

**SHRI BAIRAVNATH NISARG MANDAL'S  
MAULI NURSING COLLEGE HATTA, HINGOLI  
WORKSHOP  
ON  
STRESS AND ADAPTATION IN NURSING  
DATE : 04/05/2019**

A Workshop conducted on Stress and adaptation in Nursing Organised by SBNM'S Mauli Nursing College hatta on Date 04/05/19we have started workshop 9:30am to 5:30pm at the centre of SBNM's Mauli nursing college at Seminar Hall. The Main Purpose of Workshop Was create awareness and provide knowledge regarding the stress and adaptation in nursing .All of the students of Mauli nursing college had participated in Workshop.

Main Content: all Respected chief Guest and teaching staff starting the Programme at 9:30 am Ms. Kritika Naik has started innaugration at 9:30 am till 10:00am. After that Ms.Thati Sunitha has given a welcome address and Mr. Shashikala Arunachalam Vice Principal of mauli nursing college hatta .Mr Basawaraj Hukkeri has given Introduction and explain the schedule regarding workshop at 10:10am - 10:40am after that Ms. Prachee gedam Nursing tutor has conducted a pretest at 10:40am to 11:05am. After all of the introduction regarding Worksop, we have started our session of the workshop with our respected Speakers.

Our 1<sup>st</sup>SpeekerMr.Basavaraj Hukkeri has started the Introductory session about stress and adaptation at 11:10 am to 11:35am. the session will be Long for 30min. Then the next session has been Pickedup by Mr.Mahantesh Naganuri on the topic theory of stress and adaption the session is last for 30 min from 11:40 to 12:00pm . Then Our speaker Ms. Thati Sunitha give information regarding methods of stress and adaptation which was wonderful session. After this session at the time of 1-2pm we had lunch break for 1 Hour. The workshop has been continued from 2pm-2;30pm with mr. Pavan shinde give information regarding adaptation technique it last for 30 min then we had proceed towards. And we have the last session Mr Vishvas padale take nursing responsibilities in stress and adaptation . All the session were held by speaker were very Nice and great session. After all the session by speaker mr. Rohit kamble gave Postest and took feed back from the

students at 4pm-4:30Pm after this vote of thanks were given by mr. Bhumare tukaram by 4:30pm-4:45Pm after this we have certificate distribution from 4:45-5Pm.

THANK YOU !

## PROGRAMME SCHEDULE

DATE	TIME	PROGRAMME	RESOURCE PERSON
04/05/2019	9:30am-10am	Inauguration	Ms. Kritika Naik
	10am-10:30am	Introduction regarding workshop, Welcome Speech	Mr. Baswaraj Hukkeri
	10:30-11am	Pre test	Ms . Prachee Gedam
	11am-11:30am	Introduction of Stress and Adaptation in nursing	Mr. Baswaraj Hukkeri
	11:30am- 12pm	Detail information stress and adaptation	Mr. Mahantesh Naganuri
	12 pm-1pm	Theories of stress and adaptation	Ms. Thati Sunitha
	<b>1pm-2pm</b>	<b>LUNCH BREAK</b>	
	2pm-2:30pm	Technique to overcome stress	Mr. Pavan Shinde
	2:30pm-3pm	Nursing responsibilities in stress and adaptation	Mr. Vishwas Padale
	3pm-4pm	Posttest, Feedback	Mr. Rohit Kamble
	4pm-4:30pm	Vote of thanks & Conclusion	Mr. Tukaram Bhumare
	4:30pm-5pm	Certificate distribution	Mr. Tukaram Bhumare