



!! पढमं नाणं तओ दया !!

SHRI JAIN VIDYA PRASARAK MANDAL  
**COLLEGE OF EDUCATION**

ESTD 8/9/1927

Fattechand Marg, Chafeker Chowk Chinchwad, Pune 411033. Tel.: 020-27352274,

APPROVED BY NCTE, GOVT. OF MAHARASHTRA & AFFILIATED TO SAVITRIBAI PHULE PUNE UNIVERSITY

**NCTE CODE- 123228/2015**

**SPPU ID CODE: PU/PN/B.Ed./240/2006**

Website: [www.sjvpmcoe.in](http://www.sjvpmcoe.in)

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Email: [sjvpmbd@gmail.com](mailto:sjvpmbd@gmail.com)

(B.Sc. , M.A. , M.Ed. , Ph.D.) , Principal

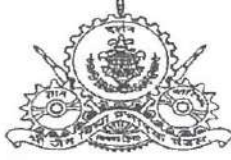
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Date :

## 7.2.1 Institutional best practices

1. Vedic Math's Training program
2. Stress Management





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(B.Sc. , M.A. , M.Ed. , Ph.D.) , Principal

Ref.

Date :

## BEST PRACTICE: I

# Vedic Mathematics Training program



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Dr. Kothawade P.L.  
PRINCIPAL



## 7.2.1 Describe at least two institutional best practices (as per NAAC format given on its website)

### Best Practice: I

#### 1. Vedic Mathematics Training :

Vedic mathematics is one of the most popular systems of mathematics as it offers tricks that allow us to solve difficult operations like multiplication, addition, division etc. in less than a few seconds. Vedic Mathematics is a collection of Formulae/Techniques called Sutras which help us solve arithmetic problems. There are many advantages in using a flexible, mental system. Pupils can solve various arithmetic problems by applying tricks which are in the form of Sutra , shlokas in Vedic mathematics. they are not limited to the one 'correct' method. This leads to more creative, interested and intelligent pupils. Our Management is highly Committed for Need Based & Practical Education

#### Objectives of the Practice:

1. To know various tricks for solving difficult, multiplication, Division & two three digit number.
2. To know Vedic formula for deriving square, cube of two- & three-digit number.
3. To know importance of Vedic mathematics in daily life
4. To get command on solving various mathematics Problem of Competitive Examination.
5. Squaring of numbers ending with 5
6. Squaring of numbers between 50-60
7. Multiplication of numbers with a series of 9's
8. Multiplication of numbers with a series of 1's
9. Multiplication of numbers with similar digits in the multiplier
10. Subtraction using the rule 'All from 9 and the last from 10'



  
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## The Context:


It is important to note that the word 'Vedic' is used as an adjective in connection with the Vedas. We all know that there are four Vedas: Rigveda, Samaveda, Yajurveda and Atharvaveda. Each of these deals with a specific set of subjects. Out of these Vedas, the 'Atharvaveda' dealt with subjects of architecture, engineering and general mathematics. However, according to historians, what we generally call Vedic Mathematics in parlance with the findings of Swamiji is not mentioned anywhere in the Vedas, not even the Atharvaveda which deals with mathematical subjects. Then, the obvious question arises: Why is the word Vedic used to describe this discovery when it has no direct relation with the Vedas? In fact, the use of the word Vedic as an adjective to the systems of Swamiji has aroused a certain amount of controversy. However, the followers and disciples of Swamiji have strong arguments. According to Swamiji, the word veda means the fountainhead and illimitable storehouse of all knowledge. This means that the Vedas should have all the knowledge that is needed by a man for his perfect all-round success.

Vedic Mathematics is the name given to the ancient system of Indian Mathematics which was rediscovered from the Vedas between 1911 and 1918 by Sri Bharati Krishna Tirtha (1884-1960). According to his research all of mathematics is based on sixteen Sutras, or word-formulae. The Vedic Mathematics course is sought after in the academic circuit and has been made after the author's long experience of teaching over 4 million students in the subject across the globe. Can you multiply  $998 \times 997$  in five seconds? Learn High Speed Vedic Mathematics which will enable you to calculate much faster compared to the conventional system. You will be able to do seemingly difficult calculations like  $998 \times 997$  in split seconds which will make a remarkable difference to your confidence and self esteem. Your calculation skills will improve, you will be able to perform better and you will exuberate confidence which will blow people away. The scope of the area which Vedic Mathematics covers is much larger than the other systems. Through Vedic Math you can do calculations in Arithmetic, Algebra and even Trigonometry for that matter and simplify and speed up calculations.

## The Practice

Institute was organized seminar by Learning Vedic Mathematics accelerated the student's problem solving ability. And knowing the concepts helped to solve



  
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math's problems quickly and also prepared the students to face the competitive exams. Special multiplication methods, squaring and square roots, division, converting percentage into fractions, ratio and proportion, identifying cube and cube roots.

**Evidence of Success:-**

- Lecture of Ex. Principal and Author of various books on Vedic mathematics M.L. Nankar Sir on Mathematics day related to Vedic Mathematics Training.
- Teaching aid competition & Exhibition related to mathematics
- Quiz competition
- Drama presented by student teachers account off Mathematics day on Vedic Mathematics Training
- Articles published on Vedic Mathematics.

Problems Encountered and Resources Required few students avoid the program and deny such activities, but our experienced faculties convinced them and ultimately, they agreed for Vedic math trending work for the next year they too realized the value Additional staffs and students committee is needed for the smooth and intensive activities Less Time Availability. Vast curriculum of B.Ed.



  
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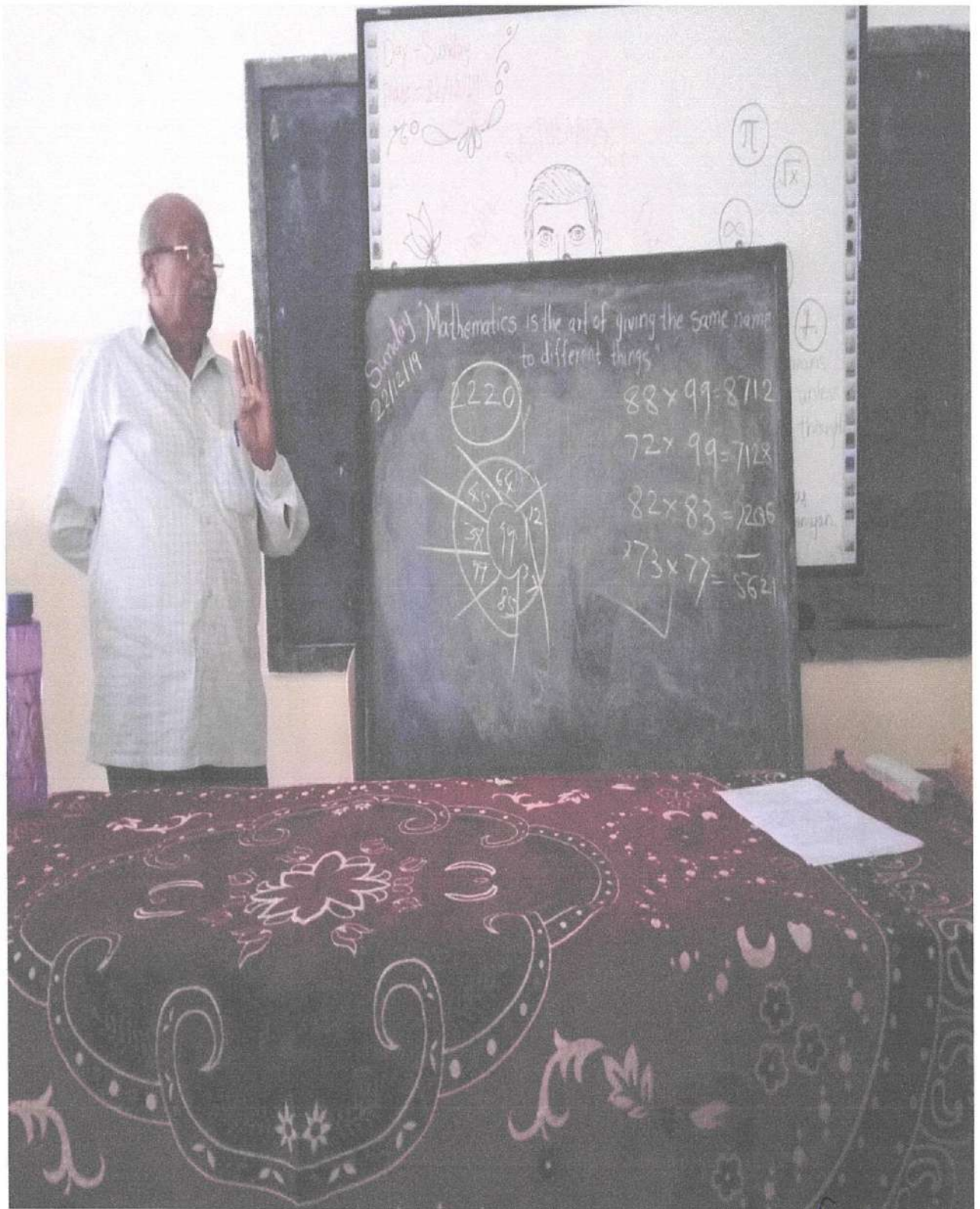
## Vedic Mathematics Training Time Table

Sr. No	Academic Year	Program Date	Program Name	Lecturer Name
1	2022-23	22/12/2022	Vedic Mathematics Session	Prof.Nankar Sir Dr.Pravin Kothawade sir
2	2021-22	8/12/2021	Vedic Mathematics Session	Dr.pravin Kothawade sir
3	2020-21	21/12/2020	Vedic Mathematics Session	Prof.Nankar Sir
4	2019-20	22/12/2019	Vedic Mathematics Session	Prof.Nankar Sir



