

Rayat Shikshan Sanstha's
Mahatma Phule Mahavidyalaya, Pimpri, Pune -411 017

Report on Workshop conducted

Title: "Stress Management at Work Place" Workshop

Date(s): 16th & 17th Jan, 2019

A two day workshop on "**Stress Management at Work Place**" workshop has been conducted on 16th & 17th Jan, 2019, at Mahatma Phule Mahavidyalaya, Pimpri, Pune- 17 . This workshop has been sponsored by Savitribai Phule Pune University under the planning and Development department.

Participant's Profile: A total of 96 delegates was participated from various District, State and National . The 66 men and Women was participated in this workshop.

Description about the Program: On the inaugural function, Principal, Dr. Arvind Burunagle , S.M. Joshi College Hadpsar and Mr. Sanjogji waghare Former Mayor of Pimpri Chinchwad Corporation as Chief Guest. In his Chief guest address, he emphasized the how to overcome the stress in your daily life.

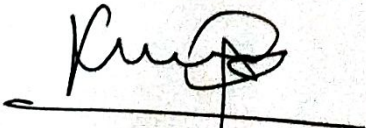
Dr. Pandurang Gaikwad , Principal presided over the function. Dr. Pritam Kumar Bedarkar keynote address the delegates.

The resources person of this workshop are Prof. Chandramohan Joshi, Prof. Savita Dudhbhate, Dr. Arun Shinde, Mr. Makrand Tillu, Prof . Shekur Sayyed, Dr. Umeshraj Paneru, has participated and delivered speech on the topic of Stress management at the workplace . In their speech, emphasized the how to overcome the stress in your daily life.

On the Valedictory function Principal, Dr. Pundalik Rasal Trimbakeshwar College, Nashik as Chief Guest and he spoke on Stress therapy. On this occasion the Principal of the college, Dr. Pandurang Gaikwad, guided the delegates in his presidential speech.

A total of 66 Articles/Paper published in International E-Research Index journal. UGC approved "Research Journey" SSN 2348-7143 Impact factor 6.02.01

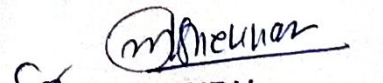
The entire session was an interactive session and the speakers answered many queries raised by the participants. Prof. Uddhav Ghodake, proposed vote of thanks. The entire programme was co-ordinated with the support of the Principal, faculty and non-teaching Staff of Mahatma Phule Mahavidyalaya, Pimpri, Pune- 17.



Dr. Lokate P.K.

Chairman




PRINCIPAL
MAHATMA PHULE MAHAVIDYALAYA
PIMPRI, PUNE-411 017.

Stress Management at Work Place Workshop



Principal, Dr. Arvind Burungale –Chief Guest of Inauguration Function



Mr. Sanjog Waghere Chief Guest of Inauguration Function



Principal, Dr. Pandurang Gaiwad– Addressing the Participant



Dr. Pritam Bedarkar– Keynote address

Stress Management at Work Place Workshop



Principal, Dr. Pundalik Rasal – Chief Guest of Valedictory Function



Prof. Chandramohan Joshi – Resource person



Prof. Savita Dudhbhate – Resource person



Prof. Uddhav Ghodake Introduce of Resource person

OUR INSPIRATION

Hon. Sharadchandraji Pawar
President,
Rayat Shikshan Sanstha, Satara

PATRONS

- Hon. Dr. Anil Patil**
Chairman, Rayat Shikshan Sanstha, Satara
- Hon. N. D. Patil**
Ex. Chairman and Member, Managing Council,
Rayat Shikshan Sanstha, Satara.
- Hon. Prin. Dr. Bhausaheb Karale**
Secretary, Rayat Shikshan Sanstha, Satara
- Hon. Prin. Dr. Vijaysingh Sawant**
Joint Secretary, Rayat Shikshan Sanstha, Satara
- Shri. Vilas Mahadik**
Joint Secretary, Rayat Shikshan Sanstha, Satara
- Hon. Prin. Dr. Arun Andhale**
Auditor, Rayat Shikshan Sanstha, Satara
- Hon. Ajitdada Pawar**
Member, Managing Council,
Rayat Shikshan Sanstha, Satara.
- Hon. Sou. Supriyatai Sule**
M.P., Member, General Body,
Rayat Shikshan Sanstha, Satara.
- Hon. Dilip Walse-Patil**
Member, Managing Council,
Rayat Shikshan Sanstha, Satara.
- Hon. Ramraje Naik-Nimbalkar**
Chairman, Legislative Council, Mah. State
- Hon. Dr. Vishwajit Kadam**
Secretary, Bharati Vidyapeeth, Pune.
Member General Body, Rayat Shikshan Sanstha,
Satara.
- Hon. Shri. Sanjogji Waghere - Patil**
(Ex-Mayor, P.C.M.C. Pimpri-Chinchwad, Pune)
Member, General Body, Rayat Shikshan Sanstha,
Satara
- Hon. Adv. Ram Kandage**
Chairman, Advisory Committee,
Western Region, Rayat Shikshan Sanstha, Satara.
- Hon. Dr. Vijay Kolate**
Member, Managing Council,
Rayat Shikshan Sanstha, Satara.

