Shri Shivaji Education Society Amravati's

SCIENCE COLLEGE

Congress Nagar, Nagpur.



Women Grievance Redressal Cell

Organizes

Counseling Session for Students

On

Goal Setting & Stress Management

7th Oct, 2025 at 1.00pm

Venue: Library-Block C

Guest Speaker

Ms. Vinit Kaur

Counselor/Psychotherapist
Batch Flower Practitioner
Nagpur





Dr. Yogita Meshram
Convener, WGRC

Dr. O. S. Deshmukh
Principal and Chairman

Dr. Reshal Deshmukh
Co-Convener

Organizing Committee Members

Dr. Vrushali Kinhikar
Dept of Chemistry

Dr. Shilpa Gedam
Dept of Comp.Science

Shri Shivaji Education Society Amravati's Science College,
Congress Nagar, Nagpur
2025-2026

Notice

All the students are hereby informed that, Women Grievance Redressal Cell has organized a **Counseling session** for the students to achieve a goal in life, on 7th Oct 2025. All are informed to attend the program.

Guest Speaker: Ms. Vinit Kaur,
Counselor, Healing Blues, Nagpur
Time: 1.00 pm
Venue: Library, Block C

Prof. Yogita Meshram
Convener
Women Grievance Redressal Cell

Dr. O.S. Deshmukh
Principal
S.S.E.S. A's Science College,
Congress Nagar, Nagpur

Science College, Congress Nagar, Nagpur. SEAL

Principal
S.S.E.S. Amravati's
Science College, Nagpur

Shri Shivaji Education Society Amravati's
Science College, Congress Nagar, Nagpur

Goal Setting and Stress Management

Expert: Ms Vinit Kaur Counselor/Psychotherapist

7th Oct 2025

Women Grievance Redressal Cell

2025-2026

A Goal Setting and Stress Management Program was organized by the Shri Shivaji Education Society Amravati's Science College, Congress Nagar, Nagpur on7th Oct 2026 with the objective of promoting mental well-being and helping students to cope with academic and personal stress. The program was conducted in the College Library where a large number of students participated enthusiastically.
The resource person Ms Vinit Kaur Counselor/Psychotherapist, Batch Flower Practitioner highlighted the importance of maintaining good mental health and explained the common causes and symptoms of stress among students. Practical techniques such as deep breathing exercises, meditation, positive thinking, time management, and maintaining a healthy lifestyle were demonstrated to help students manage stress effectively.

The program created awareness about the significance of emotional balance and self-care and goal setting. Students actively participated in the activities and appreciated the practical tips shared during the session. The event concluded with a vote of thanks, expressing gratitude to the resource person, the organizing committee, and all the participants for making the program successful. The interactive session encouraged students to share their concerns and seek guidance in a supportive environment

Principal Dr O.S Deshmukh shared the best wishes to the programme. Dr P S Utale, Professor and Head welcomed the guest. Dr Yogita Meshram, Convener WGRC, explained the importance goal setting in life. The Program was compared by Ms Tina Bhojwani. The program was organized by WGRC of college. Total 100 students and staff actively participated in the workshop. All the committee members Dr Reshal Deshmukh Dr. Shilpa Gedam, Dr. Kinhikar Dr. Kene Ms. Bangirwar, and Students were present on this occasion

Professor
Department of Chemistry
SSES Amt's Science
College Congress Nagar
Nagpur

SSES Amt's Science College, Congress Nagar, Nagpur

Women Grievance Redressal Cell
Goal Setting and Stress Management
7th Oct 2025
2025-2026

Action Taken Report

The resource person **Ms Vinit Kaur Counselor/Psychotherapist**, Batch Flower Practitioner guided the students on topic Goal Setting and Stress Management. Program which was informative, interactive, and beneficial in equipping students with essential skills to manage stress and improve their overall well being. Students learnt about the techniques to manage stress in academic, social and in personal life. Total 100 students and staff were benefitted and resolved the issues by asking questions in this program.

Dr. A. A. Halder
IQAC Coordinator
S.S.E.S.A's
Science College, Nagpur

Dr. O. S. Deshmukh
Principal
S. S. E. S. Amravati's
Science College, Nagpur.

SEAL

Glimpses of Program

Goal Setting and Stress Management

7th Oct 2025













Ms. Vinit Kaur delivering a talk on Goal Setting an Stress Management

Shri Shivaji Education Society Amravati's Science College, Congress Nagar, Nagpur

Women Grievance Redressal Cell

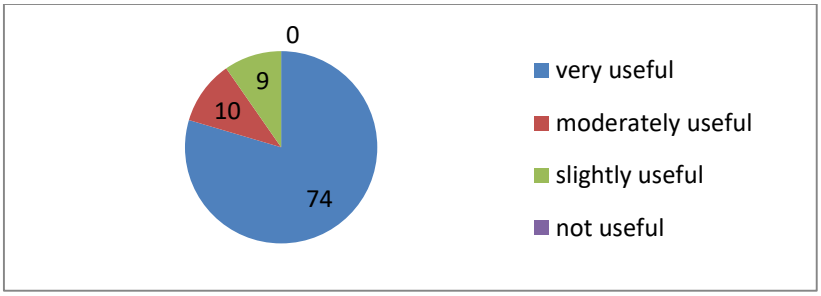
Guest Lecture On "Goal Setting and Stress Management"

