



EVENT COMPLETION REPORT

Event Name: National Webinar on 'Mitigating Burnout'

Date: 27th Jan. 2026

Time: 10:00 AM

Venue: Online (Webinar)

Organized by: Venkateshwar College of Nursing, Umarda, Udaipur

1. Introduction

Venkateshwar College of Nursing organized a National Webinar titled '**Mitigating Burnout: Evidence-Based Resilience Strategies for Faculty and Students**'. The program was designed to address the critical issue of burnout within the academic and healthcare sectors. The webinar saw active participation from 400 students and was attended by all faculty members of the college.

2. Objectives

- To identify the core causes and symptoms of burnout among nursing faculty and students.
- To provide evidence-based strategies for building psychological resilience.
- To explore practical techniques for mitigating stress in a high-pressure academic environment.
- To promote mental well-being as a fundamental component of professional nursing development.

3. Event Highlights

- The webinar featured a comprehensive session led by a subject matter expert and was supported by a dedicated organizing committee:
- Expert Speaker: Dr. Devnarayan, Assistant Professor, Department of Nursing, IGNTU, Amarkantak, MP, delivered the keynote address.
- Leadership: The event was conducted under the guidance of Dr. Vijay Singh Rawat (Organising Chairperson) and Dr. Chandra Prakash Dekhawat (Organising Secretary).
- Organising Committee: The core team included Associate Professors Mr. Rupendra Singh, Mr. Anand Trivadi, and Ms. Muneera Makrani.

Faculty Support:

Technical and coordination support was provided by Assistant Professors Mr. Prakash Salvi, Mr. Mukul Choubisa, Mrs. Maheshvari Patel, and Nursing Tutor Mr. Sonu Keer.

4. Outcomes

- Enhanced Awareness: Participants gained a deeper understanding of the physiological and psychological impact of burnout.
- Practical Insight: The webinar provided students and faculty with actionable, evidence-based tools to manage stress.
- Professional Development: The session emphasized the importance of resilience as a core competency in the nursing profession.
- Teamwork Perspective: Participants gained a clearer understanding of the interdisciplinary approach to maintaining academic and professional wellness.

COORDINATOR
IQAC
SAI TIRUPATI UNIVERSITY
UDAIPUR

PRINCIPAL
VENKATESHWAR COLLEGE OF NURSING
UDAIPUR (RAJ.)

5. Conclusion

The National Webinar on Mitigating Burnout was a significant success, providing valuable insights to 400 students and the entire faculty. By focusing on resilience and evidence-based mental health strategies, the Venkateshwar College of Nursing continues to demonstrate its commitment to the holistic well-being and professional longevity of its academic community.

Principal

CIRCULAR



**VENKATESHWAR
COLLEGE OF NURSING**
(A unit of Sai Tirupati University Udaipur)



National Webinar ON

- National Webinar on 'Mitigating Burnout: Evidence-Based Resilience Strategies for Faculty and Students,'

27 January, 2026
10:00 Am - 12:00 Pm

Join Now



Expert Spreaker

Dr Devnarayan

Assistant Professor,
Department of Nursing, IGNTU,
Amarkantak, MP

**National Webinar on 'Mitigating Burnout: Evidence-Based
Resilience Strategies for Faculty and Students,'**



Dr. Vijay Singh Rawat
Organising Chairperson



Dr. Chandra Prakash Dekhawat
Organising Secretary

Organising Committee



Mr. Rupendra Singh
Associate Professor,
Nursing College



Mr. Anand Trivadi
Associate Professor,
Nursing College



Ms. Muneera Makrani
Associate Professor,
Nursing College



Mr. Prakash salvi
Assistant Professor,
Nursing College



Mr. Mukul Choubisha
Assistant Professor,
Nursing College



Mr sonu keer
Nursing Tutor,
Nursing College



Mrs. Maheshvari Patel
Assistant Professor,
Nursing College

Attendance



VENKTESHWAR COLLEGE OF NURSING

((Established by the Rajasthan State Legislative Assembly and as per Sec. 2(f) of UGC Act 1956.)

