

Shri Vitthalrao Joshi Charities Trust's
SAMARTH NURSING COLLEGE
(NAAC ACCREDITED GRADE 'B')
Kasarwadi, Post Sawarde, Tal. - Chiplun, Dist. - Ratnagiri 415 606
Phone : 02355-264149 / 137, 8379972264 Fax : 02355-264181
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Website : www.svjctsamarthenursing.com

(Recognised by Indian Nursing Council, Maharashtra Nursing Council & Maharashtra University of Health Sciences, Nashik and MSBNPE Board, Mumbai)

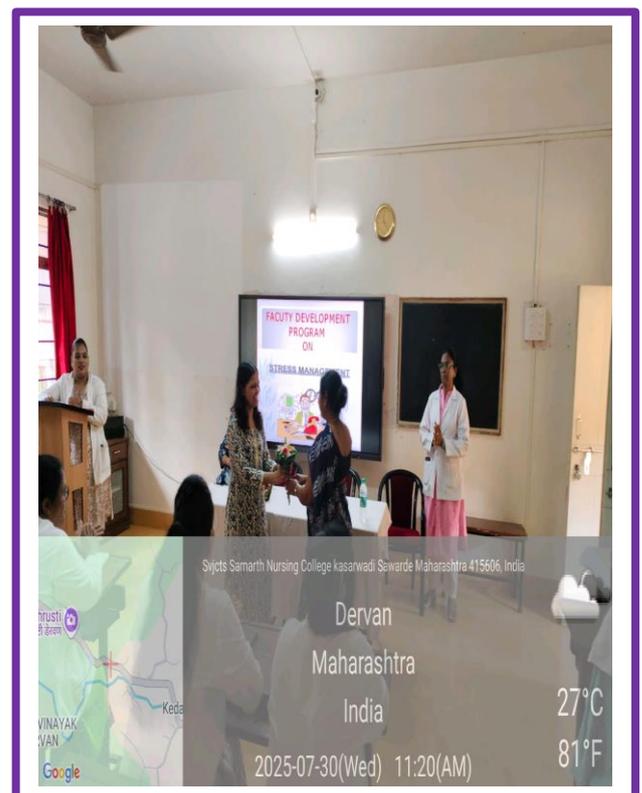
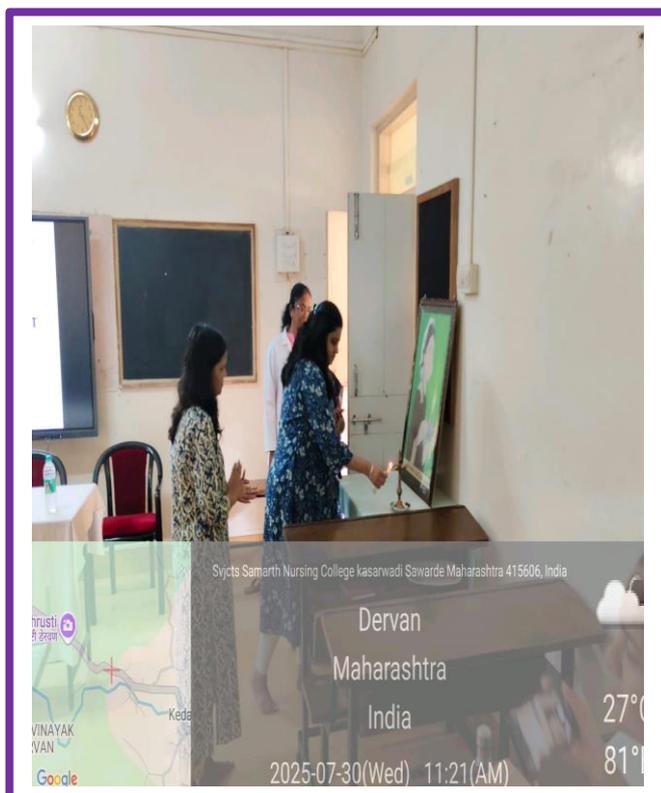
Stress Management at the Workplace

Venue: Classroom No. 1

Date: 30th July 2025

Time: 11:00 AM To 1:00 PM

SVJCT's Samarth Nursing College organized a **Faculty Development Program** on **Stress Management at the Workplace** on 30th July 2025. The event featured esteemed speakers Ms. Rupali Chavan and Ms. Swati Sonawane. The program commenced with a symbolic lamp lighting ceremony. Prof. Tejal Surve, Principal of SVJCT's Samarth Nursing College, felicitated the speakers.



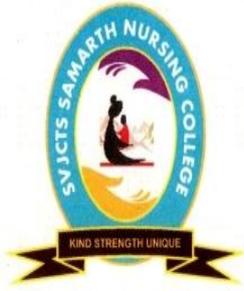


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Effective workplace stress management involves both individual strategies and organizational support. Faculty can benefit from time management techniques, relaxation exercises, and prioritizing self-care. Faculty can foster a supportive environment by promoting work-life balance, providing employee assistance programs, and addressing workplace stressors like workload and communication issues.





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Ms. Jyoti Dhagale skilfully anchored the event, ensuring a smooth flow of proceedings.

Ms. Rupali Chavan and Ms. Swati Sonawane delivered insightful sessions on stress management strategies and techniques. Ms. Dipali Chavan expressed gratitude to the speakers, organizers, and participants.

At the end of the program, feedback was collected from the participants. This Faculty Development program provided a valuable platform for knowledge sharing and skill development, equipping participants with effective stress management techniques.

