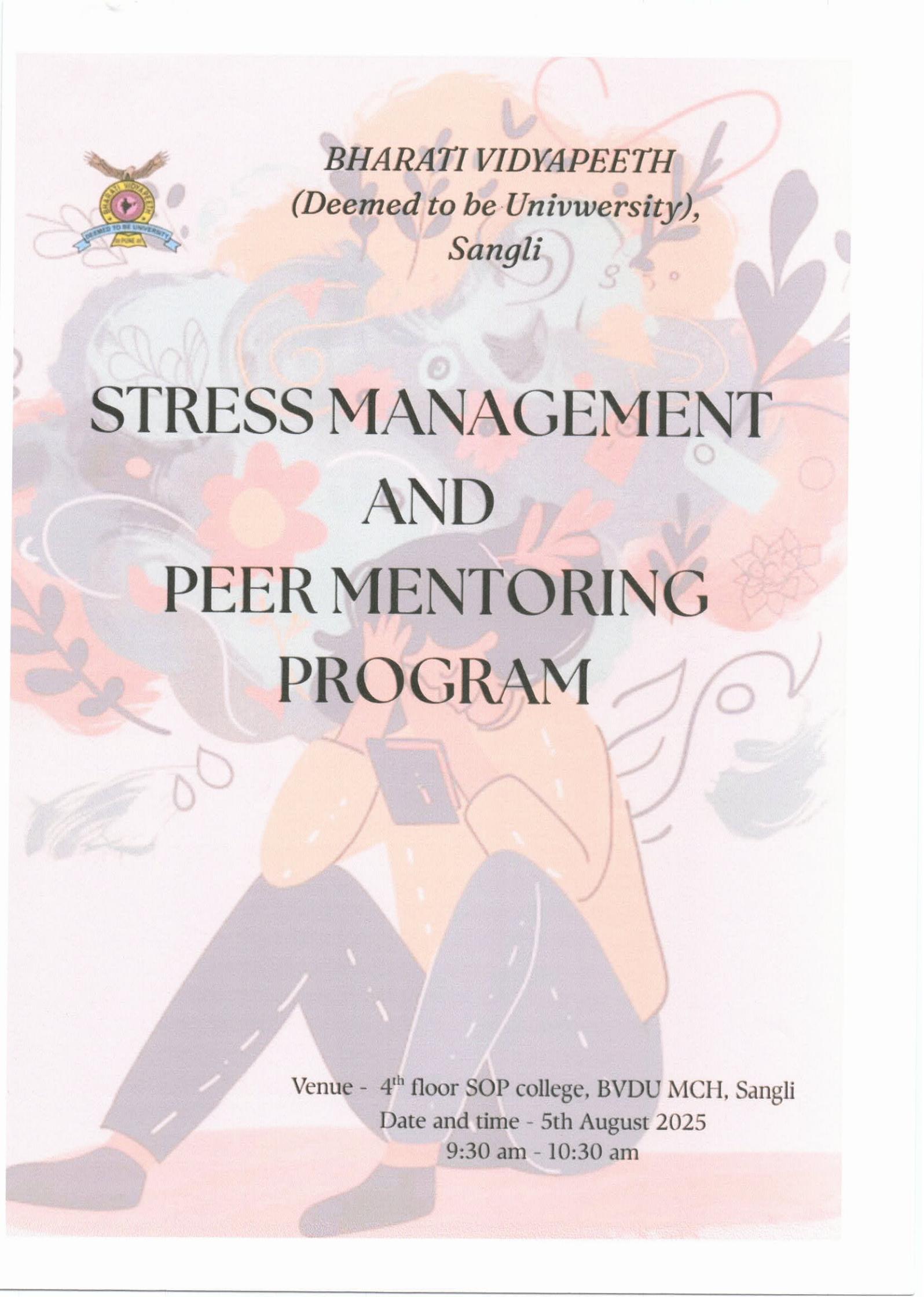




BHARATI VIDYAPEETH
(Deemed to be University),
Sangli



**STRESS MANAGEMENT
AND
PEER MENTORING
PROGRAM**

Venue - 4th floor SOP college, BVDU MCH, Sangli
Date and time - 5th August 2025
9:30 am - 10:30 am



**BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)
SCHOOL OF PHYSIOTHERAPY, SANGLI**

CIRCULAR

Date: 05/08/2025

Subject: Guest Lecture on *Stress Management and Peer Mentoring Program*

Dear Students,

All First Year BPTth students are hereby informed that a **Guest Lecture** will be conducted on the topic:

“Stress Management and Peer Mentoring Program”

Resource Person: Dr. Anand Anuse

Date & Time: Tuesday, 5th August 2025 | 9:30 am – 10:30 am

Venue: Seminar Hall, School of Physiotherapy

Attendance is compulsory for all students.

Copy to

1. Hon. Regional Director, B.V. (D.U.), Sangli
2. Dean, BV (DU) M.C.H, Sangli
3. Dy. Dean, BV (D.U.) M.C.H, Sangli
4. Medical Superintendent, B.V (D.U.) M.C.H, Sangli
5. Dy. Medical Superintendent, B.V (DU) M.C.H, Sangli
6. All Notice Boards (College and Department)




Dr. Sneha Katke

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(Deemed to be University)
School of Physiotherapy
Sangli - 416 416.



**BHARATI VIDYAPEETH (Deemed To Be University)
SCHOOL OF PHYSIOTHERAPY, SANGLI**

Report on -" Stress management and Peer mentoring"

Title of the Activity- " *Stress management and Peer mentoring* "

Venue of the Activity- 4th floor Auditorium, BV (DU) School of Physiotherapy, Sangli

Date of Activity- 5/8/2025

Duration of Activity- 9:30 am -10:30 am

Collaborating Agency- Nil

No. of Students Participated- 54

No. of Teachers Participated - 1

No. of Beneficiaries- 54

Details of the Activity with Photographs-

The BV (DU) School of Physiotherapy in Sangli conducted an insightful and empowering session titled "*Stress Management and Peer Mentoring*" on August 5, 2025. Held at the 4th floor auditorium, the event ran from 9:30 AM to 10:30 AM and welcomed 54 enthusiastic student participants. The session was led by the esteemed speaker, Dr. Anand Anuse, who skillfully addressed the growing concern of stress among students, especially within demanding academic environments. Through an engaging and thoughtful discourse, Dr. Anuse highlighted the psychological, emotional, and physiological impacts of stress, while sharing practical strategies for managing it effectively. A core component of his talk emphasized the value of peer mentoring, presenting it as a vital tool for emotional support, collaborative learning, and community building among students. Attendees were encouraged to strengthen their social connections, develop positive coping mechanisms, and cultivate empathy within peer groups. The interactive format, backed by real-life scenarios and reflective exercises, made the session highly impactful and personally relevant. The program coordinators for the event were Dr. Aishwarya Bulbule (Assistant Professor, BVDU School of Physiotherapy, Sangli). Vote of thanks was presented by Dr. Sheetal Swamy (Assistant professor, BVDU SOP, Sangli). The event was successful under the guidance of Dr. Sneha Katke (Principal, (BVDU SOP, Sangli)



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Impact of the Activity-

Heightened Stress Awareness

Students became more conscious of the sources and symptoms of stress in their academic and personal lives.

Shift in Perspective

Many participants reconsidered how they approach challenges, leading to a more balanced and mindful mindset.

Strengthened Peer Connections

The emphasis on mentoring encouraged students to engage more openly with their peers and offer mutual support.

Practical Tool Adoption

Techniques like deep breathing, time management, and journaling were introduced and quickly embraced by attendees.

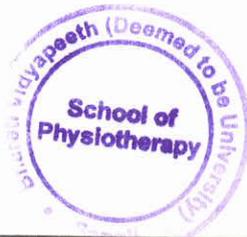
Boost in Communication Confidence

Students felt more equipped to express their emotions and reach out for help, creating a healthier dialogue culture.

