



MARATHWADA MITRA MANDAL'S  
**SHANKARRAO CHAVAN LAW COLLEGE**

Accredited with 'A' Grade by NAAC  
202/A, DECCAN GYMKHANA, PUNE - 411 004.  
Affiliated to Savitribai Phule Pune University & Approved by Bar Council of India, New Delhi  
(Permanent Reg. No. - Id No. : PU / PN / Law / 179 - 2002)



**Late. Shri. Shankarrao Chavan**  
Founder President

**Shri. Shivajirao D. Ganage**  
President

**Prin. Bhausaheb Jadhav**  
Exe - President

## Report on “Capacity Building Program”

Activity: Capacity Building Program on "Stress-Free Life"
Organised on: 29 <sup>th</sup> May 2024
Participants: 42
Association with: Ms. Apurva Patil and Ms. Susneha Patil: Tej Gyan Foundation- Happy Thoughts
Objectives: To provide participants with valuable insights and techniques for leading a stress-free life and to Equip attendees with practical tools and techniques to manage and reduce stress.
Organised for: All Teaching and Non-teaching staff of the college campus
Venue: MM's Shankarrao Chavan Law College, Pune

The Marathwada Mitra Mandal's Shankarrao Chavan Law College, Pune in collaboration with Marathwada Mitra Mandal's College of Commerce and Marathwada Mitra Mandal's College of Architecture, successfully organized a one-day Capacity Building Program on “Stress-Free Life.” The event took place on Wednesday, 29th May 2024, at 11:00 AM in Hall No. 101 of MM's Shankarrao Chavan Law College, Pune. The program aimed to provide participants with valuable insights and techniques for leading a stress-free life.

### Esteemed Speakers

The program featured two distinguished speakers, Ms. Apurva Patil and Ms. Susneha Patil, who are facilitators from the Tej Gyan Foundation, Happy Thoughts. Their expertise and engaging delivery captivated the audience and provided them with practical tools for managing stress effectively.

### Participation

A total of 64 individuals registered for the event through Google Form links. Out of these, 42 participants attended the program, demonstrating a keen interest in enhancing their understanding of stress management and personal well-being.

### Key Discussion Points

The program delved into various crucial aspects of achieving a stress-free life. The following points were discussed in detail:

#### 1. Self-Respect:

- The importance of self-respect as a foundational element for a stress-free life was emphasized.
- Techniques for building and maintaining self-respect were shared, highlighting its role in fostering positive self-esteem and overall well-being.

#### 2. Acceptance:

- Participants learned about the significance of acceptance in reducing stress.
- The speakers discussed how accepting oneself and the circumstances can lead to inner peace and emotional stability.

### 3. Reactions and their Types:

- The program covered different types of reactions individuals exhibit in stressful situations.
- Strategies for identifying and managing these reactions were presented, enabling participants to respond to stress in a more composed and effective manner.

### Activities and Engagement


The program included interactive activities that encouraged participant engagement and practical application of the concepts discussed. These activities provided hands-on experience in implementing stress-management techniques and fostering a sense of community among the attendees.

### Feedback and Impact

The participants expressed their gratitude for the valuable insights gained during the program. Many attendees reported feeling more equipped to handle stress and committed to incorporating the discussed techniques into their daily lives. The program received positive feedback for its organization, content, and the expertise of the speakers.


### Conclusion

The one-day Capacity Building Program on “Stress-Free Life” was a resounding success. It offered participants a comprehensive understanding of stress management and equipped them with practical tools to lead a stress-free life. The program not only enhanced the participants' knowledge but also inspired them to pursue a balanced and fulfilling life free from unnecessary stress.

  
Dr. Kranti Deshmukh  
Principal

Marathwada Mitra Mandal's  
Shankarrao Chavan Law College  
202/A, Deccan, Pune-411 004