  
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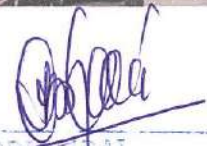
# Vedic Mathematics Session Photos 2022-23



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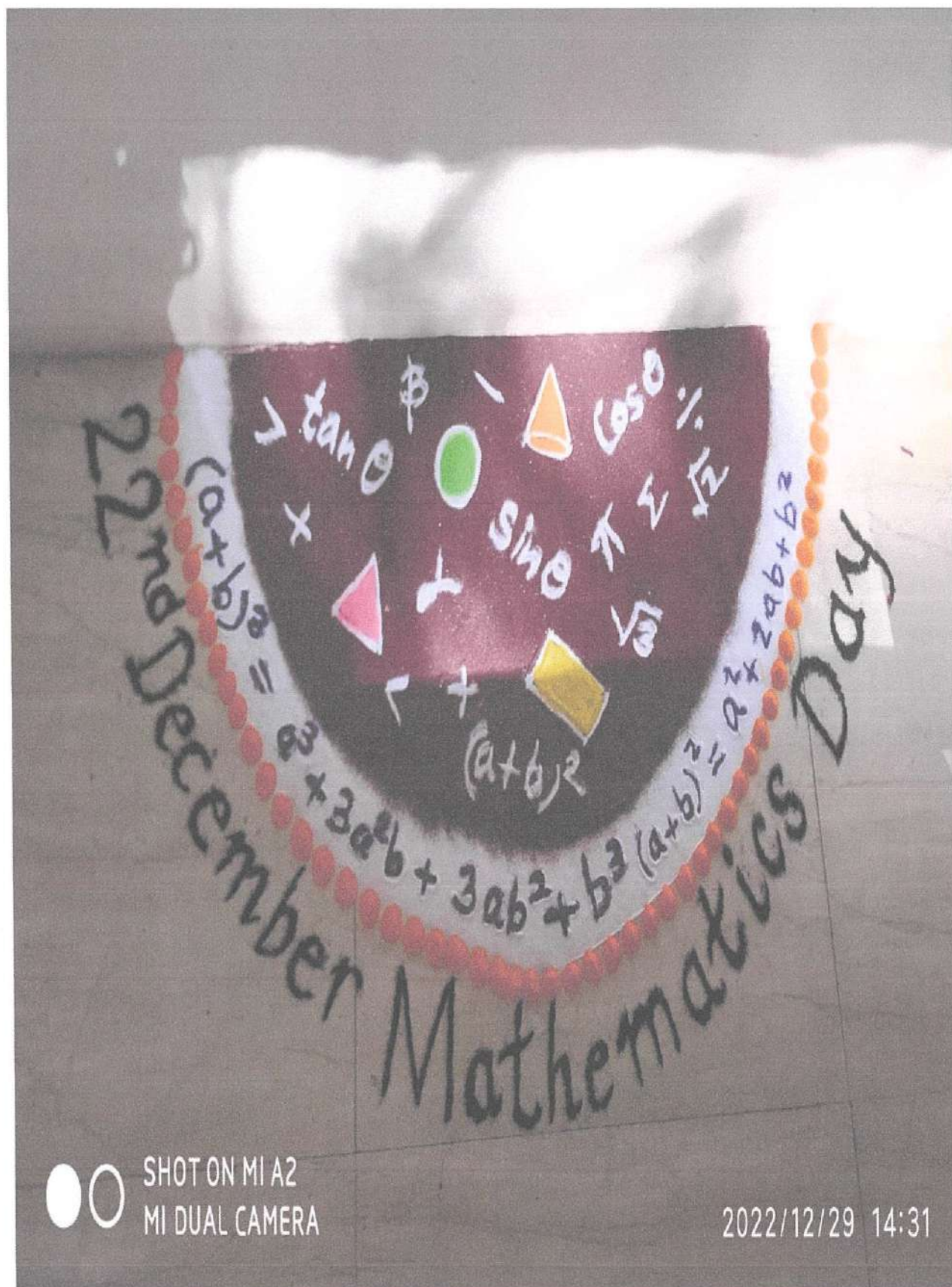
  
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
  
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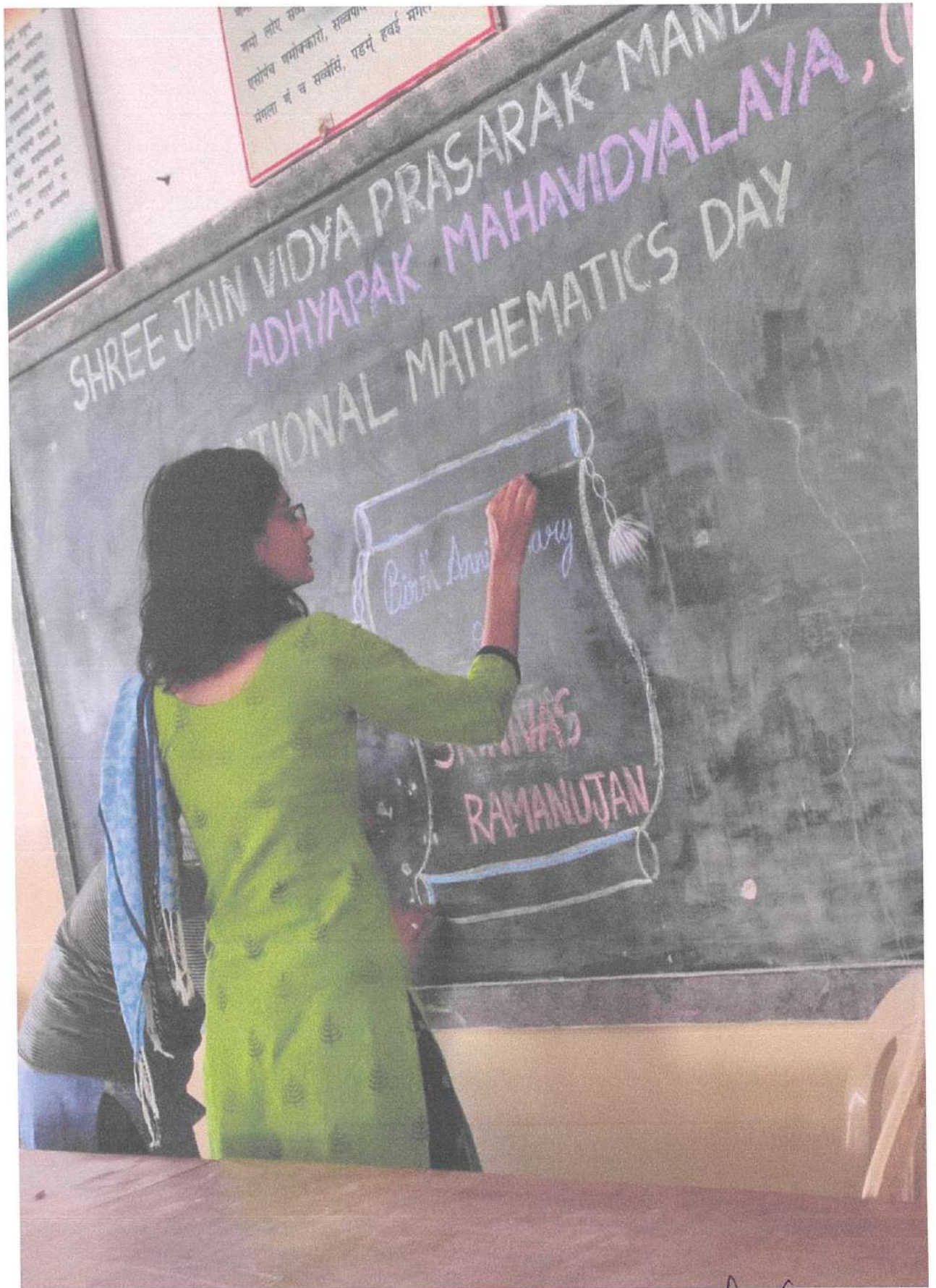
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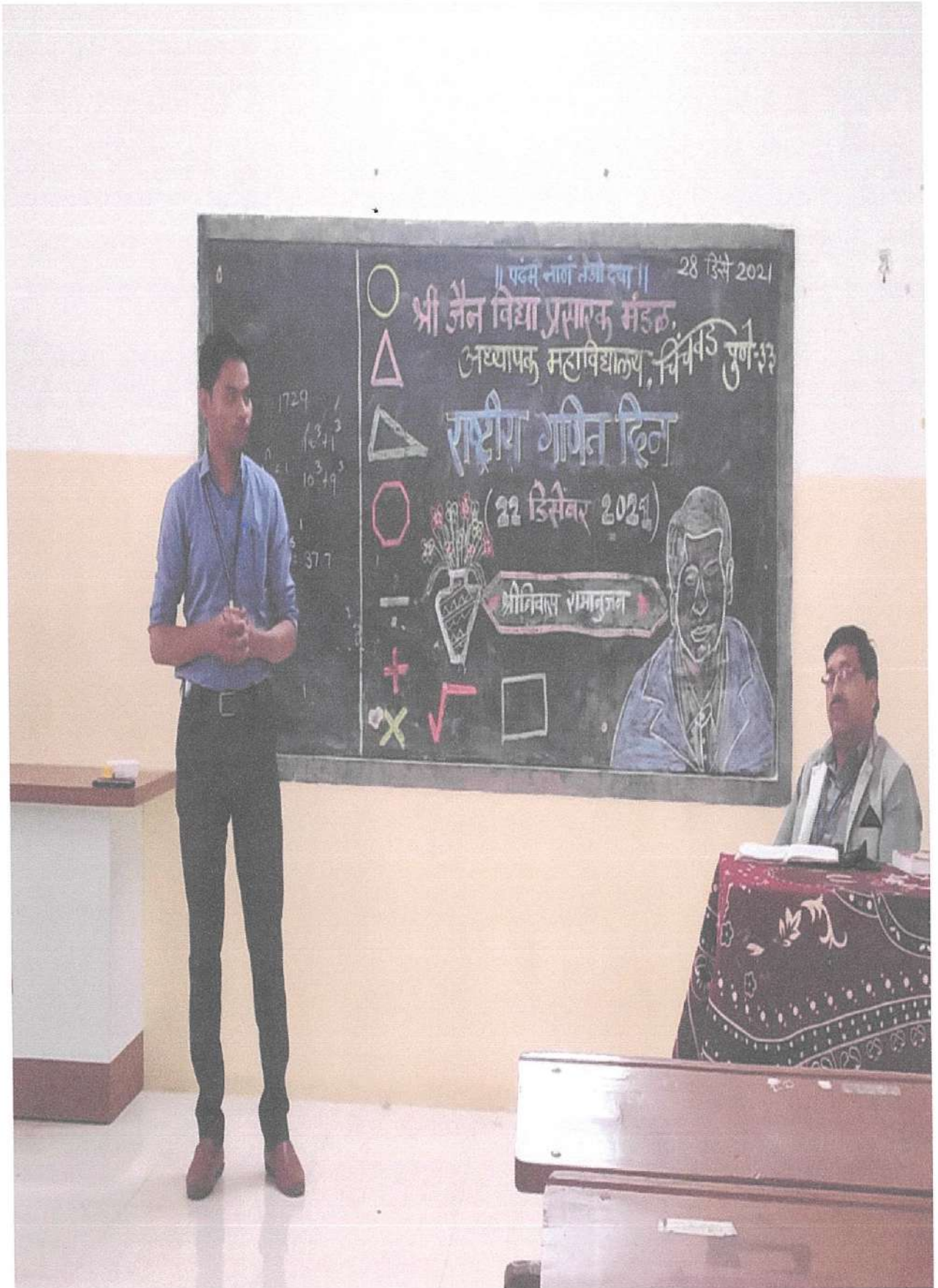
  