***Please tick the Criterion for the activity:**

Criterion I	Criterion II	Criterion III	Criterion IV
Criterion V	Criterion VI	Criterion VII	Link

Event co-ordinator

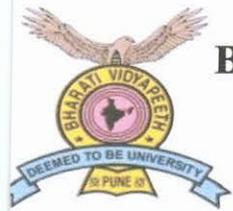


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Principal
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Sangli Miraj Road Sangli-416 416. Maharashtra

Tel No.: 0233-2601593 94/95 Ext. No. 228, 269

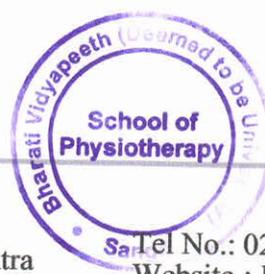
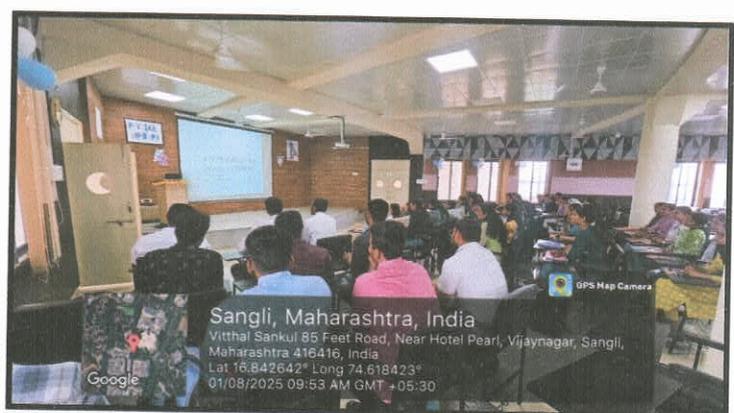
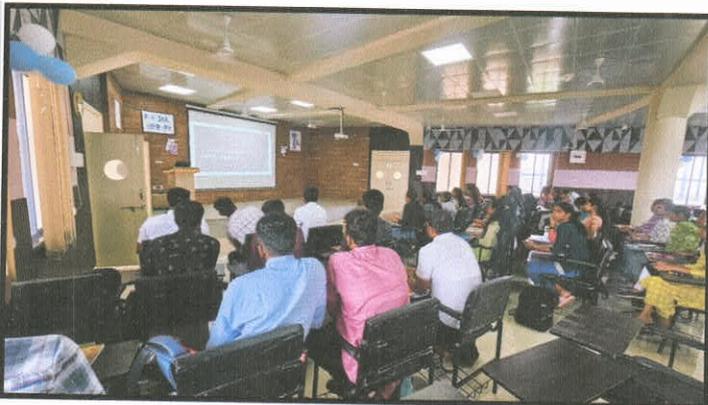
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SCHOOL OF PHYSIOTHERAPY, SANGLI

INDUCTION PROGRAM 2025: Guest Lecture On Stress Management And Peer Mentoring



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BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)
SCHOOL OF PHYSIOTHERAPY, SANGLI

Date – 5/8/2025

Guest Lecture on – “Stress Management and Peer Mentoring”

