



Nutan Maharashtra Vidya Prasarak Mandal's (NMVPM's)
NUTAN MAHARASHTRA INSTITUTE OF
ENGINEERING AND TECHNOLOGY (NMIET)
Under Administrative Support - Pimpri Chinchwad Education Trust (PCET)



Approved by AICTE

Accredited by NAAC

Affiliated to SPPU

"Samarth Vidya Sankul", Vishnupuri, Talegaon Dabhade, Taluka Maval, District Pune - 410507

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Web : www.nmiet.edu.in

AICTE ID - 1-8618657

AISHE ID - C-41640

DTE ID - 6310

UNIVERSITY ID - CEGP013850

Date 03/12/2021

NOTICE

Department: - First Year Engineering

Academic Year: - 2021-22

All FE students of NMIET are hereby informed that, session is Scheduled on 08th December 2021 on
Stress Mangement

Students have to attend Sessions Mandatorily and Make sure that you sign the attendance in this
sessions provided by your Class Teacher.

Strict action will be taken against the absent student and pending activity will have to
complete.



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Talegaon Dabhade, 410507

Dr.S.K.Rahane

HOD (FE)

Event Coordinator



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FE Engineering Department		

Event Report

Title: Stress Mangement

Speaker: Prof.Sagar Kale

Date: 09/12/2021

Participants: FE year students of NMIET

No. of participants: 276


Description: Designing a stress management session specifically tailored for engineering students requires addressing their unique challenges and providing practical strategies to help them cope with academic pressure effectively. Students learned about the importance of self-care practices for managing stress and promoting overall well-being. Strategies for incorporating self-care activities into daily routines, such as exercise, healthy eating, adequate sleep, and relaxation, were discussed. The facilitator emphasized the role of self-care in maintaining physical and mental health amidst academic demands. The stress management session provided engineering students with practical tools, strategies, and resources for managing stress and promoting well-being amidst their academic journey. By empowering participants to recognize and address stress effectively, the session aimed to contribute to a healthier and more resilient engineering student community.

Objectives:

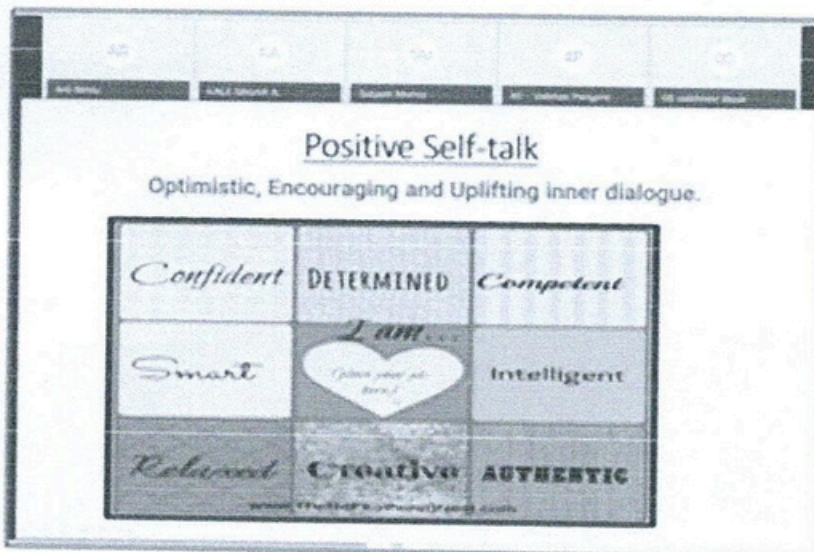
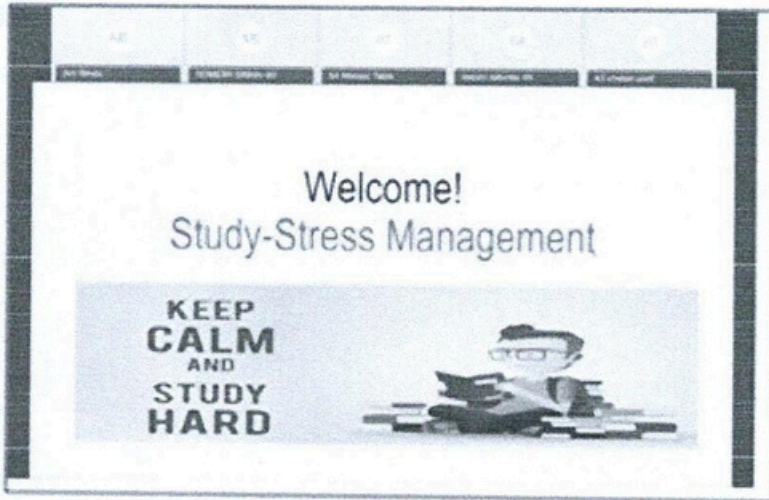
1. The objectives of a stress management session typically revolve around equipping participants with effective tools, techniques, and strategies to recognize, cope with, and reduce stress in their lives.
2. Educate participants about the signs and symptoms of stress and how it manifests in different areas of life.

