



Swargheeya Sanjibhai Rupjibhai Memorial Trust's
SSR College of Education
Saily, Silvassa U.T. of Dadra and Nagar Haveli -396230
(Affiliated to Savitribai Phule Pune University, Pune and Recognised by NCTE)

NAAC Accreditation with Grade B⁺

PUN CODE: CEDD018960 NCTE CODE: 323407 AISHE CODE: C-41511

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Academic Year 2025-26

Course :- 212 (Open Course)
Activity :- Orientation on Stress Management skills
Resource Person : Dr Rakesh Ramraje
Number of Participants: -50 Students of S.Y. B.Ed. and Staff.
Course Co-Ordinator:-Mrs. Nirupama Sahu
Date :- 12.7.2025, Day:-Saturday, Mode:-Online

Report

Motto: To develop the knowledge of students on life skills.

Objectives:

1. To know the concept of Stress Management Skills
2. To understand the causes of Stress and techniques of Stress Management

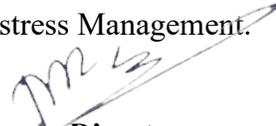
Details of the Program: Under Course 212 – Open Course, an orientation program was organized for the S.Y. B.Ed. 2024-25 students on the topic of Stress management skills. Firstly, the official welcome and the purpose of the session were addressed by the anchor, Miss Sarda Singh, followed by the Introduction of the resource person by Mrs. Nirupama Sahu. The Resource Person, Dr. Rakesh Ramraje, explained the Topic of Stress Management skills with various examples. An extensive question-and-answer session was conducted. Principal Dr. Meena Kute shared her thoughts on life skills and gave best wishes for this guest lecture. Mr Nandkishore Bodkhe proposed the vote of thanks. The session was very informative & interactive.

Outcome of the course

Students understood the concept of Stress and the mechanisms of stress Management.


Course Coordinator
Mrs. Nirupama Sahu


I/O PRINCIPAL
Dr. Sarika Patel
S.S.R. COLLEGE OF EDUCATION
SAYLI, SILVASSA.(D&NH)


Director
Dr. Meena Kute



Course : 212 Open Course Orientation on Stress Management Resource Person : Dr. Rakesh Ramraje



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Note: Captured by GPS Map Camera



STRESS MANAGEMENT

तनाव प्रबंधन

Presented by
Dr. Rakesh A. Ramraje

Dr. RAKESH is presenting

