

B.K.M.SCIENCE COLLEGE,VALSAD



UDISHA

Lecture

ON

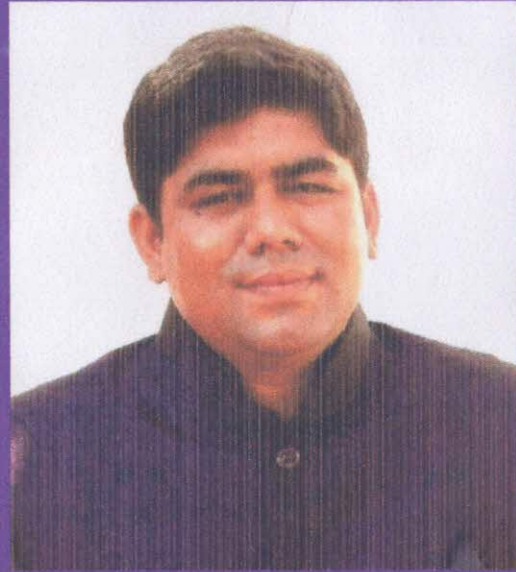
“ Time Management and Stress Management ”

SPEAKER:- Mr. Darshan I. solanki

Vocational Training Centre,
Vaghaldhara,
Valsad.

DATE:- 25.07.2019

OUR SPEAKER



SPEAKER:- Mr. Darshan I. solanki
Vocational Training Centre,
Vaghaldhara,
Valsad

Lecture
on
“ Time Management and Stress Management ”

We organized a lecture on “ Time Management and Stress Management” on dated 25.07.2019 in room No. 12 between 11:00 am to 1:00 pm. In this lecture principal Dr. Vikas A. Desai warmly welcomed to Mr. Darshan I. Solanki by bouquet. In his speech he briefly mentioned about this lecture and motivate students to attain this type of lecture organize under the heading of UDISHA. Vice principal Dr. T. G. Gohil also encouraged to students and said this type of lecture is very useful for students



There are 158 students of Under graduate , Post graduate and staff members were participated.



. Mr. Darshanbhai I. Solanki explain how to utilize the available time in optimum manner to achive one’s personal and professional goals. He explained various factor which are wasting our time and cause stress. So, with various example he explained how to manage time and reduce our s tress in daily life and also in a work place. At this Moment principal Dr. Vikas A. Desai said this type of seminar is very useful for students

Mr.Darshanbhai also explained greenery environment is also helpful to reduce stress and to maintain the ecological balance Tree Plantaion programme was organised with Participant and staff bembers.



UDISHA-2019-20

A Lecture on "Time management and Stress Management"

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Principal,
B.K.M. Science College
VALSAD Gujarat, India

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Lecture On "Time management and Stress management"

Speaker :- Mr. Darshan I. Solanki

Date :- 25.07.2019

Sr. No.	Name of Student	Class	Roll No.	Sign.
1	Raithatha Bansari Arun	S.Y. B.Sc-B	229	(BAR)
2	Patel Aakunsha Pravinbhai	S.Y. Bsc-B	190	A.P. Patel
3	Champaneri Riddhi Yogeshbhai	S.Y. Bsc-B	168	(RHS)
4	Patel Khushi Jayantilal	T.Y. Bsc-A	126	K.T. Patel
5	Patel Nidhi Arvindbhai	T.Y. Bsc-A	130	N.A. Patel
6	Patel Hetvi vijaybhai	T.Y. Bsc-A	113	(HVP)
7	Rana Neha Harishbhai	S.Y. B.Sc-B	230	N.H. Rana
8	Patel Dhruvi Umeshbhai	T.Y. Bsc-A	103	D.U. Patel
9	Patel Dhruvi Jyotishbhai	T.Y. Bsc-A	102	D.J. Patel
10	Bhandari Riddhi Ashokbhai	S.Y. Bsc	163	(Bhandari)
11	Pratapati Riddhi Pravinbhai	S.Y. Bsc	228	RP Pratapati
12	Ahij Khushbu Mukeshbhai	S.Y. Bsc-B	154	K.M. Ahij
13	Ahij Apexaben Jayeshbhai	S.Y. Bsc-B	151	A.J. Ahij
14	Shahkh Simranbani mohmadsalim	S.Y. Bsc-B	239	Simran
15	Shahkh Mantasha Rafikmiya	S.Y. B.Sc-B	237	(MShahkh)
16	Patel Foeniben Yashvantbhai	T.Y. B.Sc.A	109	F.Y. Patel
17	Patel Dhruvi Ishwarbhai	T.Y. B.Sc.A	101	D.I. Patel
18	Patel Dhruvi Maheshbhai	T.Y. B.Sc.A	98	(DM Patel)
19	Patel Brijal Yogeshbhai	T.Y. B.Sc.A	96	B.J. Patel
20	Patel Bhoomi Maheshbhai	T.Y. B.Sc	94	B.M. Patel
21	Patel Hetvi Sanjaybhai	T.Y. B.Sc	112	H.S. Patel
22	Patel Jinalkumari Dineshbhai	T.Y. B.Sc	119	J.D. Patel
24	Patel Kinjal Bhadrabhai	T.Y. B.Sc	127	(KPatel)
25	Patel Jinal Meenubhai	T.Y. B.Sc	120	(JPatel)
26	Patel Kinjal Amrutbhai	T.Y. B.Sc	128	K.A. Patel




