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SHRI JAIN VIDYA PRASARAK MANDAL

COLLEGE OF EDUCATION

ESTD 8/9/1927

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

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Dr. Kothawade P.L.

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

Ref.

Date :

7.2.1 Other relevant Reformation

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



PRINCIPAL
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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.N O.	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 13OCT 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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