Outcomes: The outcomes of a stress management session can vary depending on the specific content, context, and participants involved




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Photographs:



Date: 8-12-21 Speaker: Mr. Sagar Kale Session: Session on Stress Management



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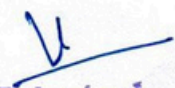
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STUDENT LIST_AY-2021-22

Sr. No.	Candidate Name	Sign Of Students
1	ABHANG SANKET VILAS	P
2	ADITYA SUBHASH DEUSKAR	P
3	ASHUTOSH RAJABHAU THORAT	P
4	ASODEKAR SAMIKSHA SUHAS	P
5	ATHARVA RAHUL WANKAR	P
6	BABAR TANVI BALASAHEB	P
7	BADVE NIDHI NARAYAN	P
8	BAGUL SAMARTH MOHAN	P
9	BALWADKAR SAKSHI SANTOSH	P
10	BARHATE RIDDHI PRAVIN	P
11	BHAND SWAPNIL KARBHARI	P
12	BHANUSHALI HITEN VASANT	P
13	BHEGADE ANUSHKAR ANAND	P
14	BHOITE ATHARVA VILAS	P
15	BIRADAR RAJ ANILRAO	P
16	BORNAR SHAM VIJAY	P
17	CHAUDHARI ADITYA YOGESH	P
18	CHAVAN HARSHAL SHRIKANT	P




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19	CHAVAN PRATHAMESH SUDHIR	P
20	CHETAN INGALE	P
21	CHOKSH UJJWAL AWARE	P
22	DAWARI NIKUNJ MAHADEV	P
23	DEORE SHRIKRUSHNA ASHOK	P
24	DHAMDHARE RUPESH VIJAY	P
25	DHOLE TEJAS KRISHNAT	P
26	GAIKWAD ADITYA BALASAHEB	P
27	GAIKWAD NIKHIL NARAYAN	P
28	GARDE SHREEYASH VIJAY	P
29	GAYATRI SURESH NAGENDRE	P
30	GHADAGE ANIKET VIJAY	P
31	GHODCHORE SHREYAS RAJESH	P
32	GHUGE RUSHIKESH SANTOSH	P
33	GIDDE PRATIK SANTOSH	P
34	GORULE VEDANT PRASHANT	P
35	GULATI AMARINDERSING GURUCHARANSING	P
36	HRITICK SIDANA	P
37	HULGE YASH BHALCHANDRA	P
38	INDRAJEET UTTAM PATIL	P
39	ISHAAN S MATTOO	P
40	JADHAV GAURAV SUBHASH	P
41	JADHAV RUTUJA VISHWAS	P
42	JADHAV SAMRUDDHI SANJEEV	P




