

Timestamp	Email Address	Do you feel	Do you feel	Are you getting	Do you feel	Do you feel	Do you feel
#####	bhavsarmay	Yes	Yes	No	Yes	Yes	Yes
#####	sanikajachal	Yes	No	No	Yes	No	Yes
#####	bagile8990@	Yes	Yes	No	Yes	Yes	Yes
#####	dhemsekshar	Yes	Yes	No	Yes	Yes	Yes
#####	nekep45501	Yes	Yes	No	Yes	Yes	Yes
#####	aishwaryaka	No	Yes	No	No	No	No
#####	rutvikmahal	No	Yes	No	No	No	Yes
#####	rajputgautar	Yes	Yes	No	Yes	Yes	Yes
#####	Sanikamisal	Yes	Yes	No	Yes	Yes	Yes
#####	ddkulkarni1	Yes	Yes	Yes	Yes	No	Yes
#####	abhishek504	No	No	Yes	Yes	No	No
#####	omgamuley	Yes	Yes	No	Yes	Yes	Yes
#####	komaldhule	Yes	Yes	No	Yes	Yes	Yes
#####	Piyush31wa	Yes	Yes	No	Yes	No	Yes
#####	prajaktasaw	Yes	Yes	No	Yes	No	Yes
#####	srushtychav	Yes	No	No	Yes	Yes	Yes
#####	rushikeshm	No	No	Yes	Yes	No	Yes
#####	pradhumna	Yes	Yes	No	Yes	No	Yes
#####	aakankshap	No	Yes	Yes	Yes	No	No
#####	sarthakman	Yes	No	No	No	Yes	Yes
#####	sharadpawa	Yes	Yes	No	Yes	No	Yes
#####	ishitabhumb	Yes	No	No	Yes	Yes	Yes
#####	rajwardhan	Yes	No	No	Yes	Yes	Yes
#####	saurabhkuc	No	Yes	No	No	No	Yes
#####	abc@gmail.	No	No	Yes	Yes	No	Yes
#####	rugvedvaish	Yes	Yes	Yes	Yes	Yes	Yes
#####	yashpatil321	No	No	Yes	Yes	No	No
#####	siddheshdag	No	Yes	Yes	Yes	No	Yes
#####	pradipgarad	No	No	Yes	Yes	Yes	Yes
#####	tejasdev333	No	No	No	Yes	Yes	Yes
#####	abhinaykaw	No	No	No	Yes	Yes	Yes
#####	patilhomesh	Yes	No	Yes	Yes	No	Yes
#####	patilkanhai	No	No	Yes	No	No	No
#####	manasic864	Yes	No	No	No	No	No
#####	kshitij2515	Yes	Yes	No	Yes	Yes	Yes
#####	vishakhakir	No	Yes	No	Yes	Yes	Yes
#####	omn998898	Yes	Yes	Yes	No	No	Yes
#####	rautrutuj12	Yes	No	No	No	No	Yes
9/13/2023	8 mohitkhokle	Yes	Yes	No	Yes	No	Yes
9/13/2023	1mc2288478	Yes	No	No	No	Yes	Yes
9/13/2023	2lochanjawal	No	Yes	No	No	No	Yes
9/14/2023	Cssabale1009	Yes	No	No	Yes	No	No
9/14/2023	Ckedarnathzu	Yes	Yes	No	Yes	Yes	Yes

9/14/2023 Cbhanuprata;	No	No	Yes	No	Yes
9/14/2023 1patilsir615@	Yes	No	Yes	Yes	Yes
9/14/2023 1sarpateashis	Yes	No	Yes	Yes	Yes
9/14/2023 1npawar2689	No	No	Yes	Yes	Yes
9/14/2023 1sanketlokha	Yes	No	Yes	No	Yes
9/14/2023 1shlokameng	Yes	Yes	Yes	No	Yes
9/14/2023 1smitaswami	Yes	No	Yes	No	Yes
9/14/2023 1saranghekac	Yes	No	Yes	No	Yes
9/14/2023 1tanishkhede	No	Yes	Yes	Yes	Yes
9/14/2023 1mansibarote	Yes	Yes	Yes	Yes	Yes
9/14/2023 1shethdia7@	No	No	Yes	Yes	Yes
9/14/2023 2shivbabar17	No	Yes	No	No	No
9/14/2023 2deepam.wa	No	No	No	No	No
9/14/2023 2magresunny	Yes	No	Yes	Yes	Yes
9/14/2023 2sanketsonor	No	Yes	Yes	No	Yes

Score	What's some What are yo @	Are you stressed?
	Yoga	yes
	Meditation	yes
	Workout	yes
	Going out	yes
	Taking a nap	yes
	talking with best friends	yes
		yes
		yes
	talking with friends	yes
		yes
		yes
		yes
	talking with elder brothe	yes
		yes
		yes
		yes
		yes
		yes
		yes
		yes
		yes

Lower the st 1. Walk in the nature 2. Music 3. Talking to a friend 4. Meditation
 Remove the Until now i have not used or applied methods to relieve stress coz i dont se
 More Holid Meditation, drawing, reading
 Reduce atte Sleeping going out with friends listening to music
 Enjoying ses Listening songs

Watching movies & webseries.

Take online Meditation

No No

attendance i Exercise

Give more h

Organise mc Music

Lower the st You use methods when you have free time whenever we have time we slee

Teacher sho Talk to somebody, listen musics and relax , playing games , etc

Increase the Exercise and just cope with it

They should I meditate or paint

Listening to music , going for a walk , dancing , talking to parents or friends

Hearing devotional Songs

Stress mana Be calm

no idea playing any sports

Reduce the i Due stress i sleep more and ise phone or sometimes go out with friends

e it as much of an issue

:p