ADVISORY COMMITTEE

- Hon. Dr. Nitin R. Karmalkar**
Vice Chancellor, Savitribai Phule University, Pune
- Dr. N. S. Umrani**
Pro-Vice Chancellor, Savitribai Phule Uni., Pune
- Hon. Prin. Dr. Arvind Burungale**
S. M. Joshi, College, Hadapsar, Pune
- Hon. Prin. Dr. Manjushri Bobade**
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- Hon. Prin. D.D. Patil**
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Annasaheb Awate College Manchar, Pune
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- Dr. Deepak Mane**
Director, Board of Sports & Physical Education,
SPPU, Pune
- Dr. Narendra Deshmukh**
Chairman, BOS - Psychology, SPPU, Pune

ORGANISING COMMITTEE

- Convener**
Principal, Dr. Pandurang N. Gaikwad
Mahatma Phule Mahavidyalaya, Pimpri
- Co-ordinator**
Prof. Sunil Salke Prof. Babasaheb Pawal
- Organising Secretary**
Dr. Pandurang Lohote Dr. Bharati Yadav
- MEMBERS**
- | | |
|------------------------|----------------------|
| Mrs. Sanjivani Patil | Dr. Pramod Botre |
| Mrs. Mrunalini Shekhar | Dr. Dinkar Murkute |
| Dr. Madhav Sarode | Mr. Aniket Khatri |
| Dr. Sanjay Mestry | Dr. Pratima Kadam |
| Mr. Sandeep Nannaware | Mrs. Vaishali Dhole |
| Mr. Uddhav Ghodake | Mrs. Bhagshree Pawar |
| Shri. Rajendra Mechkar | Mr. Sandeep Shinde |
- For Correspondence**
- | | |
|-----------------------|---------------------|
| Prof. Sunil Salake | Mob. No. 8055479122 |
| Dr. Pandurang Lohote | Mob. No. 9763707678 |
| Prof. Babasaheb Pawal | Mob. No. 9822619280 |



Rayat Shikshan Sanstha's
MAHATMA PHULE MAHAVIDYALAYA

PIMPRI-WAGHERE, PUNE - 411 017.

Re-accredited by NAAC (Third Cycle) with 'A' Grade, CGPA : 3.16
☎ : 020-27412007 E-mail : mahatmaphulepimpri@yahoo.com

**Department of Psychology,
Physical Education and Economics**

Organize
Two Day State Level Workshop on

**STRESS MANAGEMENT
AT THE WORK PLACE**

16th to 17th January 2019



SPONSORED BY

BOD, Savitribai Phule Pune University, Pune (SPPU)

Convener

Principal, Dr. Pandurang Gaikwad

Co-ordinator

Prof. Sunil Salke

Prof. Babasaheb Pawal

Organizing Secretary

Dr. Pandurang Lohote

Dr. Bharati Yadav

Venue : Mahatma Phule Mahavidyalaya
Pimpri - Waghere, Pune -411017

INVITATION

Dear Sir/Madam,

Rayat Shikshan Sanstha's Mahatma Phule Mahavidyalaya, Pimpri, Pune-17 (M.S.) cordially invites you and your colleagues to participate in Two Day State Level Workshop on "Stress Management at the Work Place" to be held on 16th to 17th January, 2019 at our Mahatma Phule Mahavidyalaya, Pimpri- Waghere, Pimpri, Pune- 411017.

ABOUT RAYAT SHIKSHAN SANSTHA

Rayat Shikshan Sanstha Satara, founded by late Padmabhushan Dr. Karmveer Bhaurao Patil in 1919 is one of the leading educational institutes in South Asia. It runs 673 branches, including colleges, schools and hostels.

Rayat Shikshan Sanstha has been recognized as one of the best educational institutes and has been honored with Dr. Babasahaeb Ambedkar Best Educational Institute Award by the Government of India. It is well known for education of the masses from the downtrodden sections and rural region. The motto of Rayat Shikshan Sanstha is 'Education through Self-Help', speaks volumes. It is perhaps the first institute which has started 'Earn and Learn' scheme for economically poor students, since its inception, that is, since 1919.

ABOUT THE COLLEGE

Mahatma Phule Mahavidyalaya, Pimpri, Pune - 17, established in 1983, is affiliated to Savitribai Phule University, Pune. It was reaccredited (Third Cycle) with 'A' grade by NAAC in 2017. Besides U.G. Programmes such as B.A., B. Com., B.Sc. and B.C.A., the college runs P.G. Programmes in Chemistry, Commerce, Marathi, Hindi, Economics, History and Geography. In addition to this the college also runs 35 different skill oriented add-on courses.

