



Rayat Shikshan Sanstha's  
**Rajarshi Chhatrapati Shahu College, Kolhapur**

**Department of Physical Education and  
National Service Scheme jointly organized**

**A Lecture on 'Stress Management'**

**Report**

**Date: 3<sup>rd</sup> Oct. 2022**

Department of Physical Education and National Service Scheme jointly organized a lecture on the topic 'Stress management' on 3<sup>rd</sup> Oct. 2022 for teaching and non-teaching staff of the college. Mr. G. M. Lawangare, HOD, Dept. of Physical Education gave introductory speech. Hon. Mr. Vinayak More, Representative of Jivan Vidya Mission, Mumbai was the Resource person of this program. He explained techniques of stress management and how to live stress-free life by changing our attitude. Hon. Principal Prof. Dr. L. D. Kadam encouraged participants to live stress free life in his presidential speech. Dr. V. P. Nangare expressed vote of thanks and the programme was ended. Smt. S. R. Majagaonkar was the anchor of the programme.

**Outcomes**

- Encouragement to teaching and non-teaching staff to live stress free life.
- Helpful for building positive attitude towards life.

**Beneficiaries**

**80**



**Mr. Vinayak More explaining techniques of  
Stress Management**




**Beneficiaries**

  
**Head**

Department of Physical Education  
Rajarshi Chhatrapati Shahu College, Kolhapur.



  
**Principal,  
Rajarshi Chh. Shahu College  
Kolhapur.**





Rayat Shikshan Sanstha's

**Rajarshi Chhatrapati Shahu College, Kolhapur**

**National Service Scheme, Department of Physical Education**

**Jointly organized Lecture for Teaching and Non-teaching Faculty on**

**STRESS MANAGEMENT**

Date: 3/10/2022 on 3.30 p.m.

**□ □ Programme Sheet □ □**



स्वातंत्र्याचा अमृत महोत्सव

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- Introductory Speech & Introduction of Guest** : **Mr. G. M. Lawangare**  
Programme Officer, N. S. S., R. C. Shahu College, Kolhapur
- Speech of Resource Person** : **Hon. Mr. Vinayak More**  
Representative, Jeevan Vidya Mission, Mumbai
- Chair person's speech** : **Hon. Dr. L. D. Kadam**  
Principal, R. C. Shahu College, Kolhapur
- Vote of thanks** : **Dr. V. P. Nangare**  
Director of Physical Education, R. C. Shahu College, Kolhapur
- Anchor** : **Smt. S. R. Majagaonkar**  
Assi. Prof., Dept. of Physical Education, R. C. Shahu College, Kolhapur
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**Venue: Hall No. 101**





Rayat Shikshan Sanstha's  
**Rajarshi Chhatrapati Shahu College, Kolhapur**  
National Service Scheme and Department of Physical Education jointly organized  
**A lecture on 'Stress Management'**  
(03/10/2022)  
List of Participants

Sr. No.	Name of the participant	Signature	Sr. No.	Name of the participant	Signature
1	Alakhade V. K.		34	Shrinani A. B.	
2	Dr. K. V. Gaikwad		35	Dr. Rajamane M. R.	
3	Dr. Karim Mulla		36	Daliga P. S.	
4	Mr. B. E. M. P. R.		37	Jagatap S. S.	
5	Dr. S. S. Laxkar		38	San. Patil S. S.	
6	Dr. Patil A. H.		39	Punari V. A.	
7	Smt. Sathe N. P.		40	Sutar P. A.	
8	Dr. Rode S. P.		41	Kamble S. J.	
9	Prof. Puntambekar B. S.		42	Dr. S. V. Lagade	
10	Prof. (Dr.) P. B. Piste		43	Dr. M. D. Kadam	
11	Smt. P. A. Malrekar		44	Shri Tadhav S. L.	
12	Mr. U. S. Shelke		45	Dr. T. S. Kurane	
13	Dr. Pradheep B. Patil		46	Mujawar S. R.	
14	Dr. Karmade M. B.		47	Shinde Z. J.	
15	Dr. Anand T.		48	Salokhe P. P.	
16	Dr. Khole S. C.		49	Gankpal K. P.	
17	V. H. Churshi		50	Suryawadehi H. S.	
18	P. S. Chavankar		51	Gaikwad S.	
19	Gaikwad S. J.		52	Dr. S. A. Kadam	
20	Wadgaonkar N. B.		53	Smt. S. R. Majagaonkar	
21	Dr. V. P. Nare		54	Dr. V. A. Kamble	
22	Sankpal N. V.		55	Dr. S. D. Shaikh	
23	Patil R. T.		56	P. S. Chavankar	
24	Bhosale A. S.		57	Dr. S. P. Pawar	
25	Amate S. A.		58	Sitap. V. V.	
26	Bansal S. S.		59	Mulani S. P.	
27	Dr. Randive M. T.		60	Prof. (Dr.) P. B. Piste	
28	Dr. Lagde S. V.		61	Bansal H. P.	
29	Dr. Chirag U. Narayankar		62	Prof. Dr. Desai M. R.	
30	Patil S. S.		63	Ms. S. D. Muskar	
31	Gadharvi G. A.		64	Ms. Rochni Chavan	
32	Ramranga T. Patil		65	M. D. Yedekere	
33	Patil S. P.				



- 66) Dr. Khole S.C. S.C.
- 67) Smt. Charan L.B. Chh
- 68) Sou. Jadhav J.M. JM
- 69) Unale B.P. Unale
- 70) Sou. Patil M.D. MPatil
- 71) Sou. Kamble J.H. Kamble
- 72) Shri. Patil K.R. KR
- 73) Smt. Pujari S.R. Pujari
- 74) Dr. S.D. Sheikh Sheikh
- 75) Chhatge Shivani B. Chhatge
- 76) Viskare Y.B. Viskare
- 77) Chauri P.S. PS
- 78) Kadam S.M. SKadam
- 79) Lavate D.B. D
- 80) Shinde S.M. SM

Chhatge  
 Programme Officer  
 National Service Scheme  
 Rajarshi Chh. Shahu College, Kolhapur.



Chhatge  
 Principal,  
 Rajarshi Chh. Shahu College  
 Kolhapur.



Rayat Shikshan Sanstha's



**Rajarshi Chhatrapati Shahu College, Kolhapur**



❁ **National Service Scheme** ❁


## NOTICE

Date: 01/10/2022

National Service Scheme and Department of Physical Education jointly organized a lecture on 'Stress management' for College Staff. All the teaching and non-teaching staff are hereby informed to attend the lecture and be present in Hall No. 101.

  
Programme Officer  
National Service Scheme  
Rajarshi Chh. Shahu College, Kolhapur.



  
Principal,  
Rajarshi Chh. Shahu College  
Kolhapur.