Ambua Road, Village Umarda Th. Girwa, Udaipur (Raj.) 313015

Attendance List

Name of Institute: Venkteshwar College of Nursing
 Name of Event: Webinar Name of Coordinator: Organizing Committee
 Venue: 5th Floor Date: 27.12.1.2026

S.No.	Name of Participate	Signature
1	ARVIND KUMAR	Arvind
2	LAKSHYA RAJ SINGH RANAWAT	Lakshya
3	NARENDRA SINGH RATHOKE	Narender
4	ANJLINA KIRO	Anjli
5	RANJANA GAYARI	Ranjana
6	REKHA KUMARI	Rekha
7	GOPICHAND NAYAK	Gopi
8	LAXMI SUTMAR	Laxmi
9	SHIVANI YADAV	Shivani Yadav
10	MAMTA YADAV	Mamta
11	RAJNANDANI YADAV	Rajnandani
12	KHUSHBU RAWAT	Khushbu
13	ANJALI RAWAL	Anjali
14	PRINISHA JAIN	Prinisha
15	BHAVIKA PATIDAR	Bhavika
16	SHALU KUMARI	Shalu
17	AARTI JOSHI	Aarti
18	ANIL KUMAR	Anil
19	PRAKASH KUMAR	Prakash
20	DIMPLE KUMARI	Dimple
21	ANJALI KATARA	Anjali
22	VARSHA SHARMA	Varsha
23	JANVI SHES	Janvi
24	NAVEEN PATIDAR	Naveen
25	NIJESH KUMAR PATEL	Nijesh
26	VINOD KUMAR SOHU	Vinod
27	AVINASH SALVI	Avinash
28	KOSHLENDRA SINGH CHAUDHAN	Koshleendra
29	ROHIT KUMAR TELI	Rohit
30	BHAUDEEP TABIVAA	Bhaudeep
31	HARSHWARDHAN SINGH CHODHAN	Harshwardhan

Authorized signatory



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Ambua Road, Village Umarda Th. Girwa, Udaipur (Raj.) 313015

Attendance List

Name of Institute: VENKATESHWAR COLLEGE OF NURSING, UMARDA UDR.
Name of Event: WEBINAR Name of Coordinator: ORGANISING COMMITTEE
Venue: LT-3, 5th FLOOR Date: 27.10.2026

S.No.	Name of Participate	Signature
1.	AARYAN SINGH	Aaryan Singh
2.	ABHISHEK BHAGORA	Abhishek
3.	ANKUR SINGH CHOUHAN	Ankur Singh
4.	ARJUN LAL MEENA	Arjun Lal
5.	AVINASH FANAT	Avinash
6.	BHAVISHYA AMETA	Bhavishya Ameta
7.	BISHNOI SUNIL BRAKASH	Bishnoi
8.	CHIRAG RAWAL	Chirag
9.	DAKSHA KUMAWAT	Daksha Kumawat
10.	DEEPAK RAWAL	Deepak
11.	DEVI LAL MEENA	Devi Lal
12.	DHRUV DANGI	Dhruv
13.	DHRUV PATIDAR	Dhruv
14.	DINESH	Dinesh
15.	DISHA BHALAWAT	Disha
16.	DURGESH VAISHNAV	Durgesh
17.	GANESH GURJAR	Ganesh
18.	GOVIND RAM	Govind Ram
19.	GUMAN SINGH	Guman Singh
20.	HARENDRA	Harendra
21.	HARENDRA/LAXMAN RAM	Harendra
22.	HARSHITA KUMAWAT	Harshita
23.	HIMESH RAWAL	Himesh
24.	HITESH	Hitesh
25.	INDRAJEET KUMAR	Indrajeet K
26.	JASMINE PRAJAPAT	Jasmine
27.	KARTIK MAKVANA	Kartik
28.	KHUSHBU BHANAT	Khushbu
29.	KRISH BHATT	Krish
30.	KULDEEP SOLANKI	Kuldeep
31.	KUNAL JAIN	Kunal