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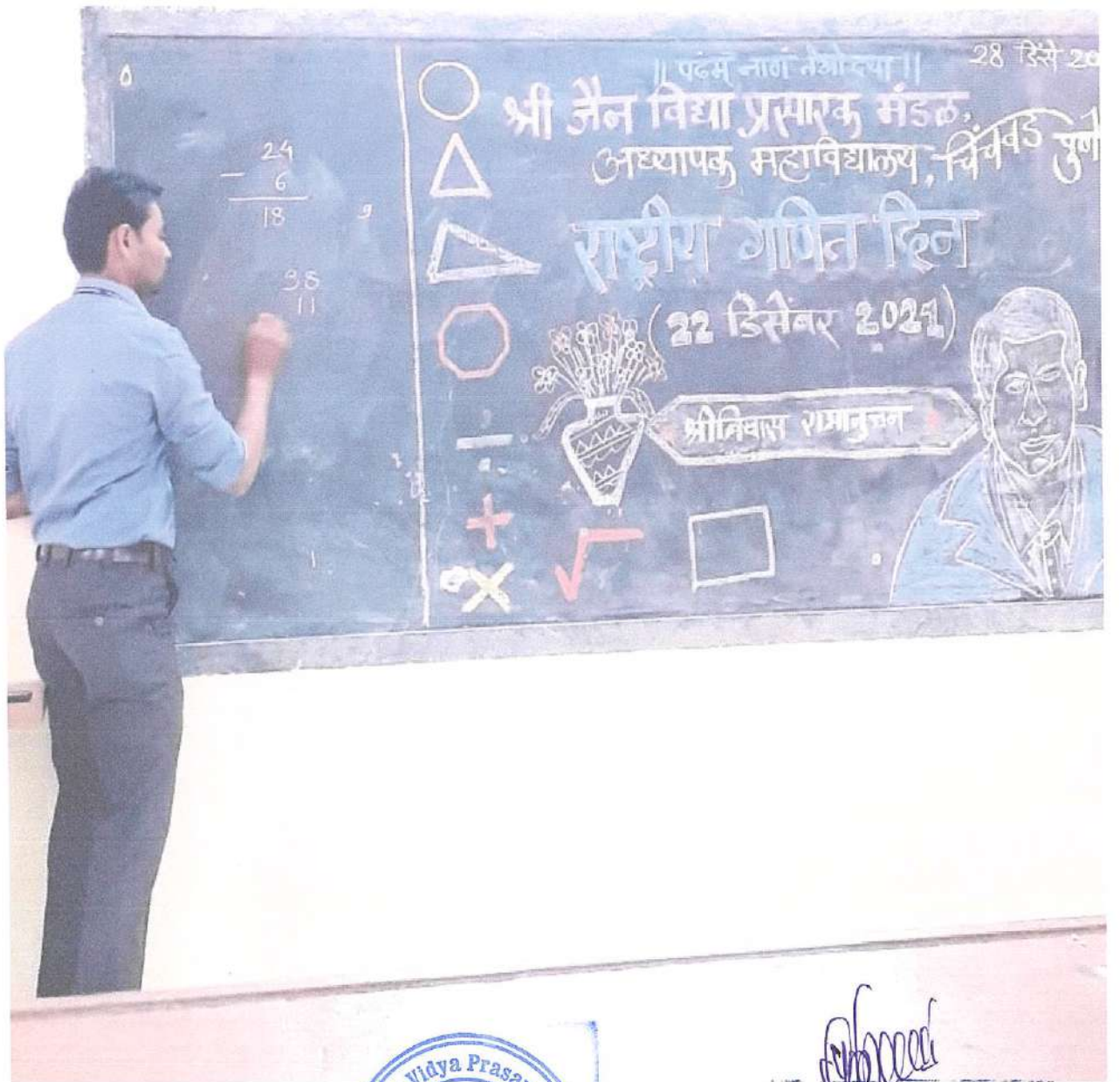
  
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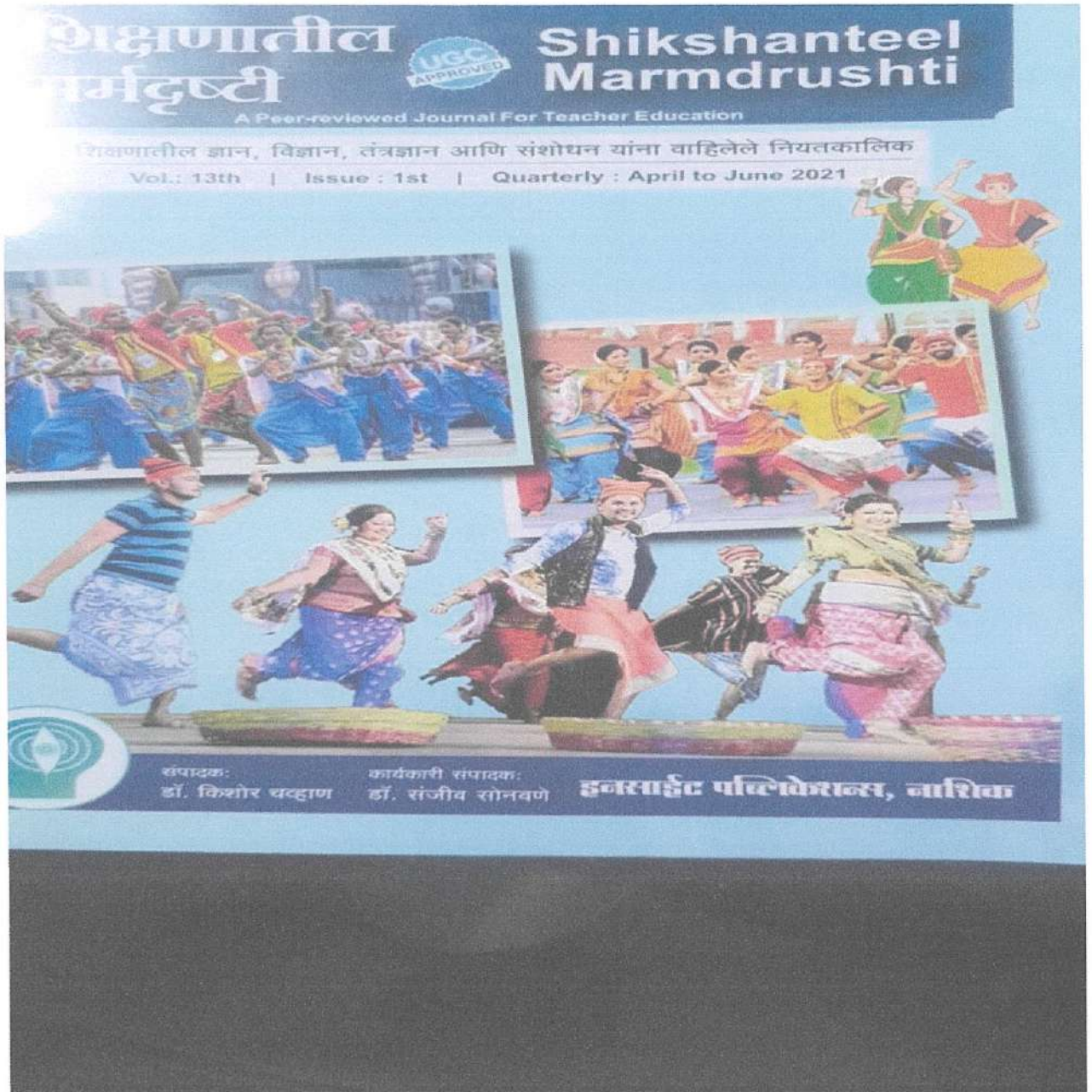
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Our principal Dr.Kothawade P.L. sir's Book  
Published in 2021