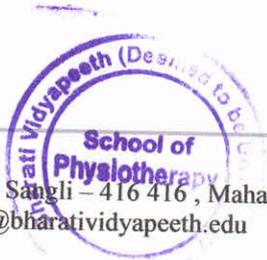
Sr. NO.	STUDENT'S NAME
1	BHOSALE SAEED ATUL
2	MASKAR MANASI MARUTI
3	PATIL PRANJALEE AMAR
4	JADHAV ASMITA PRAKASH
5	MOTE SANIKA JALINDAR
6	RAUT JIGISHA DILIP
7	GOLE SANIKA UDAY
8	NIKHARE VARSHITA GIRISH
9	NALAWADE SNEHAL BAPUSO
10	SRUSHTI SANTOSH GONDHALEKAR
11	BHOSALE SANCHITA SUDARSHAN
12	KOLI ANURADHA SAMBHAJI
13	MHETRE ATHARVA SACHIN
14	KADAM PRANITA HANMANT
15	SALI BRID SANTOSH
16	EKUNDE VEDIKA VIJAY
17	MORE ADITYA DILIP
18	HARAWADE VALLARI SUDESH
19	BANKAR SAKSHI GORAKH
20	MALI VISHAL MURLIDHAR
21	BADIGER SANIKA KIRAN
22	MULAKE ADITYA DILIP
23	BHOSALE ANUJA MAHESH
24	MOTE GRISHMA BHAUSAHEB
25	BHORE SRUSHTI AVINASH
26	AWALE PRANAV PRAVIN



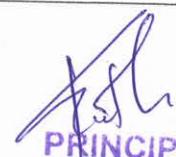
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27	GARALE PRUTHWIRAJ SUBHASH
28	GADHALE SAKSHI VITTHAL
29	SHAHA SHREYAS PRITAM
30	TIKUTE RAVIKESH BALU
31	NALWADE VIRAJ VIJAYSINH
32	GAIKWAD NANDINI VIJAY
33	BARGIR ANAUM AYAZ
34	BHOSALE SAMRUDDHI AMBADAS
35	INGLE RAJ JAY
36	KHARADE SUYASH DATTA
37	KADAM PIYUSHA SANTOSH
38	KOKATE ATHARV NITIN
39	KALE SHREETEJ PIRAJI
40	LENGURE OM SANJAY
41	DABHOLE JANHAVI PRALHAD
42	PATIL SHRAVANI RAJAN
43	PATIL SAMRUDDHI ASHITOSH
44	VALLAKATI VEDIKA SANDEEP
45	KUSHTE OVI CHETAN
46	GOWARI BHOOMIKA SUNIL
47	SALUNKHE GAYATRI PRAKASH
48	BANDE AMEY UTTAM
49	KOSHTI YASH CHANDRAKANT
50	JANVEKAR RIYA SANJAY
51	SHENDAGE VALLABH BALASAHEB
52	SHIKALKAR HASIBA SAMSER
53	KAKLIJ OM RAJENDRA
54	PUDALE SHREYA VIKASRAO



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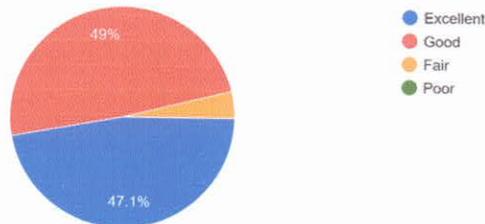
Feedback Form

Date- 05/08/2025

Name of Event: Stress Management and peer mentoring Program

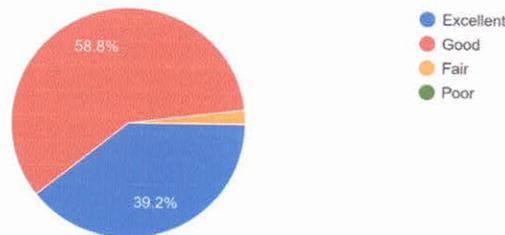
1. How would you rate the overview of the event.

51 responses



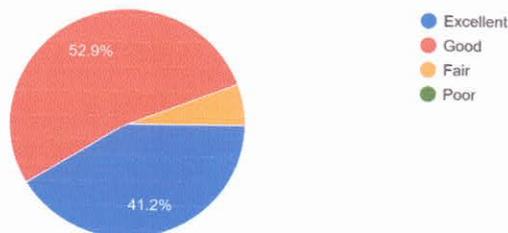
2. How would you rate the interaction between you and the speaker