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Sr. No.	Name of Student	Class	Roll No.	Sign.
27	chirangi Prashantbhai Patel.	S.Y.B.Sc	468	C.P. Patel.
28	Monika Kishorbhai Patel.	S.Y.B.Sc	489	M.K. Patel
29	Srushti Khalpbhai Patel.	S.Y.B.Sc	509	S.K. Patel
30	Divita Jayprakashbhai Patel	T.Y.B.Sc.	107	D.J. Patel
31	Anjali Jayntibhai Patel	T.Y.B.Sc.	88	A. Patel
32	Kasina Mahendrabhai Patel	T.Y.B.Sc.	122	K.M. Patel
33	Bhoomi Rajubhai Patel	T.Y.B.Sc.	95	B.R. Patel
34	Bhoomi Kiritbhai Patel	T.Y.B.Sc.	93	B. Patel
35	Patel Priyanka Jayeshbhai	S.Y.B.Sc.	503	P. Patel
36	Brijal Dipakbhai Pawar	S.Y.B.Sc.	516	B. Pawar
37	Patel Parina Kalpeshbhai	S.Y.B.Sc.	215	Patel P.K.
38	Prajapati Pinky G.	S.Y.B.Sc.	518	P. G.
39	Patel Stuti Sumembhai	S.Y.B.Sc.	510	S.S. Patel
40	Shah Usmi Pankaj	S.Y.B.Sc.	522	Usmi
41	Patel Srushti Harishbhai.	S.Y.B.Sc.	508	S.H. Patel.
42	Shakh Afrin A.	S.Y.B.Sc.	236	A. Afrin
43	Bhanusali Aditi M.	S.Y.B.Sc.	457	A.M. Bhanusali
44	Kori Komal R.	S.Y.B.Sc.	464	K. R.
45	Patel Maitri G.	S.Y.B.Sc.	207	Maitri G.P.
46	Patel Shivani N.	S.Y.B.Sc.	220	S.N. Patel
47	Tandel Nrupesh S.	S.Y.B.Sc.	246	N.S. Tandel
48	Tandel Harshani P.	S.Y.B.Sc.	242	H. P.
49	Parmar Harshida K.	S.Y.B.Sc.	186	H.K. Parmar
50	Patel Vrutti Harshadbhai.	S.Y.B.Sc.	226	V.H. Patel.
51	Bhandari Vrutika Satishbhai	S.Y.B.Sc.	164	V.S. Bhandari