  
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## अनुक्रमनिका

१.	NPE २०१९ ची चिकित्सा आणि शिक्षक प्रशिक्षणांमधील त्याबाबतच्या जाणिवेचा अभ्यास डॉ. कविता साळुंके	०५
२.	संगणक प्रशिक्षणाचा छात्र अध्यापकांच्या अध्ययनावर होणाऱ्या परिणामकारकेचा अभ्यास डॉ. सी. ज्योत्स्ना पाटील	११
३.	उच्च प्राथमिक शाळांतील इतिहास विषयाच्या प्रभावी अध्यापनासाठी साधन सामग्रीचे विकासन व संप्रेषणासाठीच्या परिणामकारकेचा अभ्यास डॉ. परशुराम भगिरथ चाधरे	१३
४.	वैदिक गणिती शंकराचार्य व वैदिक गणित डॉ. प्रविण लक्ष्मण कोठावडे	१७
५.	रायगड जिल्ह्यात सण, समारंभ व उत्सव प्रसंगी आगरी समाजात गायल्या जाणाऱ्या खोगीतांमधून प्रतित होणाऱ्या जीवनकौशल्यांचा अभ्यास. श्री. दयानंद द. अजर्लेकर	२०
६.	शास्त्रेय स्तरवरील इतिहास - एक चिंतन डॉ. परशुराम भगिरथ चाधरे	२५
७.	Effectiveness of Constructivist Learning and Traditional Teaching in English Language Mangesh Kadlag	२८
८.	इंग्रजी व मराठी माध्यमांच्या माध्यमिक शाळेतील विद्यार्थ्यांच्या वैज्ञानिक अभिवृत्तीचा अभ्यास डॉ. सी. ज्योत्स्ना पाटील	३०
९.	Study of computer attitude of D.T.Ed. Student Teachers Dr. Pravin Laxman Kothawade	३४
शैक्षणिक घडामोडी आणि बातम्या		

या अंकातील लेखकांचे विचार स्वतंत्र आहेत.  
त्यास संपादक मंडळ सहमत असतीलच असे नाही.



  
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## वैदिक गणिती शंकराचार्य व वैदिक गणित

प्राचार्य डॉ. प्रविण लक्ष्मण कोठावडे

श्री जैन विद्या प्रसारक मंडळ, अध्यापक महाविद्यालय (बी.एड.) चिंचवड, पुणे

## वैदिक गणित :

गणित ही सर्व शास्त्रांची जननी आहे असे म्हटले जाते. गणितात अभिरुची असल्यास कोणत्याही शास्त्राचा अभ्यास सहजतेने करता येतो. भारतीय गणितज्ञांनी गणित विषयास अनेक संकल्पना देवून समृद्ध केले आहे. प्राचीन संस्कृत वाङ्मयात गणिती संकल्पनांचा प्रचंड साठा आहे. त्यातील वेद, उपनिषदांमधून वेचलेल्या १६ मूळ सूत्रांचा व १३ उपसूत्रांचा गणित संग्रह श्री शंकराचार्यांनी आपल्या 'Vedic Mathematics' या ग्रंथात स्पष्टीकरणासह मांडला. या वैदिक गणित सूत्रांच्या अध्ययनामुळे मोठमोठ्या संख्यांची उदाहरणे अगदी विद्युतवेगाने सोडविता येतात. गणित विषयात अभिरुची वाढते आणि आत्मविश्वास निर्माण होतो. स्पर्धा परीक्षा देणाऱ्या विद्यार्थ्यांना त्यांचा लाभ होतो. त्यामुळेच वैदिक गणितावर प्रेम वाढू लागले आहे. काही सूत्रांचा परिचय करण्यापुर्वी श्री शंकराचार्यांच्या संक्षिप्त जीवनक्रम पाहणे उचित ठरेल.

## संख्याप्रेमी शंकराचार्य

जन्म :- १९ मार्च १८८४ तंजावर जिल्हा, तामिळनाडू राज्य.

विशेष प्राविण्य :- एकाच वेळी विज्ञान, तत्वज्ञान, इतिहास, इंग्रजी, गणित आणि संस्कृत या विषयात एम. ए. प्रथम क्रमांक.

प्राचार्य :- बंगलोरला तीन वर्ष.

संन्यासदीक्षा :- लाहोर येथे प्राध्यापक असतांना संन्यासदीक्षा घेण्याची प्रेरणा त्यामुळे शुंगरीस प्रयाण.

एकांतवास :- १९११ ते १९१९ दरम्यान एकांतवासाने वैदिक गणित रचना

प्रचारकार्य :- १९१९ ते १९२५ प्रचारकार्य; (दीक्षा घेतल्यावर)



गोवर्धनपीठाचे शंकराचार्य :- १९२५ ते १९६० पुरीच्या गोवर्धनपीठाचे शंकराचार्य म्हणून कार्य.

व्याख्यानाद्वारे प्रबोधन :- तत्वज्ञान वैदिक गणित प्रचारासाठी भारतात आणि अमेरिकेच्या अनेक विद्यापीठात व्याख्यानाद्वारे प्रबोधन.

ग्रंथलेखन :- 'Vedic Mathematics' हा ग्रंथ म्हणजे स्वामींच्या मुळलेखनाचा एक सोळांश भाग होय. इतर भाग अद्याप मिळाले नाहीत. हा ग्रंथ १९६५ ला त्यांच्या शिष्यवृंदांनी प्रसिद्ध केला.

समाधी :- २ फेब्रुवारी १९६० रोजी मुंबईतील मलबार हिल वरील बाणगंगातीरावर सुर्यप्रभाभवनात समाधी.

## २९ सूत्रांचा उपयोग :-

वैदिक गणिताच्या सूत्रांचा अभ्यास केल्यास जलदगतीने उदाहरणे सोडविता येतात. यामध्ये चार प्राथमिक क्रिया, बीजगणितातील राशींचे अवयव, समीकरणे, वर्गसमीकरणे,



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कैलक्युलस, वर्ग, घन, वर्गमुळ, घनमुळ, पायथागोरसचे प्रमेय, ऑनिलिटीकलकोनिकस आणि  $\pi$  ची किंमत अशा गणितातील अनेक संकल्पना वेगाने उपयोगात आणता येतात. ही सर्व सुत्रे एकत्रित मांडू व काही सुत्रांचा अभ्यास करू.

### १६ मुळसुत्रे

- (१) एकाधिकेनपुर्वेण !
- (२) निखिलं नवतरश्चरमं दशतः !
- (३) उर्ध्वतिर्यग्भ्याम !
- (४) परावर्त्तं योजयेत् !
- (५) शून्यं साम्यसमच्चये !
- (६) (आनुरूप्ये) शून्यमन्येत !
- (७) सकलनं व्यवकलनाभ्याम !
- (८) पूरणापूरणाभ्याम !
- (९) चलनाकलनाभ्याम !
- (१०) यावदूनं तावदूनीकृत्य !
- (११) व्यष्टिं समष्टिः !
- (१२) शेषाध्यं षेप !
- (१३) सोपान्त्यं दूयमन्त्यम !
- (१४) एकन्यूनेन पुर्वेण !
- (१५) गुणितं समुच्चयः !
- (१६) गुणकं समुच्चयः !

### १३ उपसुत्रे :-

- (१) आनुरूप्येण ! (२) शिष्येते शेषसंज्ञः !
- (३) आद्यमाधेनान्त्यमन्त्येन ! (४) वेष्टनम् !
- (५) केवलैः सप्रकंगुण्यत् ! (६) यावदूनं तावदूनं !
- (७) यावदूनं तावदूनीकृत्य वर्गचं योजयेत् !
- (८) अन्त्योर्दशके पि !
- (९) अन्त्ययोरेव ! (१०) समुच्चं गुणितः !
- (११) लोपनास्थपनाभ्याम ! (१२) विलोकनम् !
- (१३) गुणितं समुच्चयः समुच्चयः गुणित !

वैदिक गणित सुत्रांमधील 'जादू' :-

- १) एक न्यूनेन पुर्वेण आणि निखिलं नवतः !

आपण (९९ X ३७) हे उदाहरण घेऊ. हा गुणाकार पाड्यांचा उपयोग न करता येतो. ३७ मधून १ कमी केला तर ३६ येतात, आणि ३६ या संख्येतील ३ व ६ हे अंक ९ मधून वजा केल्यास ६३ येतात. त्यामुळे गुणाकाराचे उत्तर ३६६३ येते.

यात दोन सुत्रे वापरली, "एक न्यूनेन पुर्वेण" म्हणजेच एक कमी पुर्वेला येथे शंभराला एक कमी म्हणजे ९९ आहेत. 'निखिलं नवतः' म्हणजेच 'नवातून सगळे कमी करा' लिहिलेल्या संख्येतून सर्व अंक नवातून कमी करा व पटकन उत्तर मिळवा.

पुढील उदाहरणांचे निरीक्षण करा.

$$99 \times 98 = 97 / 02 = 9702$$

$$99 \times 07 = 06 / 93 = 0693$$

$$999 \times 135 = 134 / 865 = 134865$$

$$9999 \times 7812 = 7811 / 2188 = 78112188$$

$$99999 \times 87654 = 87653 / 12346 = 8765312346$$

$$999999 \times 123456 = 123455 / 876544 = 123455876544$$

याचा अर्थ कितीही अंकी सर्वात मोठी संख्या घेऊन दुसरी तितक्याच अंकी संख्येशी गुणाकार पटकन मिळू शकतो. यातले मर्म कळले सुत्र समजले. सुत्राचा उपयोग करता आला म्हणजेच 'जादू संपविली सुत्रांनी' !

### २) एकाधिकेनपुर्वेण आणि अन्त्योर्दशके पि

आपण खालील गुणाकारांचे निरीक्षण करू या

$$98 \times 92 = (9 \times 10) / (8 \times 2) = 9016$$

$$87 \times 83 = (8 \times 9) / (7 \times 3) = 7221$$

$$76 \times 74 = (7 \times 8) / (6 \times 4) = 5624$$

$$65 \times 65 = (6 \times 7) / (5 \times 5) = 4225$$

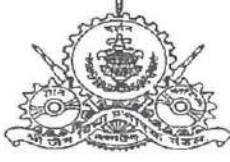
$$59 \times 51 = (5 \times 6) / (9 \times 1) = 3001$$

या सर्व उदाहरणां मधील जोड्यांमध्ये 'दशक समान' व एकांकी बेरीज दहा आहे. अशा जोड्यांना मित्र संख्या म्हणतात. यांचा गुणाकार करतांना 'एकाधिकेन पुर्वेण म्हणजे' म्हणजे एक अधिक पुर्वेला 'याचा अर्थ दशकाच्या

## Title of the Practice: II



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!! पढमं नार्णं तओ दया !!

