



## REGIONAL E- WEBINAR 2022

ORGANIZED BY

OBSTETRIC & GYNECOLOGICAL NURSING DEPARTMENT

SMT. RADHIKABAI MEGHE MEMORIAL COLLEGE OF NURSING, SAWANGI  
(MEGHE), WARDHA

THEME

“Stress Management Through the use of Scientific Techniques of Breathing  
Exercise”

DATE: 30<sup>th</sup> August 2022

## **WEBINAR BRIEF**

### **ABOUT DMIMS:**

Datta Meghe Institute of Medical Sciences (Deemed to be University) and its constituent colleges are located in Sawangi (Meghe) Wardha near to Nagpur. The University was set up with the aim to create higher intellectual capacities and abilities towards generation of globally relevant trained health manpower.

### **WELCOME NOTE:**

On behalf of Obstetric & Gynecological Nursing Department of Smt.Radhikabai Meghe Memorial College of Nursing & the organizing committee members, we whole-heartedly invite you to Sawangi (Meghe), Wardha to participate in the Regional E- Webinar. Come, join your colleagues & peers, share experiences, network & take home informative new ideas & perspectives to put into practice. We look forward to your participation in this vibrant occasion.

### **OBJECTIVES OF WEBINAR**

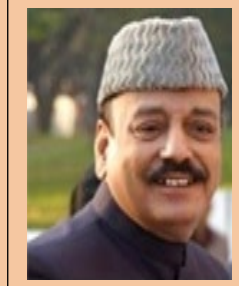
At the end of the Regional E- Webinar the participants will be able to

1. Define the stress and its causes
2. Explain Alternatives and complimentary therapy for stress
3. Scientific techniques of the Breathing Exercise

## CHIEF PATRONS



**Hon'ble Shree Dattaji Meghe**  
**Chancellor**  
Datta Meghe Institute of Medical Sciences  
(Deemed to be University), Sawangi (Meghe),  
Wardha



**Hon'ble Dr. Vedprakash Mishra**  
**Pro-Chancellor & Chief Advisor**  
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**Hon'ble Shree Sagarji Meghe**  
**Member, Board of Management**  
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## Organizing Chair Person



**Dr. Seema Singh Principal  
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## Organizing Co-Chair Person

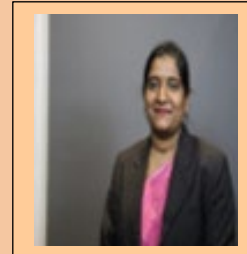


**Mrs. Manjusha Mahakalkar  
Asso. Professor and HOD**  
Dept. of OBGY Nursing  
Smt. Radhikabai Meghe  
Memorial College of Nursing,  
Sawangi (Meghe), Wardha.

## ADVISORY COMMITTEE



**Dr. Seema Singh  
Professor, MSN**  
Smt. Radhikabai Meghe  
Memorial College of Nursing, Sawangi  
(Meghe), Wardha.



**Prof. Vaishali Taksande (Chahande)  
Vice Principal**  
Smt. Radhikabai Meghe  
Memorial College of Nursing, Sawangi  
(Meghe), Wardha



**Prof. Jaya P Gawai  
Dean Academics**  
Smt. Radhikabai Meghe Memorial  
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## Organizing Secretary



**Ms Archana Teltumde  
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## Organizing Joint Secretary



**Ms Bali Thool  
Assistant Professor**  
Department of OBGY Nursing  
Smt. Radhikabai Meghe Memorial College of  
Nursing, Sawangi (Meghe), Wardha

## GUEST SPEAKER



**Mrs. Manjusha Mahakalkar**  
**Asso. Professor and HOD**  
Dept. of OBGY Nursing  
Smt. Radhikabai Meghe  
Memorial College of Nursing,  
Sawangi (Meghe), Wardha.



**Dr. Rupali Sarode**  
Clinical Psychologist,  
Anandam psychological counseling  
clinic Wardha



**Prof. Aparna Shukla**  
**MBSR& Yoga Teacher,**  
Midwife Advisor with Collinson  
Ireland & Adjunct Faculty  
DMIMS(DU)

### Registration Details: (For Online registration Contact)

**Ms. Kavita Gomase: 9175515580**

**Ms. Shalini Moon: 9970814240**




**Venue:** Online Platform, Smt. Radhikabai Meghe Memorial College of Nursing, Sawangi (Meghe), Wardha

**Registration link:** Click Here for Registration

<https://forms.gle/9Niihjk5HzuFC34e9>

E-mail: [conferencesrmmcon@gmail.com](mailto:conferencesrmmcon@gmail.com)

### Program Schedule

Time	Topic	Speaker	Chairperson
9.00 am To 10.00 am	Registration (Pre-test) Inauguration, Welcome Address		
10.00 am To 10.30 am	Keynote Address	Dr. Seema Singh, Principal, SRMMCON Sawangi (Meghe) Wardha	
10.30 am To 11.30 am	Introduction to stress and its causes	Mrs. Manjusha Mahakalkar Asso. Professor and HOD Dept. of Obstetric and Gynecological Nursing Smt. Radhikabai Meghe Memorial College of Nursing, Sawangi (Meghe), Wardha.	
			Dr. Deeplata Mendhe Asso. Professor and HOD Dept. of community Health Nursing Smt. Radhikabai Meghe Memorial College of Nursing, Sawangi (Meghe), Wardha
			

<p><b>11.30 am To 12.30 pm</b></p>	<p>Explain Alternatives and complimentary therapy for stress</p>	<p><b>Dr. Rupali Sarode</b> Clinical Psychologist, Anandam psychological counseling clinic Wardha</p>		<p><b>Prof. Jaya P Gawai</b> Dean Academics and HOD, Dept. of Mental Health Nursing, Smt. Radhikabai Meghe Memorial College of Nursing, Sawangi (Meghe), Wardha</p>	
<p><b>12.30 pm to 1.00 pm</b></p>	<p>Scientific techniques of breathing exercise</p>	<p>Prof. Aparna Shukla MBSR&amp; Yoga Teacher, Midwife Advisor with Collinson Ireland &amp; Adjunct Faculty DMIMS(DU)</p>		<p>Prof. Vaishali Taksande (Chahande) Vice Principal OBGY Dept. Smt. Radhikabai Meghe Memorial College of Nursing, Sawangi (Meghe), Wardha</p>	
<p><b>1.00 pm To 1.30 pm</b></p>	<p><b>Valedictory Function Post test Feedback</b></p>				