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43	JAGTAP AAKANSHA AMOL	P
44	JAISWAL APURVA MANOJ	P
45	JANHVI DEVENDRA PATIL	P
46	JARE PRANAV MANOHAR	P
47	JAYBHAYE ADITYA NANDKUMAR	P
48	KAMBLE ARADHANA SUNIL	P
49	KAPALE SUJAL SANDEEP	P
50	KARANDE AISHWARYA PANDURNG	P
51	KARANDE AKANKSHA BALAJI	P
52	KARBHARI RITESH VIJAYKUMAR	P
53	KAYGUDE ANIKET SANJAY	P
54	KELGANDRE VAIBHAV GAHININATH	P
55	KHANDERAO ANURAG VIJAY	P
56	KHARCHE JESSICA JAGDISH	P
57	KHEMARAJ PRAVIN MAHAJAN	P
58	KOBARNE SAAKSHI DHANANJAY	P
59	KSHIRSAGAR ANIRUDHA MANOJKUMAR	P
60	KSHITIJA MANDE	P
61	KUDALE DIVYA AMOL	P
62	KULABKAR ROHAN ROHIDAS	P
63	KULKARNI AVADHUT SHRINIWAS	P
64	KULKARNI GAURAV SHRIKRUSHNA	P
65	KUSHAGAR	P
66	LALAGE PRACHI ANIL	P



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67	LAWAND AKSHAY RAJENDRA	P
68	LIGADE MEHUL MAHADEO	P
69	LONDHE OMKAR SUNIL	P
70	MAHAJAN AYUSH CHETAN	P
71	MAHAJAN YASHASHREE RAVINDRA	P
72	MALI DAMINI RAVINDRA	P
73	MALI SANJAL SUHAS	P
74	MARATHE SUYASH SACHIN	P
75	MAYUR NITIN THAKUR	P
76	MHASKE YASH SUNIL	P
77	MISHRA UTTAM JITENDRA	P
78	NAGENDRA KRUNAL SURYAKANT	P
79	NAIKARE SWARAJ SUNIL	P
80	NALAWADE VIKRAM JANARDHAN	P
81	NAZNEEN MOHMMAD ARIF SHAIKH	P
82	NIKHIL MANMATH IDLGAVE	P
83	NIKITA VIJAYKUMAR GARE	P
84	OMKAR SHANKAR ADLING	P
85	PANDIT PAVANKUMAR SANTOSH	P
86	PAPAL ADITYA VITTHAL	P
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88	PATIL KRUSHNAL JAGANNATH	P
89	PATIL SHUBHAM SURYAKANT	P
90	PATIL VISHAL BHUPESH	P



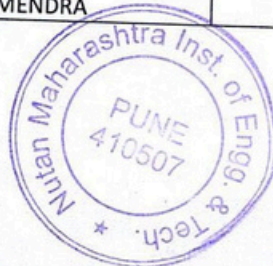
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92	PATOLE AMIT JAGANNATH	P
93	PAWAR HARSHAL PRAVIN	P
94	PAWAR MRUNAL LAXMAN	P
95	PHADTARE ROHAN SUNIL	P
96	PHALAK PRATIK RAVINDRA	P
97	PRATIK ANAND KUMAR GAUTAM	P
98	RAJDEEP PRAKASH YADAV	P
99	RANE SHRAVANI JAYENDRA	P
100	RATRA PRITAMSINGH DALJITSINGH	P
101	RAUT SAHIL PRAMOD	P
102	RITUJA GANESH KINE	P
103	RODGE VIVEK YASHWANT	P
104	ROHIT DNYANESHWAR AHIRE	P
105	SAH NIGEETA TRIBHUWAN KUMAR	P
106	SARDESHMUKH NIKHIL SHYAM	P
107	SATPUTE DIYA DINKAR	P
108	SEJAL DATTATRAYA KATKAR	P
109	SHAIKH MOHAMMAD REHAN ABDULKALIM	P
110	SHARMA VARUN SHARMA	P
111	SHETE VIVEK POPAT	P
112	SHEWALE ISHANT SHARADCHANDRA	P
113	SHINDE KUNAL SAMBHAJI	P
114	SINGH ANKITA BRIJESH	P