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**COLLEGE OF EDUCATION**

ESTD 8/9/1927

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APPROVED BY NCTE, GOVT. OF MAHARASHTRA & AFFILIATED TO SAVITRIBAI PHULE PUNE UNIVERSITY

**NCTE CODE- 123228/2015**

**SPPU ID CODE: PU/PN/B.Ed./240/2006**

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(B.Sc. , M.A. , M.Ed. , Ph.D.) , Principal

Ref.

Date :

## Best Practice: II

# STRESS MANAGEMENT & MEDITATION





# Best Practice: II

## Stress Management and Meditation

Stress management is a critical component of maintaining overall well-being in the face of life's challenges. It involves adopting strategies to cope with stressors effectively and promote mental and physical health. Healthy stress management techniques include regular physical activity, which releases endorphins and reduces stress hormones. Mindfulness practices, such as meditation and deep breathing exercises, help cultivate a present-focused, calm mindset. Adequate sleep, a balanced diet, and hydration contribute to resilience against stress. If stress has you anxious, tense and worried, you might try meditation. Spending even a few minutes in meditation can help restore your calm and inner peace. Anyone can practice meditation. It's simple and doesn't cost much. And you don't need any special equipment. You can practice meditation wherever you are. contribute to Recognizing and addressing stress promptly is key to preventing its adverse effects on mental health and overall quality of life.

### OBJECTIVES

1. To know nature, structure and various types of stress.
2. To Know causes, Symptoms of Stress
3. To know short term and long-term effect of stress
4. To know stress management techniques
5. To know Role of yoga, Meditation in stress management
6. To know technique of Regarding of Manage our daily stress
7. To know about our self-stress and stress management level
8. To know importance of time management in stress management


### The Context

Students recognize the unseen challenges faced by Encoding stress arising from work pressures, societal expectations, and lifestyle changes. Despite the idyllic surroundings, contend with stress-related issues.

Her motivational speeches had inspired the students by knowing their stress through scale test. Speaker advised the students to handle stress in the positive way and create a confidence to handle all the situations in a very calm manner

students' stress management initiative is a response to these challenges, aiming to create a supportive environment through awareness and empowerment. This initiative is a fusion of global best practices and local insights, acknowledging the impact of traditions, student bonds, and lifestyle choices on stress levels.



  
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## **The Practice**

**Organize interactive webinars featuring expert insights on stress-related topics. Encourage community participation through Question and answer, discussion and seminar sessions, addressing specific concerns and providing practical tips for stress management. Introduce meditation techniques and breathing exercises tailored to the community's lifestyle, promoting mental well-being**

**To start with, physical activity can help improve your sleep. And better sleep means better stress management. People who exercise also tend to feel less anxious and more positive about themselves. When your body feels good, your mind often follows. Get a dose of stress relief with these exercises:**

**Walk on your lunch break. Meditation reduces stress, anxiety and helps building discipline among students & faculty**


**members when practiced consistently on regular basis. It helps in developing calmness, practicing awareness and de-cluttering the mind of students & faculty members. It also helps**

## **Evidence of Success: -**

**To conduct this best Practice Prin. Dr. Kothawade arranged session of lecture series. In this lecture series Prin. Dr. Kothawade explained nature, structure and various types of stress. causes, Symptoms of Stress, short term and long-term effect of stress. To reduce the effect or overcome stress, Technique of stress management in various mode like discussion, ppt presentation, Panel discussion.**

**Session of filling Psychological test to know student Participant own Stress level , Stress Management and Time Management Problems Encountered and Resources Required Due to fugitive/transitory/unstable mind, initially it is a challenge for students to stay focused during the meditation exercise.**



  
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# Stress Management and Meditation

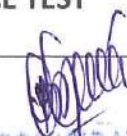
## Time-Table

### STRESS MANAGEMENT & MEDITATION PLANNING & TIME TABLE 2018-2019

SR.NO.	DATE & TIME	CONTENT	ACTIVITY
1	03 JULY TO 07 JULY 2018 1.30 TO 3.30	UNIT NO.1 STRESS MEANING NATURE ,CONCEPT&TYPES UNIT NO.2 CAUSES , SYMPTANS OF STRESS	ORIENTATION PPT PRESENTATION
2	09 JULY TO 14 JULY 2018 1.30 TO 3.30	PPT PRESENTATION BY STUDENT – TEACHERS AS PER SCHEDULE	PPT PRESENTATION
3	16 JULY TO 20 JULY 2018 1.30 TO 3.30	UNIT NO.3 STRESS MEANING NATURE ,CONCEPT STRESS MANAGEMENT	PPT PRESENTATION
		PPT PRESENTATION BY STUDENT - TEACHERS	
		UNIT NO.4 STRESS MANAGEMENT SKILLS	ORIENTATION & ACTIVITY SESSION

ACTIVITY SESSION 2018-2019		
SR.NO.	DATE & TIME	ACTIVITY
1	16/07/2018 2.30 TO 3.30	FILLING OF PSYCHOLOGICAL TEST STUDENT STRESS SCALE
2	17/07/2018 2.30 TO 3.30	FILLING OF PSYCHOLOGICAL TEST STUDENT MANAGEMENT SCALE
3	18/07/2018 2.30 TO 3.30	FILLING OF PSYCHOLOGICAL TEST TIME MANAGEMENT SCALE
4	19/07/2018 2.30 TO 3.30	MULTIPLE CHOICE TEST



  
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## STRESS MANAGEMENT & MEDITATION PLANNING & TIME TABLE 2019-2020

SR.NO.	DATE & TIME	CONTENT	ACTIVITY
1	01 JULY TO 04 JULY 2019 1.30 TO 3.30	STRESS MANAGEMENT MEANING NATURE, ,CONCEPT & TYPES CAUSES OF STRESS, SYMPTOMS OF STRESS	ORIENTATION PPT PRESENTATION
2	05 JULY TO 09 JULY 2019 1.30 TO 3.30	PPT PRESENTATION BY STUDENT – TEACHERS AS PER SCHEDULE	PPT PRESENTATION
3	10 JULY TO 19 JULY 2019 1.30 TO 3.30	UNIT NO.3 STRESS MEANING NATURE ,CONCEPT STRESS MANAGEMENT	PPT PRESENTATION
		PPT PRESENTATION BY STUDENT - TEACHERS	
		UNIT NO.4 STRESS MANAGEMENT SKILLS	ORIENTATION & ACTIVITY SESSION

ACTIVITY SESSION 2019-2020		
SR.NO.	DATE & TIME	ACTIVITY
1	14/07/2019 3.00 TO 5.00	FILLING OF PSYCHOLOGICAL TEST STUDENT STRESS SCALE
2	14/07/2019 3.00 TO 5.00	FILLING OF PSYCHOLOGICAL TEST STUDENT MANAGEMENT SCALE
3	14/07/2019 3.00 TO 5.00	FILLING OF PSYCHOLOGICAL TEST TIME MANAGEMENT SCALE
4	15/07/2019 3.00 TO 5.00	ROLE & IMPORTANCE OF MUSIC IN STRESS MANAGEMENT ORIENTATION PPT PRESENTATION




  
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## STRESS MANAGEMENT & MEDITATION PLANNING & TIME TABLE 2020-2021

SR.NO.	DATE & TIME	CONTENT	ACTIVITY
1	31 MAR TO 06 APR 2021 3.00 TO 5.00	STRESS MANAGEMENT MEANING NATURE, ,CONCEPT & TYPES CAUSES OF STRESS, SYMPTOMS OF STRESS	ORIENTATION PPT PRESENTATION
2	07 APR TO 17 APR 2021 3.00 TO 5.00	PHYSICAL AND MENTAL STRESS IMPACT OF STRESS GROUP DISCUSSION STRESS MANAGEMENT COPYING BEHAVIOUR EMOTIONAL & DEFENCE MECHANISM TIME MANAGEMENT TECHNIQUE	ORIENTATION PPT PRESENTATION
3	19 APR TO 20 APR 2021 & 22 APR TO 23 APR 2021 3.00 TO 5.00	ACTIVITY STUDENT STRESS SCALE STRESS MANAGEMENT SCALE TIME MANAGEMENT SCALE	PSYCHOLOGICAL TEST FILLING , CHECKING

ACTIVITY SESSION 2020-2021		
SR.NO.	DATE & TIME	ACTIVITY
1	19 APR TO 20 APR 2021 3.00 TO 5.00	FILLING OF PSYCHOLOGICAL TEST STUDENT STRESS SCALE
		FILLING OF PSYCHOLOGICAL TEST STUDENT MANAGEMENT SCALE
		FILLING OF PSYCHOLOGICAL TEST TIME MANAGEMENT SCALE



  
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## STRESS MANAGEMENT & MEDITATION PLANNING & TIME TABLE 2021-2022

SR.NO.	DATE & TIME	CONTENT	ACTIVITY
1	22 SEP TO 04 OCT 2021 2.00 TO 3.00	STRESS MANAGEMENT MEANING NATURE, ,CONCEPT & TYPES CAUSES OF STRESS, SYMPTOMS OF STRESS	ORIENTATION PPT PRESENTATION
2	04 OCT TO 26 OCT 2021 2.00 TO 3.00	PHYSICAL AND MENTAL STRESS IMPACT OF STRESS GROUP DISCUSSION STRESS MANAGEMENT COPYING BEHAVIOUR EMOTIONAL & DEFENCE MECHANISM TIME MANAGEMENT TECHNIQUE	ORIENTATION PPT PRESENTATION
3	28 OCT TO 30 OCT 2021 11.30 TO 1.30	ACTIVITY STUDENT STRESS SCALE STRESS MANAGEMENT SCALE TIME MANAGEMENT SCALE	PSYCHOLOGICAL TEST FILLING , CHECKING

