



"Techno-Social Excellence"
Marathwada Mitramandal's
Institute of Technology (MMIT)
Lohgaon, Pune 411047

A

Report on

Three Days Faculty Development Program

on

Stress Management

Date: 12-14 December 2019

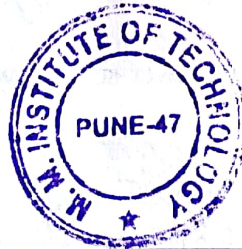
Organized by: Mechanical Engineering Department

In association with ICT Academy

Resource Person: Sunil Borah

Venue: Seminar Hall, MMIT

Time: 9.00 am to 4.00 pm





Description:

The workshop was started at 9.00 am on 14th dec 2019 with welcome of all dignitaries and faculty participants. Then saraswati poojan was held at the hands of all the dignitaries. HOD of mechanical engineering department felicitated chief guest & ICT academy persons with bouquet. Mrs. Sheetal Nerkar introduced the resource person in brief.

Brief introduction about resource person:

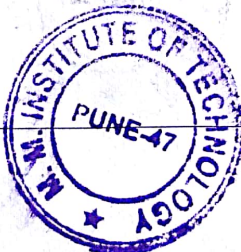
Mr. Sunil Borah

- Academic Qualification:
 - Masters in Mass Communication from Assam (KKHSOU)
 - Graduation in Hindi literature from Delhi University
- Professional Qualification:
 - Lean Six sigma yellow belt certified
 - Trainer License from NASSCOM.
- Specialized in:
 - Sales force (Trailhead), Career counseling, Training, Learning and Delivery, Coaching and Feedback, Customer Relationship Management, Quality Assurance, Strategic Planning, Human Resources and Operations Management.

After introduction of guest, HOD mechanical engineering department Prof. R.S.Patil shared his views about program. Main session started in which resource person discussed following points during three days program:

- Stress introduction
- Types of stresses
- Symptoms of stress
- Factors responsible for stress
- Techniques to overcome stress
- Management of stress
- Stress relieving activities

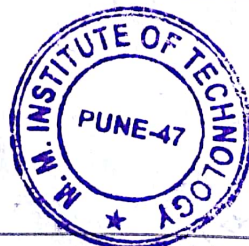
After completion of program question answer session was conducted. Program is concluded by submission of online feedback.





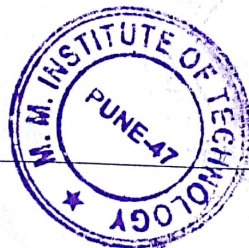
“Techno-Social Excellence”
Marathwada Mitramandal's
Institute of Technology (MMIT)
Lohgaon, Pune 411047

Images of FDP program:





“Techno-Social Excellence”
Marathwada Mitramandal's
Institute of Technology (MMIT)
Lohgaon, Pune 411047





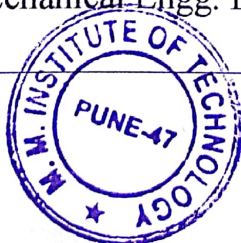
“Techno-Social Excellence”
Marathwada Mitramandal’s
Institute of Technology (MMIT)
Lohgaon, Pune 411047



Report prepared by
Prof. G.G. Jagadale

HOD
Mechanical Engg. Dept.

Principal

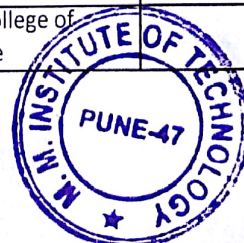


Faculty Development Program On
STRESS MANAGEMENT
Jointly Organized by ICT Academy & MMIT

