

Category: 1) Teacher 2) Student 3) Research Scholar 4) Other

1. Theme of the conference

a) Very Good b) Good c) Average D) Neutral

2. Talk of Resource person

a) Excellent b) Good c) Fair D) Poor

3. Does the session enhance your knowledge about stress management while online teaching learning?

a) Yes b) No

4. Are you interest in participate in such programme organised by our college in future.

a) Yes b) No c) May be

5. Suggestions.....Stress Management program arranged
separately for Female students.....


Principal
S.S.G.M. College
Kopargaon