Authorized signatory

S.No.	Name of Participate	Signature
32.	LAVISHA KUMAWAT	Lavisha kumari
33	LOKESH JATIYA	Lokesh jatiya
34	MAHAK CHUNDAWAT	Mahak chundawat
35	MAHAVEER GARG	mahaveergarg.
36	NIRAJ KUMAR	Nirajkumar
37	NIKUNJ SUTHAR	Nikunj
38	PALLAV BISWAS	Pallav
39	PAWAN JAT	Pawan
40	PEEVUSH KHINCHI	Peeyush
41	POOJA KUMARI KHARADI	Pooja
42	PRASHUN KUMAR	Prashun
43	PRIYA PATEL	Priya Patel
44	PRIYANK	Priyank
45	PRIYANSHU	Priyank
46	RADHE SHYAM	Radhe Shyam
47	RADHIKA LAXKAR	Radhika
48	RAHUL KUMAR	Rahul Kumar
49	RAHUL PANWAR	Rahul
50	RAHUL PRAJAPATI	Rahul
51	RAJAVARDHAN SINGH CHUNDAWAT	Raj
52	ROHIT PRAJAPAT	Rohit
53	RUDRAKSH RAJ BHOI	Rudraksh
54	SANJANA PATIDAR	Sanjana
55	SARITA SHARMA	Sarita Sharma
56	SATPAL GARG	Satpal Garg
57	SAUMYA CHAUHAN	Saumya
58	SAWAT SINGH	Sawat Singh
59	SHIVA PARMAR	Shiva Parmar
60	SIKANDAR	Sikandar
61	SONA GOSWAMI	Sona
62	SUJAL JAIN	Sujal Jain
63	VIJAY RAWAL	Vijay Rawal
64	VISHAL DHAKAD	Vishal
65	VISHAL PATEL	Vishal
66	HITESH REBARI	Hitesh R.
67.	DILKHUSH PRAJAPAT	Dilkhush
68.	TANSHU MEENIA	Tanshu
69.	NEELAM DEVI	Neelam

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VENKATESHWAR SCHOOL OF NURSING

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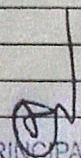
Attendance List

Name of Institute: Venkateshwar School of Nsg (Gumunda)
 Name of Event: W.B.G.U.A.R Name of Coordinator: Organizing Committee
 Venue: L.T-3 5th Floor Date: 27.1.1.2026

