

### 5.1.3. Capacity Development and Skill Enhancement

#### Workshop on stress management

The pandemic generated immense stress among students and faculty. To help students and faculty to deal with stress, Pravin Sabnis, a life skills coach was invited to conduct a workshop for the students and faculty members on Coping with Challenges in the context of Covid 19 on 5 April 2021. He shared practical ways of dealing with stress.

Mr. Pravin Sabnis conducted the workshop using innovative ways and shared anecdotes with students. He conducted hands on activities and games to talk about stress, our perception of life, and ways to deal with stress. Positive feedback was received from students. 17 students were present for the workshop.



Prof. Shaila Desouza

Dean, MPS

27/10/22.

Topic: Coping with Challenges:  
an interactive workshop.

5<sup>th</sup> April 2021

Resource Person: Pravin Sabnis

Sr. no.	Name	G.	Department	St
1	Dea Pareek	F	women's Studies	Am
2	Arshi Uppal	F	women's Studies	Am
3	Dixita Morajkar	F	women's studies	Am
4)	Alveera Khan	F	Women's Studies	Am
5)	Sakshi Sharma	F	Women's Studies	Am
6)	Sunita Sawant	F	women's studies	Am
7)	Nidhi Vaingankar	F	Women's Studies	Am
8)	Saylee Lokhande	F	women's studies	Am
9)	Priya Parab	F	Women's studies	Am
10)	Amrita Jaiswal	F	women's Studies	Am
11)	Riya Gaddekar	F	women's studies	Am
12)	Pooja Phadte	F	women's Studies	Am
13)	Dr. Aparna Lalayekar	F	"	Am
14)	Dr. Nishtha Desai	F	"	Am
15)	Prof. Shantika Desai	F	"	Am
16)	Prachi Prabhu	F	"	Am
17)	Sulochane Pednekar	F	"	Am

Total 17 F