ACTIVITY SESSION 2021-2022		
SR.NO.	DATE & TIME	ACTIVITY
1	28 OCT TO 30 OCT 2021 11.30 TO 1.30	FILLING OF PSYCHOLOGICAL TEST STUDENT STRESS SCALE
		FILLING OF PSYCHOLOGICAL TEST STUDENT MANAGEMENT SCALE
		FILLING OF PSYCHOLOGICAL TEST TIME MANAGEMENT SCALE



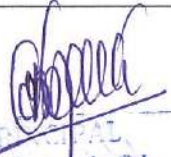
  
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## STRESS MANAGEMENT & MEDITATION PLANNING & TIME TABLE 2022-2023

SR.NO.	DATE & TIME	CONTENT	ACTIVITY
1	03 OCT TO 13 OCT 2022 3.00 TO 5.00	STRESS MANAGEMENT MEANING NATURE, ,CONCEPT & TYPES CAUSES OF STRESS, SYMPTOMS OF STRESS	ORIENTATION PPT PRESENTATION
2	14 OCT TO 26 OCT 2022 3.00 TO 5.00	PHYSICAL AND MENTAL STRESS IMPACT OF STRESS GROUP DISCUSSION STRESS MANAGEMENT COPYING BEHAVIOUR EMOTIONAL & DEFENCE MECHANISM TIME MANAGEMENT TECHNIQUE	ORIENTATION PPT PRESENTATION
3	20 OCT TO 22 OCT 2022 3.00 TO 5.00	ACTIVITY STUDENT STRESS SCALE STRESS MANAGEMENT SCALE TIME MANAGEMENT SCALE	PSYCHOLOGICAL TEST FILLING , CHECKING

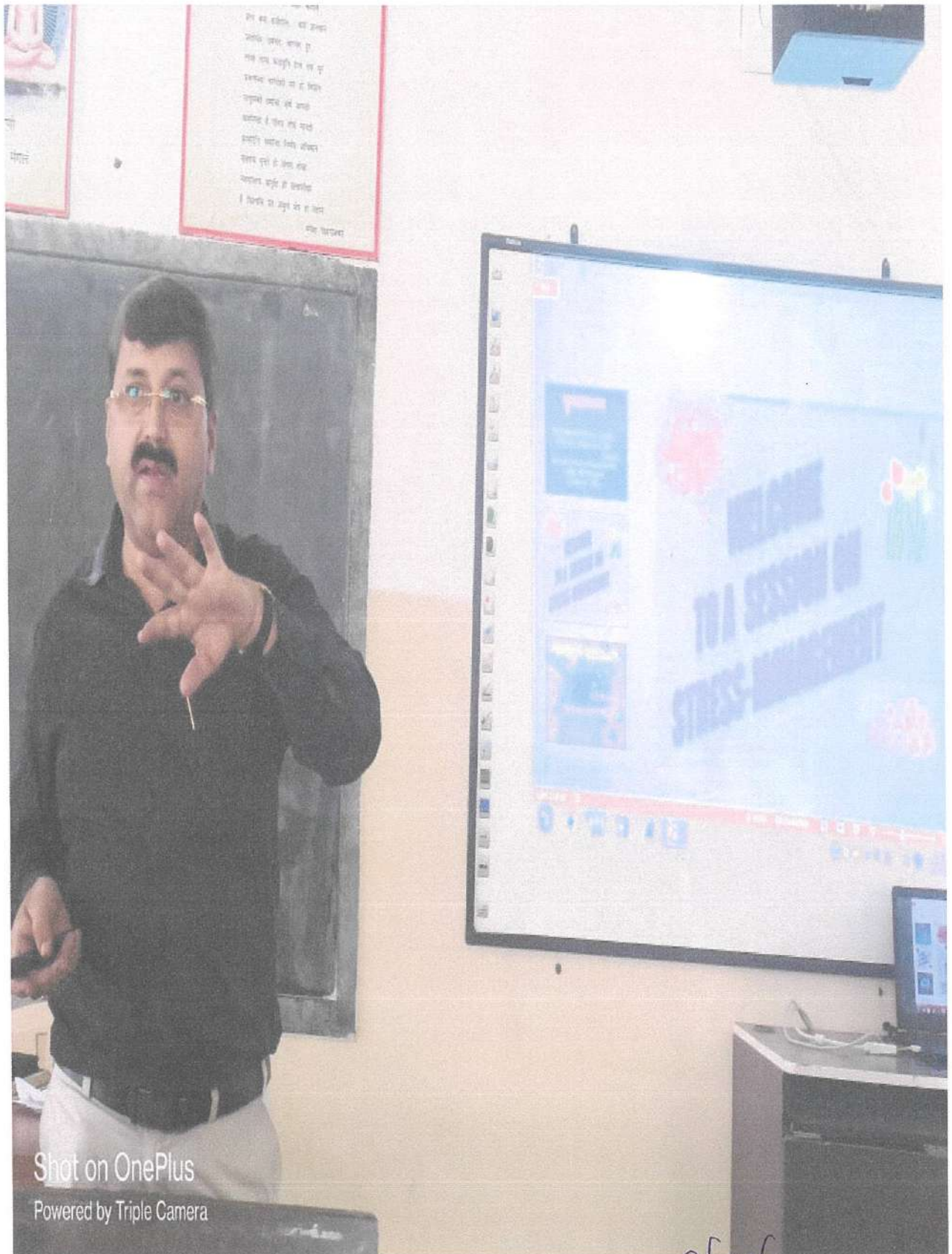
ACTIVITY SESSION 2022-2023		
SR.NO.	DATE & TIME	ACTIVITY
1	20 OCT TO 22 OCT 2022 3.00 TO 5.00	FILLING OF PSYCHOLOGICAL TEST STUDENT STRESS SCALE
		FILLING OF PSYCHOLOGICAL TEST STUDENT MANAGEMENT SCALE
		FILLING OF PSYCHOLOGICAL TEST TIME MANAGEMENT SCALE



  
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## Stress Management Session 2022-23