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Sr. No.	Name of Student	Class	Roll No.	Sign.
52	Patel Nisha A.	S.Y.B.Sc-B	214	N.A. Patel.
53	Patel Kruti A.	S.Y.B.Sc-B	206	Patel
54	Haldparti Tejal D.	S.Y.B.Sc-C	462	Haldparti
55	prajapati Nirali Sanjaybhai	S.Y.B.Sc-C	517	prajapati
56	Patel Ritvi Anilbhai	S.Y.B.Sc-B	218	R.D. Patil.
57	Desai shraddha Prakashsinh	S.Y.B.Sc-B	170	Desai
58	Tandel Kinjal Jamiyabhai	S.Y.B.Sc-B	245	Tandel.
59	Jeel Raman	S.Y.B.Sc-B	174	Raman
60	Ahiz Disha Babubhai	S.Y.B.Sc-B	153	Ahiz
61	Ahiz Dignee Babubhai	S.Y.B.Sc-B	152	Ahiz
62	Patel Aashiben Kumubhai	T.Y.B.Sc-A	91	Patel
63	Patel Maheka Lalitbhai	T.Y.B.Sc-A	136	M.L. Patel
64	Patel Bhanjal Dipakbhai	S.Y.B.Sc-C	499	Patel
65	Arya. Krishna - Subhashchandra	S.Y.B.Sc-C	455	K.S. Arya.
66	Bilimoria Shivanj. Hemantbhai	S.Y.B.Sc-C	459	S.H.B
67	Patel Vrutti Maheshbhai	S.Y.B.Sc-C	514	V.M.P
68	Patel Mittangi	S.Y.B.Sc-B	212	Patel
69	Patel Asvini Anantbhai	T.Y.B.Sc-A	89	Patel A.B
70	Patel Dipti Dimeshbhai	T.Y.B.Sc-A	104	D.D. Patel
71	Patel Divyani Bharatbhai	T.Y.B.Sc-A	106	Divyani
72	Patel Esha Jitendra.	T.Y.B.Sc-A	108	Patel
73	Parmar shweta Bharatbhai	T.Y.B.Sc-A	83	S.B. Parmar
74	patel Hetal Maheshbhai	S.Y.B.Sc-C	478	H.M. Patel
75	Patel Kinjal Pradipbhai	S.Y.B.Sc-C	483	Patel
76	Patel Dhruvi Bhagubhai	T.Y.B.Sc	100	D.B.P




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Sr. No.	Name of Student	Class	Roll No.	Sign.
77	Rohit Fazimal Rujesh Bhai	S.Y-B	235	P.R.Rohit
78	Patel Krishna Bhayatbhai	S.Y-C	485	K.B.Patel
79	Ahio Yash Dhirubhai	S.Y-B	157	Y.D.Ahio
80	Patel Dhruvil Nageshbhai	S.Y-B	199	D.N.Patel
81	Patel Mit Anilbhai	S.Y-B	272	M.A.Patel
82	Patel Haridik Sureshbhai	S.Y-C	476	H.S.patel
83	Bhagat Bhavik Mukeshbhai	S.Y-B	162	B.M.B.
84	Patel JAL Vinodbhai	S.Y-B	207	J.v.Patel
85	Parmar VIRAJ Sunjaysinh	S.Y-B	189	V.S.Parmar
86	Patel Tejus Kishorbhai	S.Y-C	511	T.K.Patel
87	Patel Ruhul Shuileshbhai	S.Y-C	504	R.S.Patel
88	Patel Haridik Shankerbhai	S.Y-B	200	H.S.Patel
89	Patel Mayank Pravinbhai	S.Y-B	209	M.P.Patel
90	Patel Jay Nilesh	S.Y-B	202	Patel
91	Ahio Deep Pravinbhai	S.Y-C	452	Deep P. Ahio
92	Patel Chirugkomar Sureshbhai	S.Y-B	196	Patel
93	Patel Shiveshkomar Dilipbhai	S.Y-B	221	Patel
94	Rathod Krutik Bhurubhai	S.Y-B	233	K.B.Rathod
95	Rathod Jaysenji Hareshbhai	S.Y-B	232	J.H.Rathod
96	Rathod Vikas Thushabhai	FY-A	101	Patel
97	Naik Ban Kim Kumar C.	F.Y-C	204	Naik
98	Parmar Priya U.	T.Y-A	82	Patel
99	Shankh Seziya M.	S.Y-B	238	Shankh
100	Maniya Sonali V.	S.Y.B	184	Maniya
101	Patel Anjaliben A.	S.Y.B	192	A.A.Patel