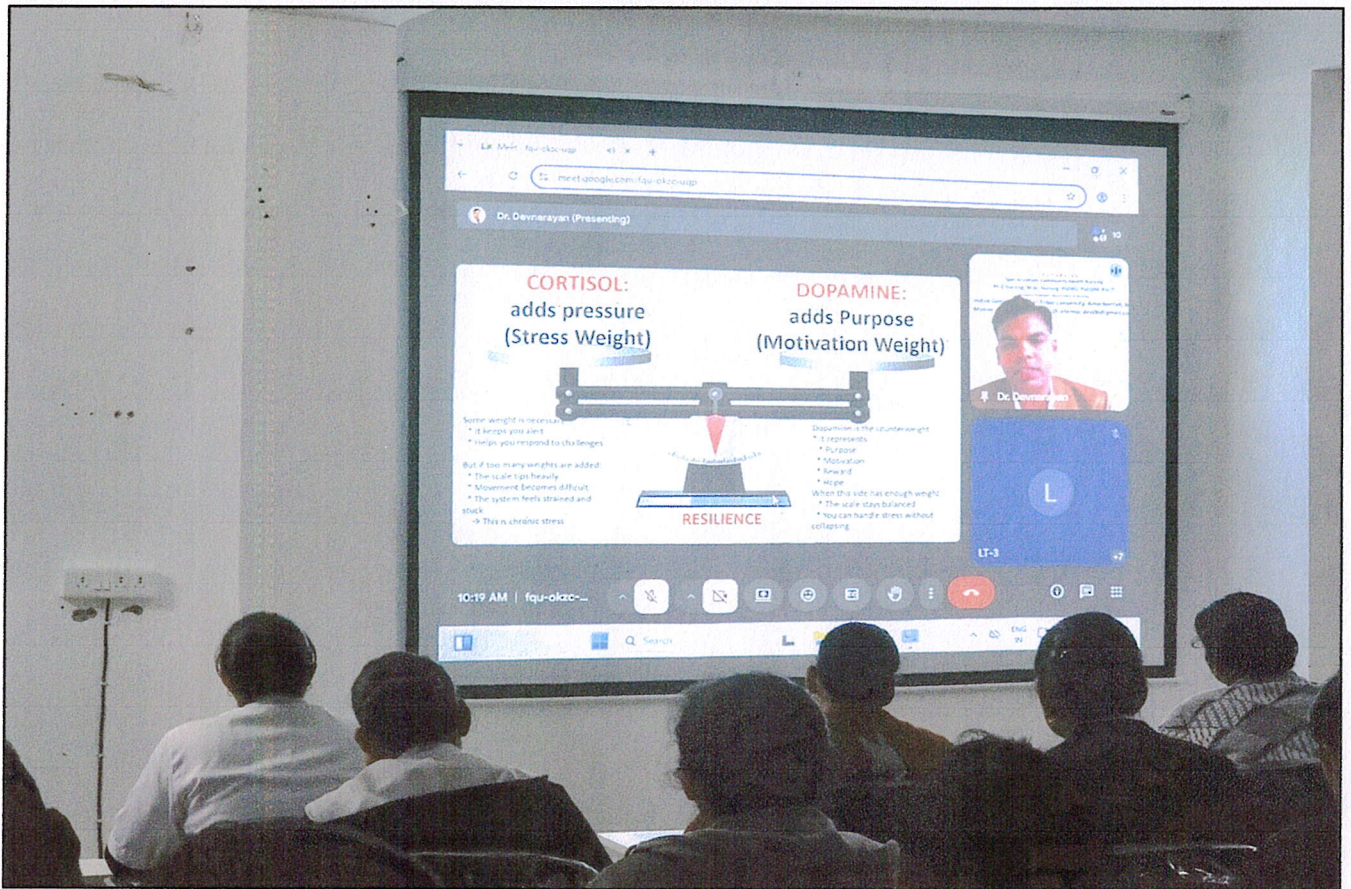
S.No.	Name of Participate	Signature
1	Dakshin Huveta	Dakshin
2	Govind Lal Damor	Govind
3	DEVARAM NARASIMHA	Devaram
4	Mukesh Maida	सुदेश
5	Anchal Patel	Anchal
6	JILA Kumari	Jily Kumari
7	Ani Dholi	Anil
8	Anita	Anita
9	Divya Kumarimeena	Divya
10	Durga Kumari Meena	Durga
11	Anita Meena	Anita meena
12	BHAVESTI BHATIA	भावस्था
13	Urakul Pangi	Urakul Pangi
14	Gayatri Nath Yogi	Gayatri Nath
15	Bhawana Meghwal	Bhawana
16	UroPal Suthar	UroPal
17	Uamila	उमिला
18	Santosh Roat	संतोष रोटे
19	parvati meenal	पार्वती मीना
20	Kamlesh Hangat	कमलेश
21	Kalpesh Kumar Bhargava	कल्पेश कुमार
22	Nagras Meena	Nagras
23	Mahoj. Nat	मनोज नाट
24	Kalpina Meena	Kalpina meena
25	Mamisha Meena	Mamisha meena
27	KALI KUMART LAKHUMBARA	काली
28	Hitesh Meena	हिंस्र मीना
29	Manisha Kataria	मनिषा कटार
30	Mamisha Hangat	ममिषा हंगट
31	Heena Kharadi	हिना खराडी
32	Hansy DODIYAR	हसा डोडियार