Number of Students attended the Lecture: 100

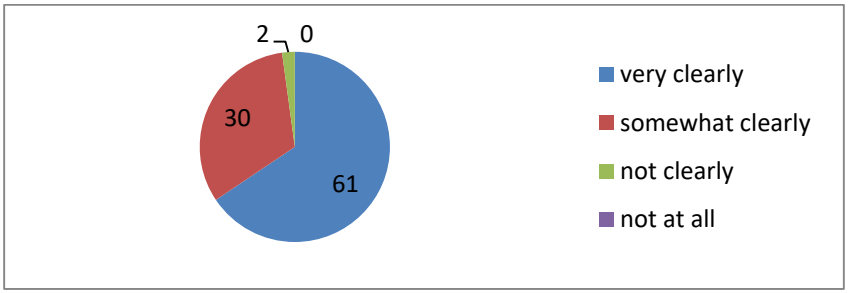
Number of students who have submitted the feedback: 93

Graphical Representation of Feedback Analysis

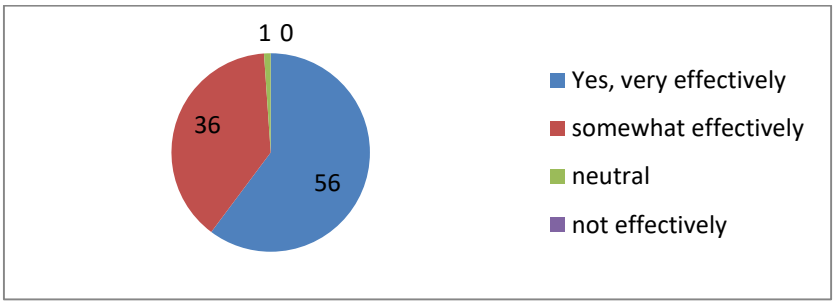
1. How useful did you find the strategies for managing stress presented in the talk?



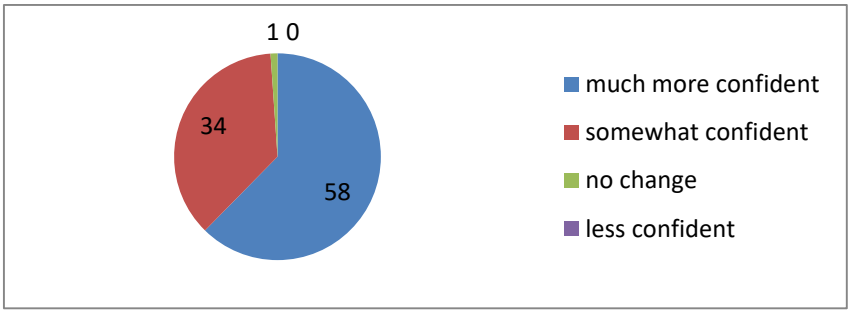
2. How clearly were the concepts of goal setting explained in the session?



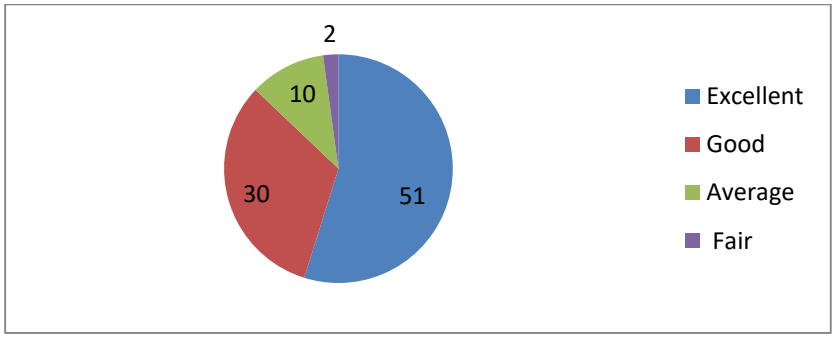
3. Did the speaker engage the audience effectively throughout the session?



4. To what extent do you feel more confident in setting and achieving your goals after this talk?



5. Overall, how would you rate the session on Goal Setting and Stress Management?



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Principal
S. S. E. S. Amravati's
Science College, Nagpur.