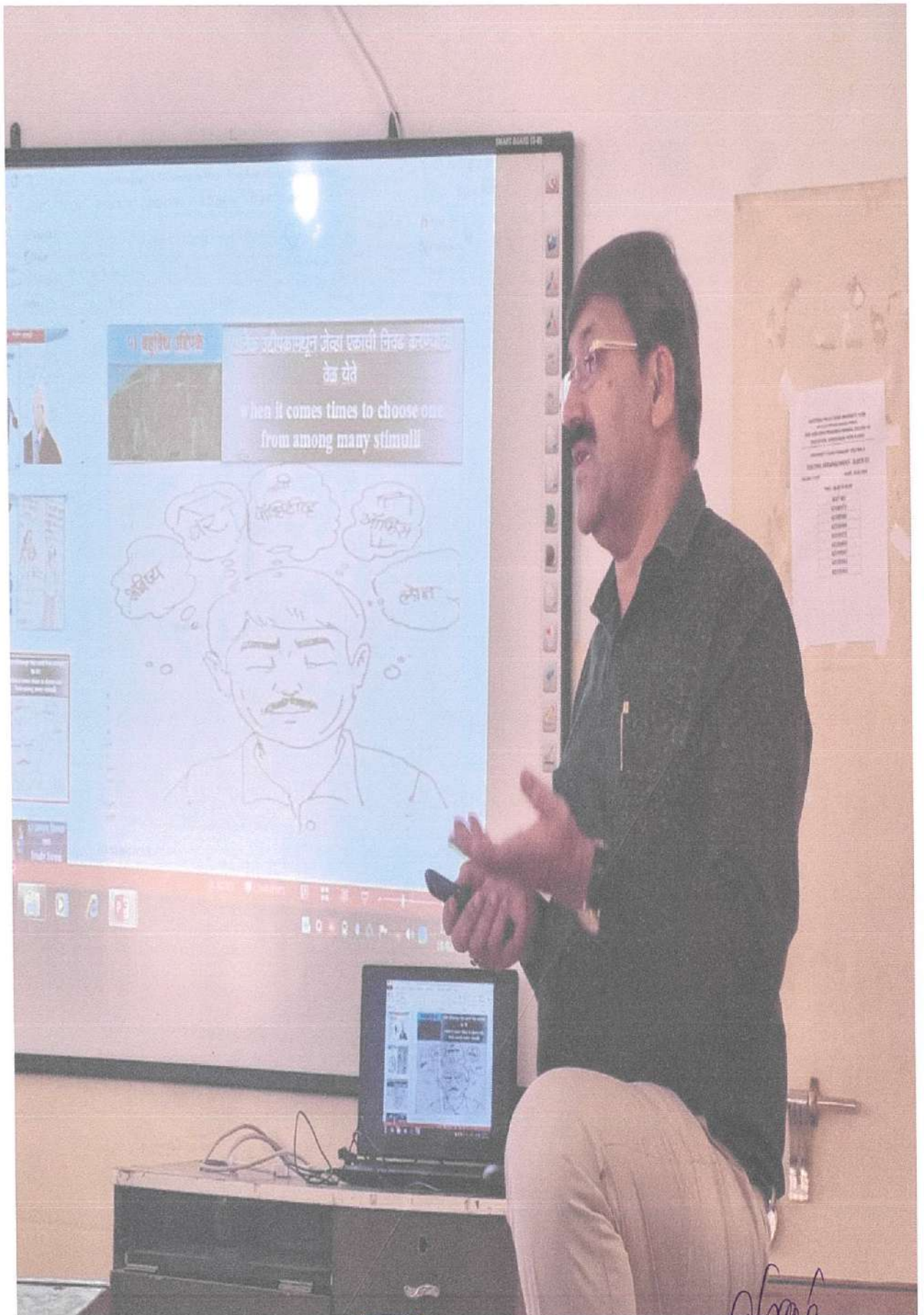



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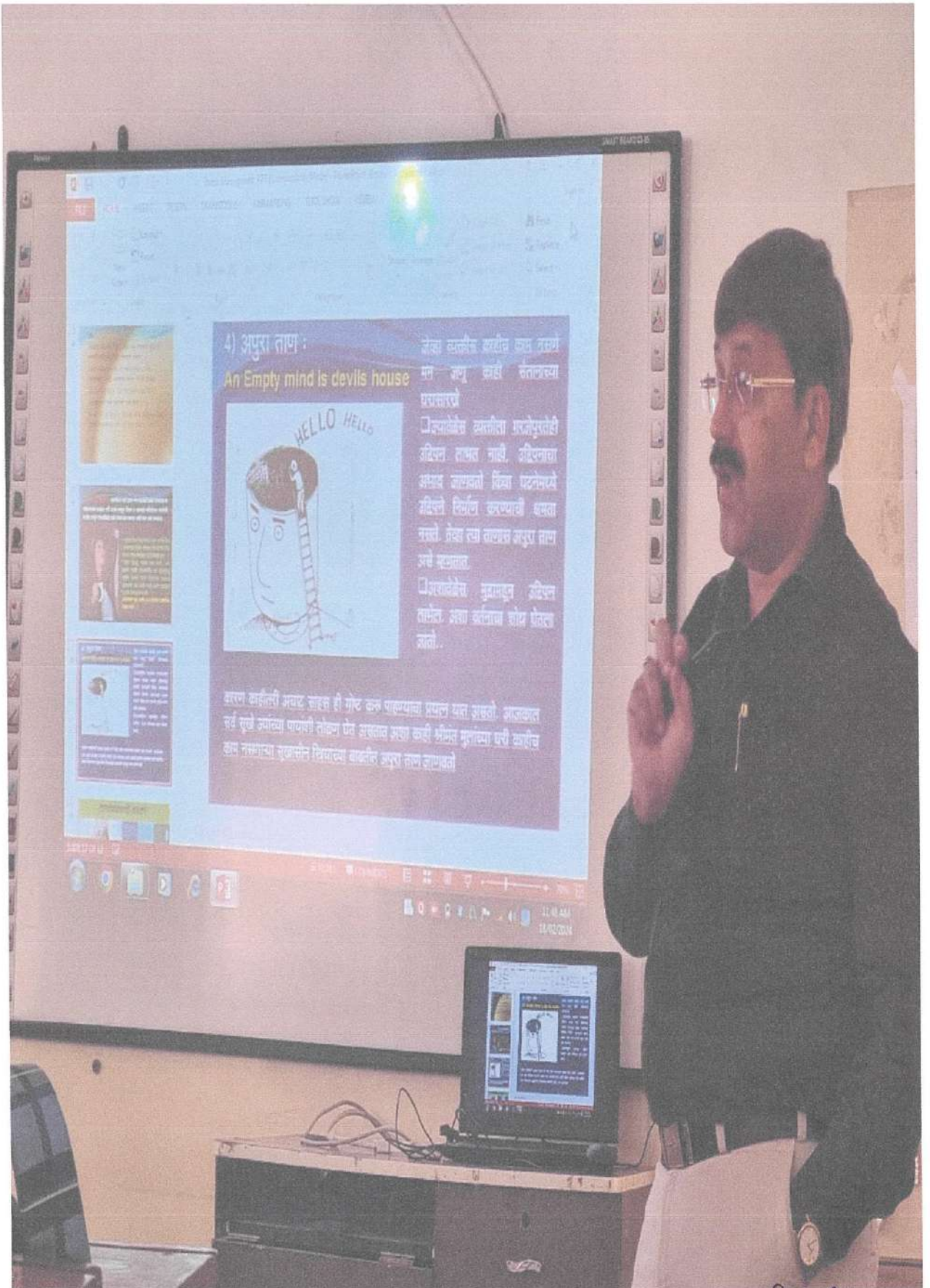
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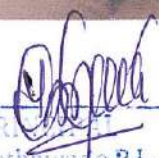




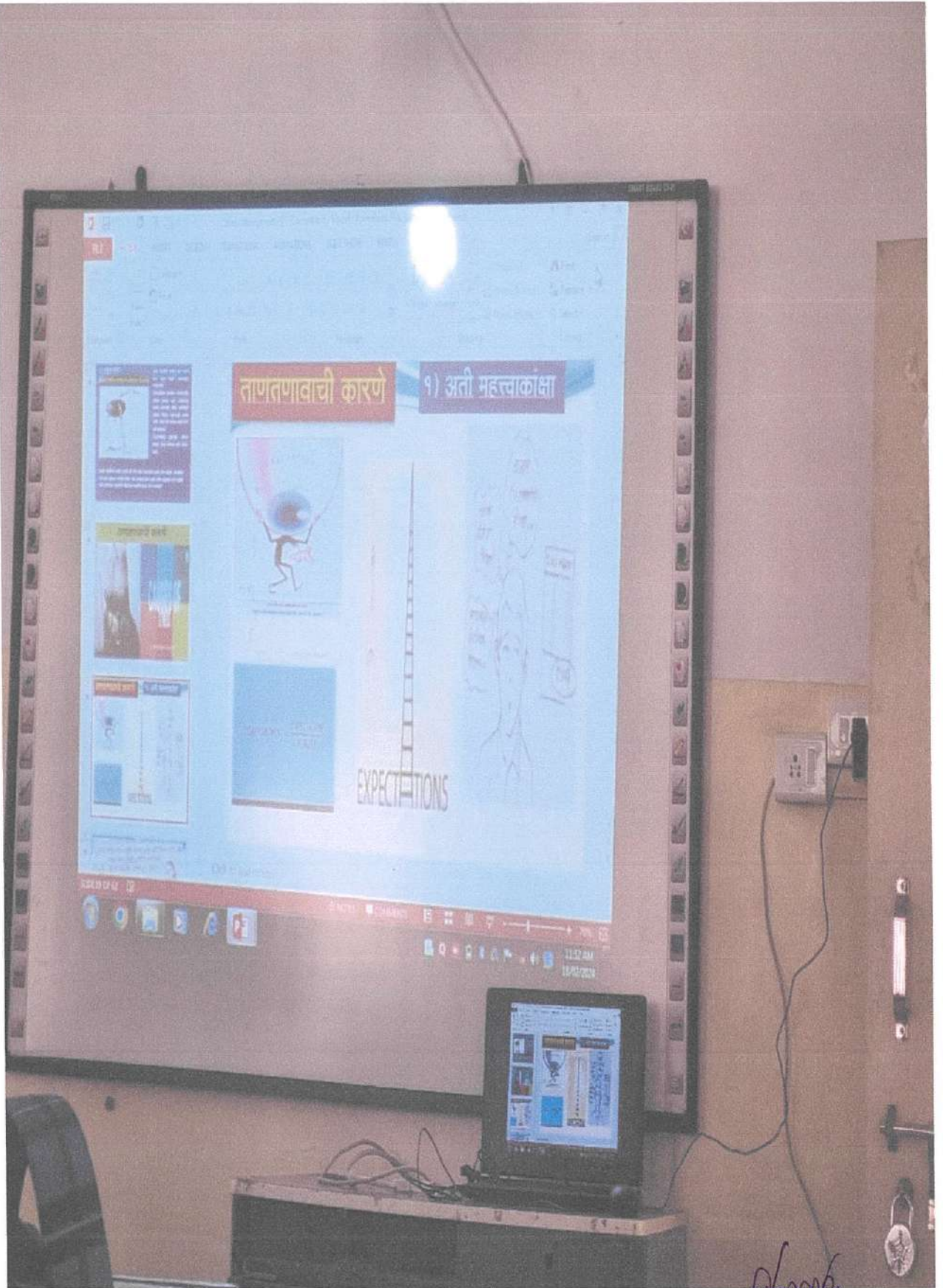
  
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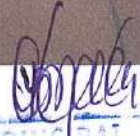