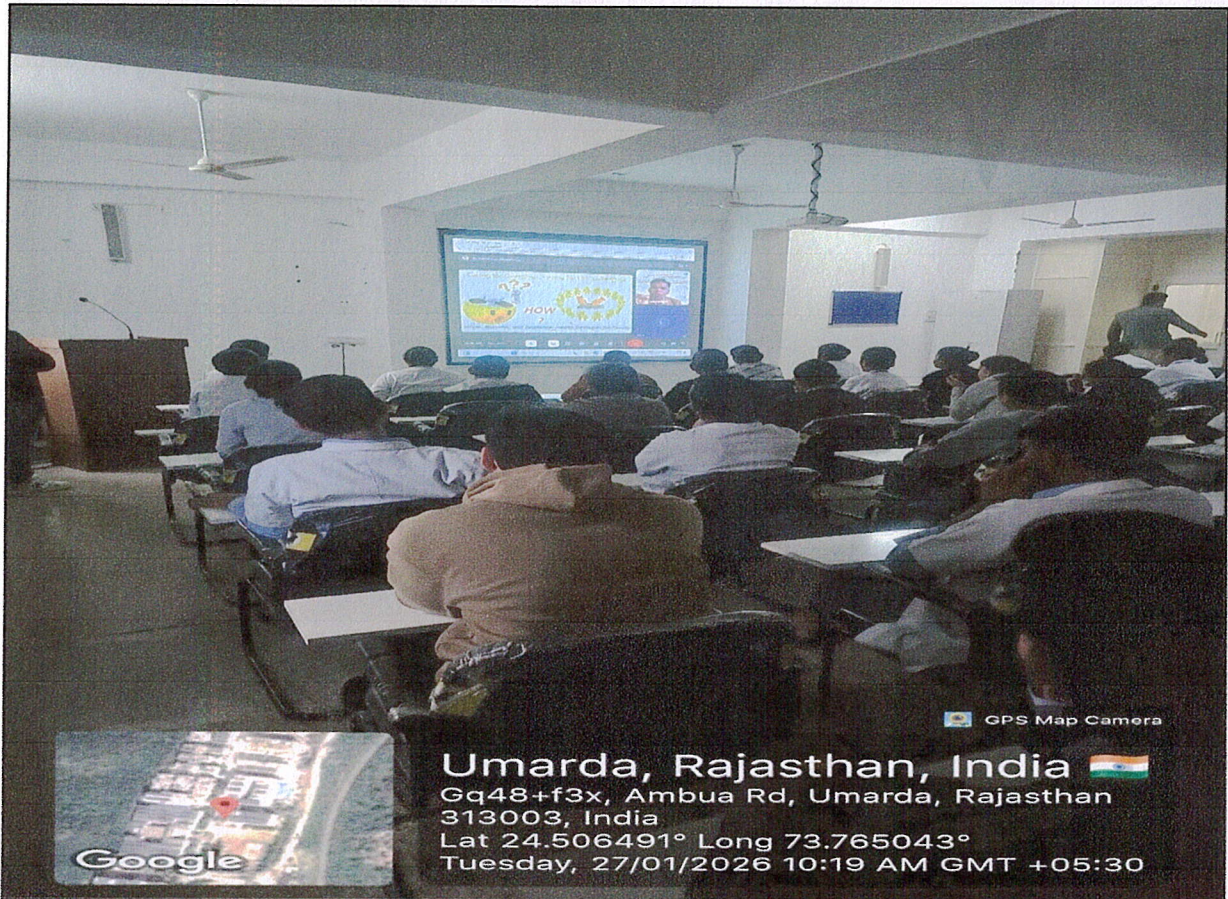
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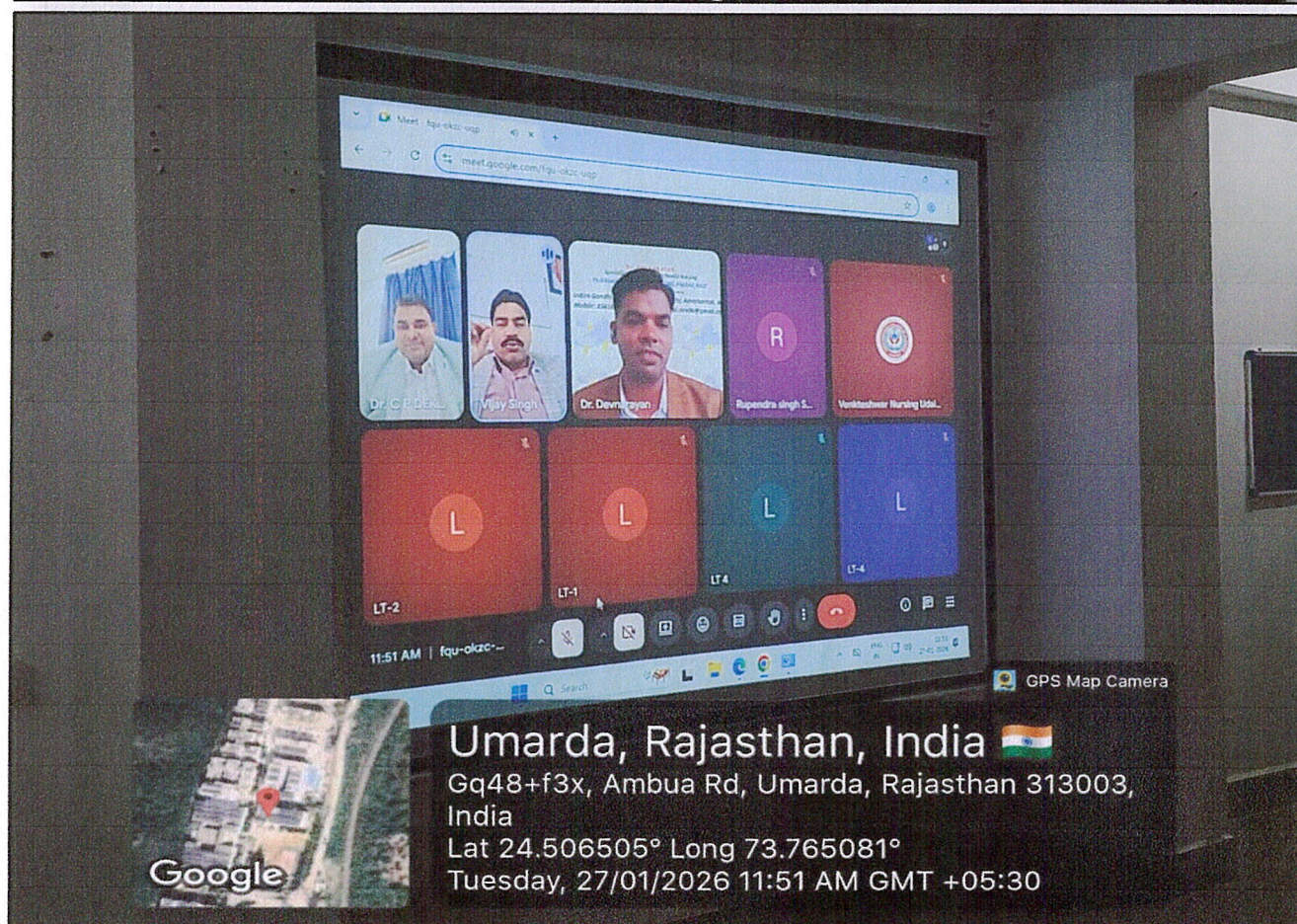
S. No.	Name of Participate	Signature
33	Manish Damar	Manish
34	Laxmi meena	Laxmi meena
35	Lalu Ram Meena	Lalu Ram
36	Kindal Bhagora	Kindal
37	monika khamt	monika khamt
38	Priyanka kumari meena	Priyanka
39	Puja nai	Puja
40	Reena meena	Reena
41	Renuka meena	Renuka meena
42	Payal Bhagora	Payal
43	Rohit KUMAR PATEL	Rohit Kumar
44	Sehway Damar	Sehway
45	Pooja Kumari Damar	Pooja
46	SAHHEETA KUMARI	SAHHEETA KUMARI
47	Priyanka kumari	Priyanka
48	Savitri meena	Savitri meena
49	Varsha kumari	Varsha
50	Vijeta Patel	Vijeta
51	Terna Damar	Terna
52	Sushma kumari meena	Sushma
53	Pankaj charpota	Pankaj charpota
54	Sumitra Katara	Sumitra
55	Sujal Meghwat	Sujal
56	Sonut Kumari Tarkat	Sonut
57	Sona Grasiga	Sona
58	Sheela Parmar	Sheela
59	Shanker Ninema	Shanker Ninema
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