Date: 12th Dec 2019

Day: Thursday

S.No	Name	College name	Mobile No	Sign
1	Vishakha jogdand	CSMSS CHH. SHAHU COLLEGE OF ENGINEERING	— AB —	—
2	Anup Date	JAWAHARLAL DARDA INSTITUTE OF ENGINEERING & TECHNOLOGY	— AB —	—
3	MAHMAD ZIYA GOUS	JSPM Narhe Technical Campus, Pune	— AB —	—
✓ 4	Pranjal Krishna Jadhav	Marathwada Mitra Mandal's College of Engineering, Pune (IMERT)	8625066097	<i>[Signature]</i>
5	Aishwarya Shahaji Mane	Marathwada Mitra Mandal's Institute of Technology, Pune	— AB —	—
✓ 6	Anjali Joshi	Marathwada Mitra Mandal's Institute of Technology, Pune	9850826636	<i>[Signature]</i>
✓ 7	Dr. Prashant Baba Lihitkar	Marathwada Mitra Mandal's Institute of Technology, Pune	8652882017	<i>[Signature]</i>
✓ 8	Dr. Umesh P. Moharil	Marathwada Mitra Mandal's Institute of Technology, Pune	9850359802	<i>[Signature]</i>
✓ 9	Ganesh Gulabrao Jagadale	Marathwada Mitra Mandal's Institute of Technology, Pune	8805306038	<i>[Signature]</i>
✓ 10	Manisha Bhise	Marathwada Mitra Mandal's Institute of Technology, Pune	9545533883	<i>[Signature]</i>
✓ 11	RAJAT PATIL	Marathwada Mitra Mandal's Institute of Technology, Pune	8888220874	<i>[Signature]</i>
✓ 12	SHITAL NERKAR	Marathwada Mitra Mandal's Institute of Technology, Pune	9326367732	<i>[Signature]</i>
13	Shwetal Kishor Patil	Marathwada Mitra Mandal's Institute of Technology, Pune	— AB —	—
14	Smita Samrat Mande	Marathwada Mitra Mandal's Institute of Technology, Pune	— AB —	—
15	Sneha Shinde	Marathwada Mitra Mandal's Institute of Technology, Pune	— AB —	—
16	SUBHASH GULABRAO RATHOD	Marathwada Mitra Mandal's Institute of Technology, Pune	— AB —	—
17	Swapnil Santosh Chaudhari	Marathwada Mitra Mandal's Institute of Technology, Pune	— AB —	—
18	Tejaswini S. Bhoys	Marathwada Mitra Mandal's Institute of Technology, Pune	— AB —	—
19	Yamini warke	Marathwada Mitra Mandal's Institute of Technology, Pune	— AB —	—
20	SHAHID ALI ISHTIYAQUE AHMED	MAULANA MUKHTAR AHMAD NADVI TECHNICAL CAMPUS	— AB —	—
21	Murtuza Dholkawala	MIT Academy of Engineering, Pune	— AB —	—
✓ 22	ROY MATHEW	MIT Academy of Engineering, Pune	MIT 09158574707	<i>[Signature]</i>
23	Dr.Vivek Singh	MNR College of Engineering & Technology	— AB —	—
24	Prof.Dhananjay Sudhakar Borhade	PIRENS Institute Of Computer Technology	— AB —	—
25	Nagorao surnar	Sanjivani Rural Education Society's College of Engineering	— AB —	—
26	Aravind Tole	SINHGAD COLLEGE OF ENGINEERING	— AB —	—
27	Rameshwari Vivek lalge	Smt. Kashibai Navale College of Engineering, Pune	— AB —	—
28	Varsha tambe	Smt. Kashibai Navale College of Engineering, Pune	— AB —	—
29	Anil Basweshwar Swami	SUMAN RAMESH TULSIANI TECHNICAL CAMPUS- FACULTY OF ENGINEERING	— AB —	—
30	Aparna Vinayak Mote	Zeal Education Society's Zeal College of Engineering and Research, Pune	— AB —	—
31	Atul b kathole	Zeal Education Society's Zeal College of Engineering and Research, Pune	— AB —	—



Faculty Development Program On
STRESS MANAGEMENT
 Jointly Organized by ICT Academy & MMIT

Day: Thursday

Date: 12th Dec 2019

S.No	Name	College name	Mobile No	Sign
131	M R Vashwanle	MMIT	9763107185	Megha
132	Laxmi Shinde	MMIT	8308528030	Laxmi
133	SANTAPCKE LAXMIKANT. C. NDMUP'S KSP COLLEGE NUK		9975702943	
34	Dr. Pralok	MMIT	9822493001	
135	Mrs. Aloli M. A.	MMIT	8796302194	Aloli
136	Mr. Shivaji P. Yadav	MMIT	9823807908	
137	Dr. Reena Lenka	MITCOM - MIT ADT	9960848498	
138	Dr. S. R. Shaik	MMIT	9923816933	
139	Prof. J. M. Bakliwal	MMIT	7887519541	
40				
41				
42				
43				
44				
45				
46				
47				
48				
49				
50				
51				
52				
53				
54				
55				
56				
57				
58				
59				
60				