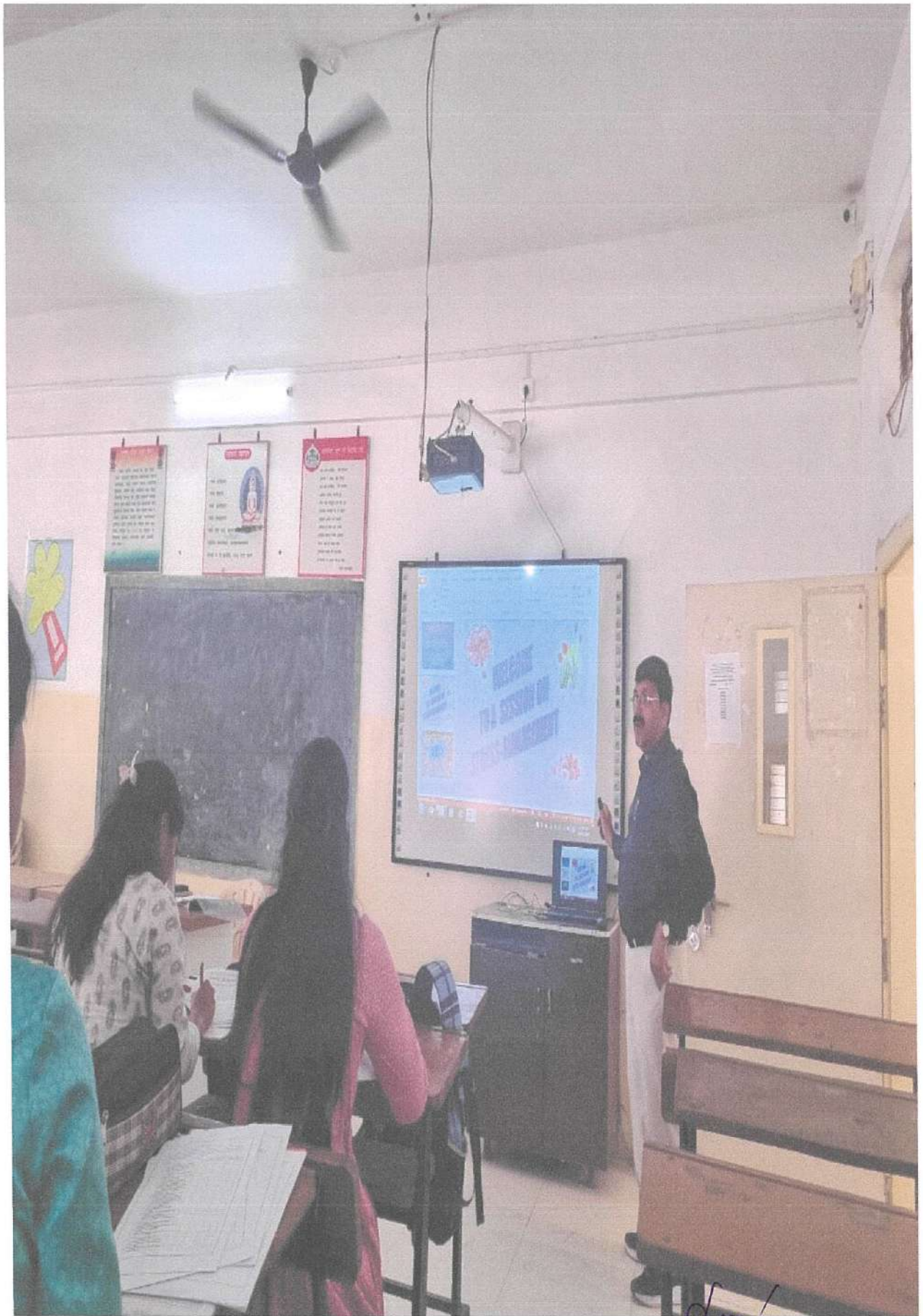
  
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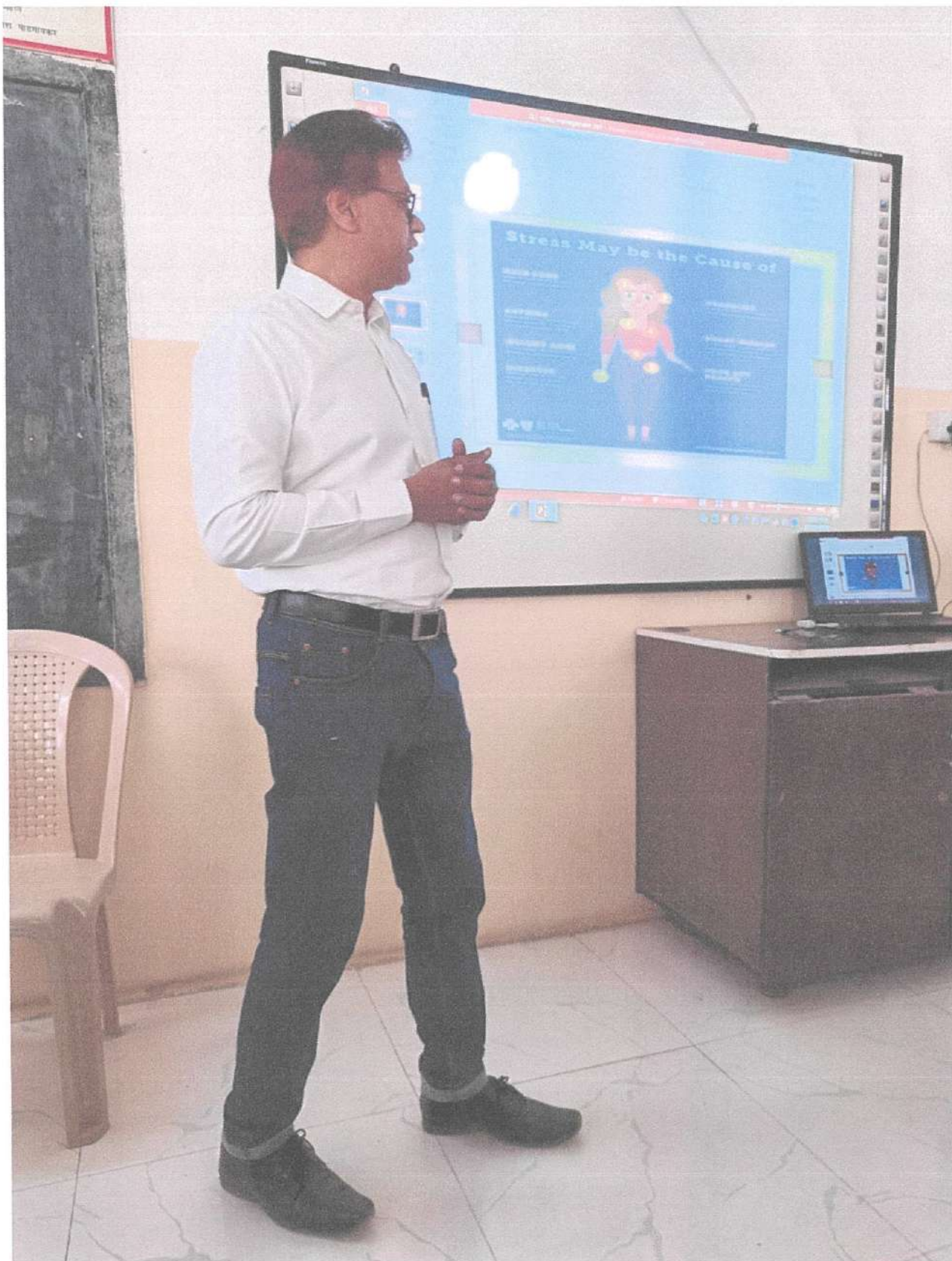
  
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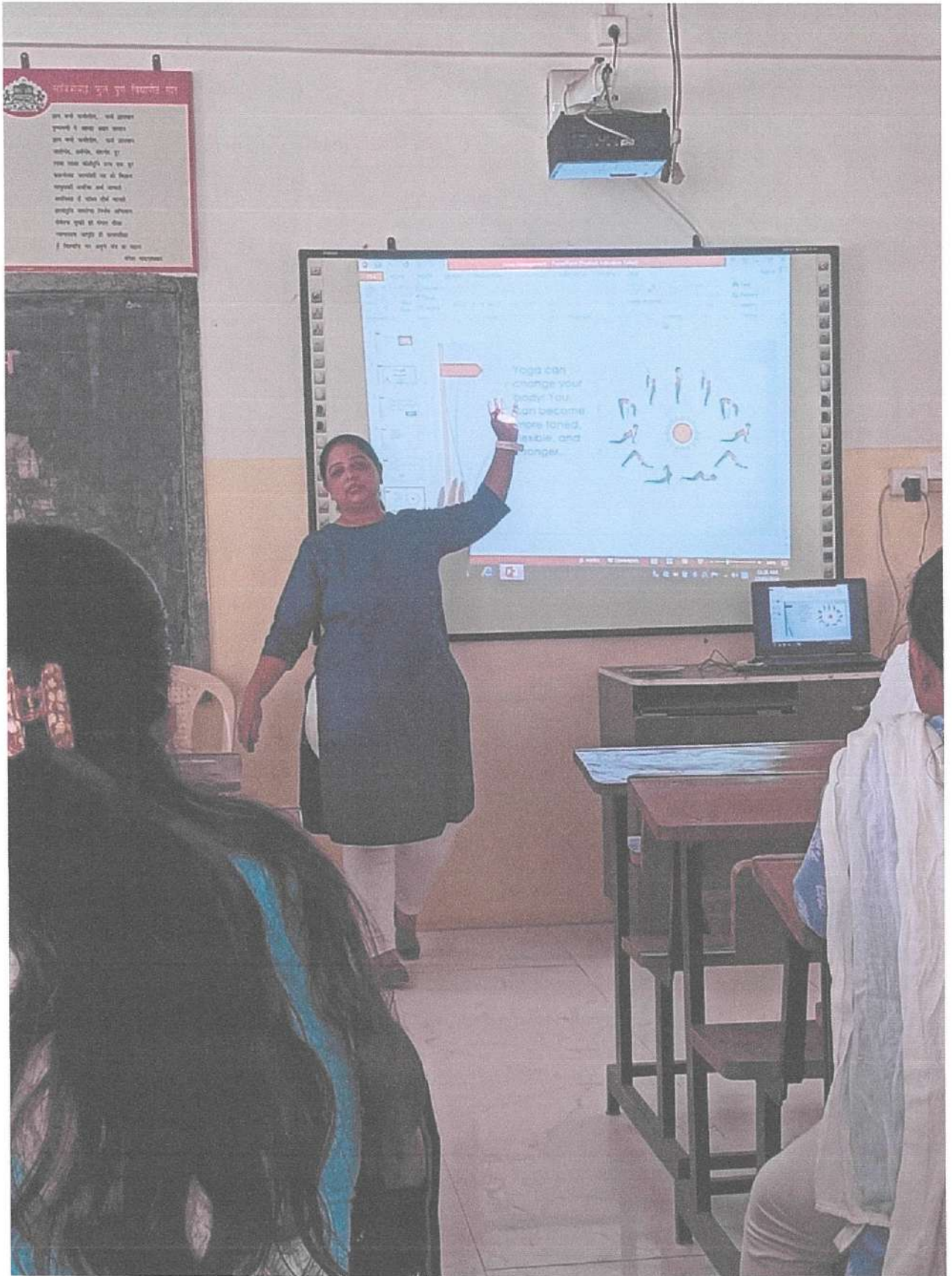
  
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