  
Dr. Gajendra Dhamal  
Faculty Coordinator

Flyer of Capacity Building Program



**Marathwada Mitra Mandal's Shankarrao Chavan Law College**

&

**Marathwada Mitra Mandal's College of Commerce**

&

**Marathwada Mitra Mandal's College of Architecture, Pune**



**Cordially invites You for**  
**Capacity Building Program**  
**on**  
**'Stress Free Life'**

**Date & Time : Wednesday, 29<sup>th</sup> May 2024, At 11.00 AM**

**Venue: Hall No. 101, MM's Shankarrao Chavan Law College, Pune**

**Registration Link: <https://forms.gle/biPcp2aX8VJdt5YHA> (Last Date for Registration: 28-05-2024)**

**Esteemed Speakers**

**MS. APURVA PATIL & MS. SUSNEHA PATIL**

**Facilitators, Tej Gyan Foundation Happy Thoughts**

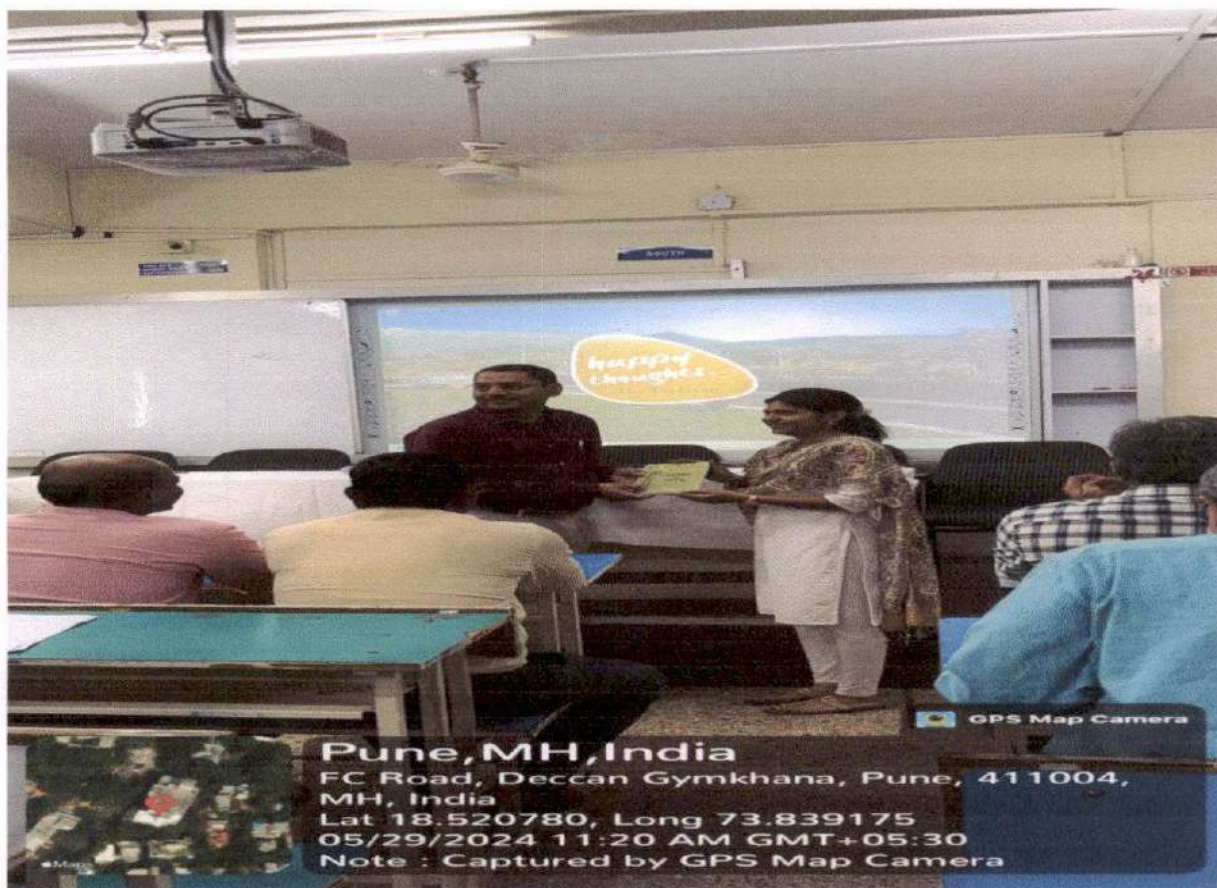
**Convener**

**Marathwada Mitra Mandal, Pune**



## Glimpses of the Capacity Building Program





**Pune, MH, India**  
FC Road, Deccan Gymkhana, Pune, 411004, MH, India  
Lat 18.520780, Long 73.839175  
05/29/2024 11:20 AM GMT+05:30  
Note : Captured by GPS Map Camera



**Pune, MH, India**  
FC Road, Deccan Gymkhana, Pune, 411004, MH, India  
Lat 18.520762, Long 73.839129  
05/29/2024 09:26 AM GMT+05:30  
Note : Captured by GPS Map Camera





## List of Participants

Date: 29-05-2024

**Marathwada Mitra Mandal's  
Shankarrao Chavan Law College, Pune**

**Attendance Sheet for Capacity Building Program on 'Stress Free Life'**  
Date & Time: Wednesday, 29<sup>th</sup> May 2024, At 11.00 AM

Sr. No.	Name of the Participant	Name of the College	Mobile	Email	Signature
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43.					
44.					
45.					



Dr. Kranti Deshmukh  
Principal

Dr. Gajendra Dhamal  
Faculty Coordinator