



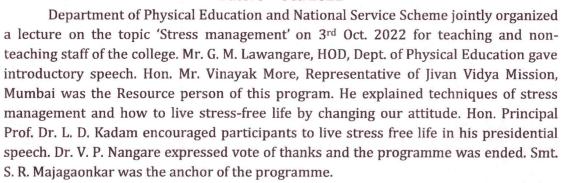
Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education and National Service Scheme jointly organized

A Lecture on 'Stress Management'

Report

Date: 3rd Oct. 2022



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,

COLLEGE * RATUO SE

Principal, Rajarshi Chh. Shahu College Kolhapur.



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 ■ ■



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

Venue: Hall No. 101



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	Signatur
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(10)	Prof. (Dr.) P.B. Piste	BAtes	43)	On M. D. Kudm	n Has
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12	Mr. U.S. Shelke	do .	45	Dr. T. S. Kurane	B
13	pr. Pradeep B Patel	Batil	-46	Mujawar S.R	Blm
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28	Dr. Lagde S. V. Dr. Chiraq U. Narayankak	Gul	00	Prof. (Dr.) P.B. Piste	CSM
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31	Godhari G.A.	G.A. Godbani	63	Mr. S.D. Murkar	son
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> Programme Officer National Service Scheme Rajarshi Chh. Shahu College, Kolhapur.



Rajarshi Chh. Shahu College Kolhapur.

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Rajarshi Chhatrapati Shahu College, Kolhapur





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.

KOLHAPUR SHAFT

Principal, Rajarshi Chh. Shahu College Kulhapur.