SEAL

Attendance Sheet

S.S.E.S Amt's Science College Congress Nagar, Nagpur
Guest Speaker :Counselor Ms Vinit Kaur on 7th Oct 2025
WGRC 2025-2026 Time : 1.00 PM

S.N	Name of students and Class	Signature
1	Mohit .P. Waethi	Mohit.
2	Harshwardhan Mandaokar	HM.
3	Nikhil. P. Tiwari	
4	Rudra. D. Vyawahare	
5	Amey. D. Rokade	
6	Sunny G. Sharma	
7	Tejas Darwhekar	T. Darwhekar
8	Yash S. Gawate	
9	Mohammad Ameer Ashrey	
10	Aryan Dilip Gadhawe	
11	Pratik Ajay. Upasak	
12	Nishant Tiwari	
13	Aditya Baboriya	
14	Sarthak Nagrale	
15	Bhavesh Vairagade	
16	Samiksha Punwatkar	
17	Vaishali Anilal Bisen	Vaishali
18	Mourdul Meshram	
19	Prashansa kohale	Prashansa
20	Krutika Barkar	
21	Siddhi Tumdam	Siddhi
22	Neha yadav.	
23	Adorkar Tulsi	Tulsi

Professor
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Nagpur

S.S.E.S Amt's Science College Congress Nagar, Nagpur
Guest Speaker :Counselor Ms Vinit Kaur on 7th Oct 2025
WGRC [redacted]-2025-26, Time 1.00 pm

S.N	Name of students and Class	Signature
1	Shivani Wakdiker	S.B.Wakdikar
2	Sneha Zade	Sneha
3	Khushboo Sanjay Chaubey	Khushboo
4	Vaideki. N. Bonde.	
5	Parinita . P. Thote	Parinita
6	Tanishka D. Ghatole	Tanishka
7	Saba A. Sheikh.	
8	Teushita. A. Shende	Shende
9	Gauri . S. Shinde	
10	Sakshi Pal	
11	Ankita S. Tumsare	
12	Krutika P. Khapre (phy).	K. Khapre.
13	Kalpana T. Harshe	
14	Dhanashree. K. Lilhe	
15	Vanshika K. Gajbe (physics)	
16	Sampada . V. Zoldeo (physics)	Zoldeo
17	Hansika . R. Jamgade (Phy)	Jamgade
18	Ruzain Nawaz Sheikh (Biotech)	
19	KRITIKA SINGH (BIOTECHNOLOGY)	
20	Anushree Ghosh (Biotech)	
21	Rutuja Lahakare (Chemistry)	Rutuja
22	gauri yadav (Chemistry)	gauri
23	Shreya Verma (Chemistry)	Verma

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S.S.E.S Amt's Science College Congress Nagar, Nagpur

Guest Speaker : Counselor Ms Vinit Kaur on 7th Oct 2025

WGRC 2025-2026

S.N	Name of students and Class	Signature
1	Priti D. Thakre	Priti
2	Kanoj Barnwar	
3	Anishka Pimpalkar	
4	Sneha Kishor Sorte	
5	Sagar D. Pardhi	
6	Akanksh . V. Sawalkar	
7	Preethi . v. Game	Preethi
8	Divyani . P. Pise	
9	Neha . C. Lonare	
10	Prajakta M. Kalkele	
11	Pratiksha B. Sonkusare	P. B. Sonks
12	Achal R. Bawane	
13	Parvati B. Shahu	Parvati
14	Vanshita D. Charde	
15	Shrushti D. Ninawe	
16	Dipti D. Dhanvijay	
17	Malvina S. Katarpawar	Katarpawar
18	Mansi Wakhale	
19	Ankita Tumsare	
20	Manisha Dehankar	Dehankar
21	Sejal Borkar	Sejal
22	TANISHA GAJBHIYE	
23.	Anjali Verma	
24	Mahi Wastri	
25	Harshita Tiwari	
26	Tanmay Thakre	

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S.S.E.S Amt's Science College Congress Nagar, Nagpur
Guest Speaker :Counselor Ms Vinit Kaur on 7th Oct 2025
WGRC 2024-2025-2026 Time – 1:00pm

S.N	Name of students and Class	Signature
1	Dr. P. N. Deshmukh.	
2	Dr. Yogita Meshram	
3	Dr. Shilpa Gedam.	
4	Dr. Reshal Deshmukh	
5	Dr. Varsha C. Pande	
6	Dr. Puja M. DADHE	
7	Dr. R. D. Urkude	
8	Ms. Shivani R. Sharma	
9	Ms. Ashwini D. Banginwar	
10	Vrushali Kinhikar	
11	Dr. Mahakhode	
12	Dr. A. Katgaye	
13	Dr. Shital Deshmukh	
14	Dr. Kene	
15	Mr. Nikhil R. Tonge	
16	J. K. Gunjate	
17	S. S. Dhok	
18	M. D Dahake	
19	A. V. Kuile	
20	Samiksha Mannatkar	
21	MS. MAHIMA KHARE	
22	Ashwin Sidam	
23	Vaishanvi Shukla	
24.	Tina Bhojwani.	
25.	Lavanya Deshmukh	
26.	Namrata Belkhede	
27.	Muskan Mishra	
28.	Lavanya Randive	

Yogita S.
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