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102	Patel Anantkumar Hasmukhbhai	T.Y.B.Sc	90	Patel A.H.
103	Patel Jyotikumar Zaveribhai	T.Y.B.Sc	124	J. Z. Patel
104	Chaudhari Viskalkumar Janubhai	S.Y.B.Sc	169	Chaudh.
105	Bhoye Akshaykumar Mahadubhai	S.Y.B.Sc.	458	Bhoye
106	Dulvi Anandbhai Mangrubhai	S.Y.B.Sc.	529	Dulvi A.M.
107	Asaj manojbhai Kashinathbhai	S.Y.B.Sc	158	Asaj M.
108	Tandel Prince Ratilal	S.Y.B.Sc	247	Tandel
109	Rohit Priyankumar Vasantbhai	S.Y.B.Sc.	520	P.V.Rohit.
110	Vaidya Yash Rajeshbhai	S.Y.B.Sc.	248	L.R.Vaidya
111	Bhandale Ankush Samadkhan	S.Y.B.Sc.	456	B.
112	Obum Nitishbhai Rameshbhai	S.Y.B.Sc	172	Obum
113	Bhoye Bhavesh Rameshbhai	S.Y.B.Sc	166	Bhoye
114	Jadav Sandipbhai Govindbhai	S.Y.B.Sc	173	Jadav
115	Patel Kunal C.	T.Y.B.Sc	133	Patel
116	Patel Aditya D.	T.Y.B.Sc	86	Patel
117	Patel Denital R.	S.Y.B.Sc	470	Patel
118	Rathod Palek Kumar Prakashbhai	S.Y.B.Sc	519	Rathod
119	Patel Nikunj A.	S.Y.B.Sc	495	N.A.Patel
120	Patel Rahul J.	S.Y.B.Sc.	505	Patel
121	Kevat Nii J.	S.Y.B.Sc.	551	Kevat
122	Makwana. Bhavirajsinh. R.	S.Y.B.Sc.	183	M.B.J.
123	Kokani Jay I.	S.Y.B.Sc	178	J.I.Kokani
124	Patel Prachi Sumanbhai	T.Y.B.Sc	138	Patel
125	Patel Manasvi Kanayalal	TY BSc	137	Manasvi
126	Joshi Rutvik Dnyaneshb	T.Y.B.Sc	60	Joshi



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Sr. No.	Name of Student	Class	Roll No.	Sign.
127	DUBEY. ADARSH. D.	S.Y BSC	461 461	A.D. Dubey
128	AGRAWAL NITESH. K.	S.Y. B.Sc	431	Nitesh
129	PATEL PRATIKRUMAR D.	T.Y Bsc	389	Patel
130	Pokar Satyam C.	T.Y. B.Sc.	399	#capatel
131	Patel Jinit .A.	T.Y.B.Sc.	121	Patel
132	Patel Kevin J.	T.Y. B.Sc	125	K.J. Patel
133	Patel Maheshi D.	T.y B.Sc	135	M.D. Patel
134	Patel Adarsh V.	T.Y. B.Sc	85	A. Patel
135	Patel Kustikkumar N.	T.Y.B.Sc	123	K.N. Patel
136	Patel Aleshaykumar A.	TY BSc	87	A. Patel
137	Patel Neel A.	S.Y BSc	492	N. Patel
138	Patel Mihir A.	S.Y BSc	487	M.A. Patel
139	Patel Harsh M.	S.Y.BSC	477	H.M. Patel
140	Daryo Ayush .M	S.Y. Bsc	460	Ayush
141	Padvi chrisag S.	S.Y. Bsc	552	Chidvi
142	Patel Kayur M.	S.Y. B.Sc	482	K.M. Patel
143	Patel Rutvik M.	S.Y. B.Sc	540	P.R. M.
144	Patel Kunjan A.	S.Y. B.Sc	486	K. Patel
145	Valvi Mehul S.	S.Y. B.Sc	530	M.S. Valvi
146	Ahij Ankit S.	S.Y. B.Sc	453	A.S. Ahij
147	Tandel Jaydeep. B.	S.Y. B.Sc	243	J.B. Tandel
148	Patel Divya S.	T.Y. B.Sc	105	D.S. Patel
149	Parmar Khushi K.	T.Y. B.Sc	81	Khushi
150	Patel Lensi N.	T.Y. B.Sc	134 134	L.N. Patel
151	Patel Hiral G.	T.Y. B.Sc	114	H.G. Patel




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Sr. No.	Name of Student	Class	Roll No.	Sign.
152	Khelasi Rusitaben Bhagubhai	S.Y.Bsc.	463	R.B.Khelasi
153	Tandel Anjali Manilal	S.Y.Bsc	247	A.Mandel
154	Poojapati Jitendra Vijaybhai	S.Y.B.Sc	227	H.V.Poojapati
155	Patei Kshemal Vestubhai	T.Y.B.Sc	131	K.V.Patei
156	Bariya Jinali Jitendraabhai	T.Y.B.Sc	19	J.Bariya
157	Bhavsar Maitri Rakeshbhai	T.Y.B.Sc	24	M.R.Bhavsar
158	Tandel Akshay Rameshbhai	T.Y.B.Sc	413	A.Tandel
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Devi
Principal,
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