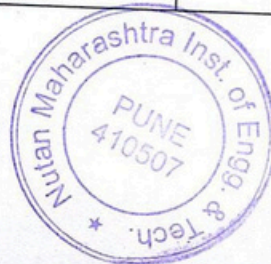
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116	SOHAM PREMCHAND GURAV	P
117	SUROSHE NEHA DATTATRAYA	P
118	SURYAWANSHI PRANAV NANDKUMAR	P
119	SWAMI SUMIT DHANAYYA	P
120	THOMBARE HRISHIKESH PRAKASH	P
121	THORAT ADITYA PRAVIN	P
122	TOPE PRATIKSHA KHANDU	P
123	UMBARDAND SUDIP KIRAN	P
124	URADE VARUN VILAS	P
125	VAISHNAVI POPAT SAKAL	P
126	VATPAL OMSINGH SATISH	P
127	VICHARE VISHWARAJ NITIN	P
128	WAGHMARE TUSHAR SATISH	P
129	WARADE VINIT PANKAJ	P
130	WARIK OMKAR AVINASH	P
131	ZENDE EKTA SATYAVAN	P
132	ZOPE VIPUL SHARAD	P
133	BOTHARA SRISHTI PREMENDRA	P
134	GORE CHETAN PRAKASHRAO	P
135	KHANDAGALE PRANAV NANDKUMAR	P
136	PARDESHI SIDDHANT SANTOSH	P
137	PAWAR ANIL KARBHARI	P
138	ZOPE VAIBHAV DHARMENDRA	P




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140	BANSOD PRATIK PARAG	P
141	BHAVAR SAURABH SHIVDAS	P
142	BHEKE SAHIL RAMDAS	P
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147	BOLE ADITYA MANOJ	P
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153	DHYADE SHRUTI PARMESHWAR	P
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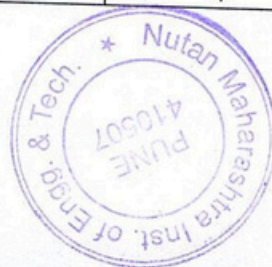

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193	SHELAR DEEPTI SUBHASH	P
194	SHELKE SARIKA APPASAHEB	P
195	SUTAR TANMAY HANMANT	P
196	TAMBE SAKSHI VEERCHANDRA	P
197	THAKUR SUCHIT DWARKASINGH	P
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206	SAH RAJKUMAR SATYANARAYAN	P
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210	ASAWALE NIKITA MAHENDRA	P
211	AUTADE SAURABH ASHOK	P



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213	BORHADE MAHESH PRAVIN	P
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218	GHODAKE SIDDHI DATTATRAY	P
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223	KINGE SAKSHI VIKAS	P
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225	KOLI SUJAL SANJAYKUMAR	P
226	KUMBHAR SHUBHAM SARJERAO	P
227	LAHARE RUTUJA DATTATRAYA	P
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229	MAHAJAN SAMEER GAJENDRA	P
230	MAYURI MURLIDHAR KINGE	P
231	MODI VEDANG VISHWAS	P
232	MORE SAMPADA VIJAY	P
233	MULEY REVAT RAVI	P
234	MULEY SHUBHAM TUKARAM	P
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248	RANANAVARE RIDDHIK RAJESH	P
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252	SAKSHI VAJINATH DOLAS	P
253	SALI MANALI MAHESH	P
254	SANIKA RAHUL BHALERAO	P
255	SATALE ARTI HARISHCHANDRA	P
256	SAWANT NISHA UMESH	P
257	SHIVAM SINGH	P
258	TAKALKAR ANUSHKA DATTATRAY	P
259	TIRKHUNDE ATHARVA BHARAT	P





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262	ZALTE NEHA TAVARSING	P
263	SAWANT AVINASH KAILAS	P
264	SAWANT ESHA UMESH	P
265	SHUBHAM JANARDHAN PATANGE	P
266	DESAI SOHAM DEEPAK	P
267	GORAL SANJANA SAHADEV	P
268	HAJARE SAHIL SANDEEP	P
269	JANHAVI PRAVIN IKHE	P
270	KASHID VARAD SANTOSH	P
271	KASTURE ABHISHEK YASHWANT	P
272	KHAN ARASHAD SALAMAT	P
273	NANEKAR HARSHAL RAJESH	P
274	PANHALKAR SAURABH MANOHAR	P
275	PRERNA LAHU AWARI	P
276	SINGH BALRAMPRASAD MANISH	P


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