51 responses



3. How would you rate the arrangements of the event

51 responses




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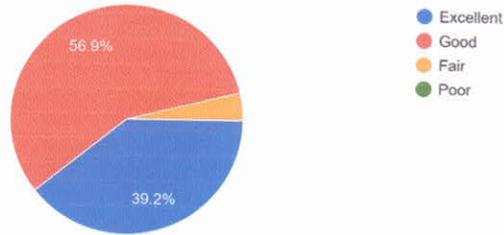
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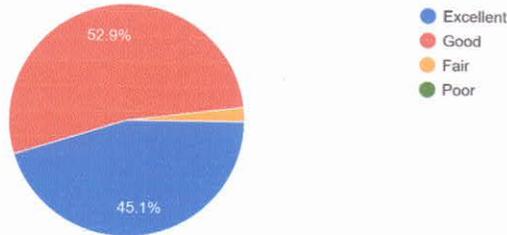


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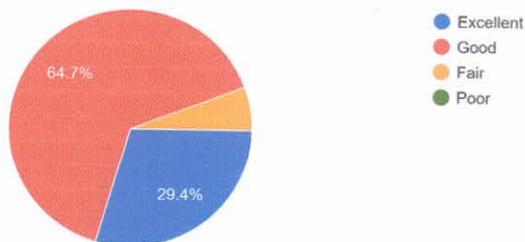
4. How would rate the success of the event
51 responses



5. How would you rate content and quality of event
51 responses



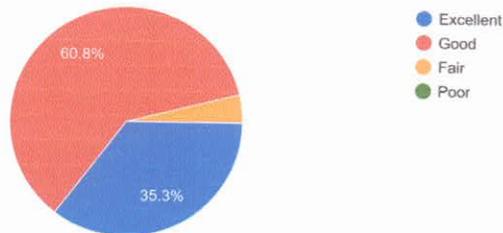
6. How would you rate queries answered by the speaker
51 responses



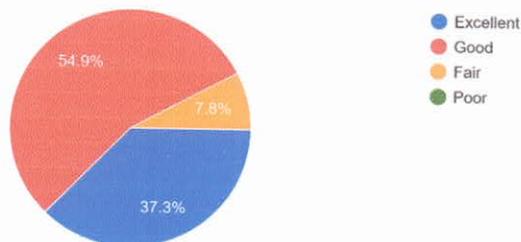


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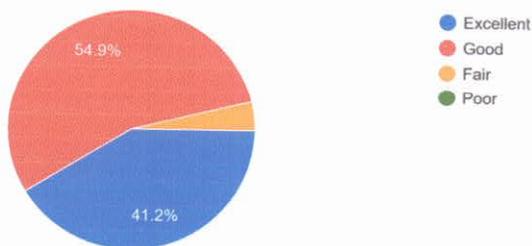
7. How would you rate the preparations of the speakers
51 responses



8. How would you rate the knowledge obtained from event.
51 responses



9. please write three words/ expression which describe event.
51 responses





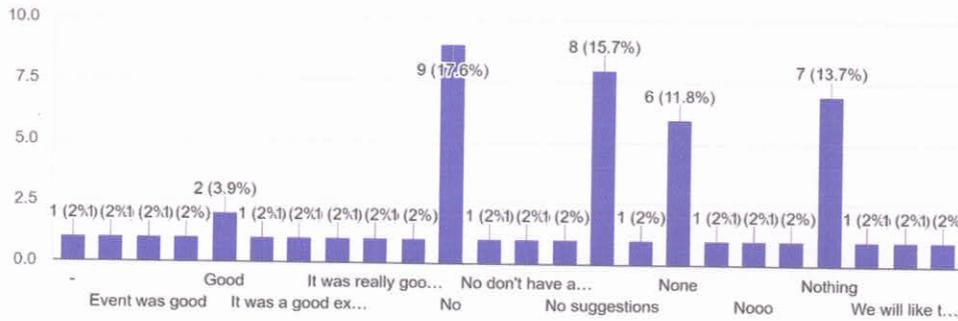
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10. If any suggestion (please specify)

51 responses



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