ABOUT PIMPRI-CHINCHWAD

Pimpri-Chinchwad joint city is situated on the banks of Pavana River, also known as Industrial city: (Udymnagri) with IT hub at Hinjewadi and is very close to Pune City which known as Oxford of the East. Several National Research Centers and Laboratories are located in Pune city. Dehu and Alandi, well known pilgrimage centres are close to Pimpri-Chinchwad Municipal Corporation area and are at a distance of 8-12 km. Mumbai-Pune Express highway which is 5th Greatest Highway in the World passes through the City.

ABOUT THE WORKSHOP

Stress has been associated with every human life and is there to stay for all times to come. Right from birth every individual is undoubtedly exposed to various stressful situations. However, stress is not always bad. Some stress is always necessary to motivate and stimulate us. Hence, stress of certain level is very beneficial. Stress is a fact of every human life and mostly experienced by the, Teachers, IT professionals, and various employees.

Stress is a worst condition of emotions in terms of physiological rise when people experience a negative situation in such a way that they perceive a danger to their prosperity. Perceptions of people about stress vary. Some people perceive that stress is a situation of negative feelings which causes depression, antagonism and hostility. While other people may perceive that stress is a result of negative feelings. The response to negative feelings is physiological which brings behavioural and emotional changes such as high blood pressure, and muscular strain. From physiologist point of view, stress involves the perceptions of people which are a result of the unfavourable feelings. Stress is a state which some one experiences when there are unrealistic deadlines, and less time to complete targets.

Thus, it is necessary that the management of Teachers, IT organizations and various field of employees to take remedial measures to overcome the negative effect of stress on their employees.

Finally, we decided what can we do about stress? The good news is that you can learn various effective ways to manage stress. To get stress under control.

- Find out what is causing stress in your life.
- Look for ways to reduce the amount of stress in your life.
- Learn healthy ways to relieve stress and reduce its harmful effects.

SUB THEMES

Topic related to Stress, Anxiety, Depression and, Anger in the point of view of Psychology, Physical Education and Economics.

Abstract/full paper of original and unpublished worked on any aspect of above specific themes should be in MS-words format, Time New Roman, font with size 12 for English and Marathi or Hindi paper in KrutiDev50, font size 16 only. The title of paper should

be bold with the complete contact information a mail ID. The paper should be sent pklohot@gmail.com or uddhvmghodake@fmail.com. The received paper will be reviewed by the review committee. Full paper (Max. 2000 words) will be published in Approved International "Research Journal", 2348-7143, Impact Factor: 6.261. Published by Swatidhan Pub. Yevla. Nashik

REGISTRATION

Registration Fees :

Each Author : 700/-

Each Co-Author : 700/-

Additional Paper : 500/-

Research Scholar : 500/-

Only Registration : 500/-

U.G. and P.G. Students registration fees : 200/-

Participants are requested to register their name in same day on 16th January 2019.

The registration fee include workshop kit, Tea, & Dinner.

Mode of Payment : Cash

Note : Paper will not be published without receipt of Payment of registration fee & Xerox copy of ID card of college / Institute.

Importance Date

Date of workshop : 16th to 17th Jan, 2019.

Last date of Submission of full paper length : 12th Jan, 2019.

Submission of registration form with fee : Register their names well in same day on 16th January 2019.

ACCOMODATION

Accommodation will be provided on twin sharing basis for those who will contact on or before 12th Jan 2019.

FINANCIAL ASSISTANCE

T.A. and D.A. is admissible as per UGC guidelines and is to be borne by the parent institution.

INAUGURAL FUNCTION:

16th Jan. 2019, 10:00 am.

REGISTRATION:

16th Jan. 2019, 09:00 to 10:00 am.



Rayat Shikshan Sanstha's
Mahatma Phule Mahavidyalaya, Pimpri, Pune
Two Days State Level Workshop on Stress Management at Work Place
16/01/2019 to 17/01/2019

Wednesday 16/01/2019 (Frist Day)		
Session	Time	Resource Person
Inuagral Function		
1st Session	09.30 To 10.30 AM	Chief Guest- Prin. Dr. Arvind Burungale
		Keynote Address- Dr. Pritamkumar Bedarkar
2nd Session	10.30 To 11.30	Mrs. Sanjyot Deshpande
3rd Session	11.30 To 12.30	Prof. Hatekar Tanaji
Lunch Break		
4th Session	1.00 To 1.45	Dr. Arun Shinde
5th Session	1.45 To 2.30	Dr. Umesh Paneru
6th Session	2.30 To 3.15	Dr. Chndrashekar Aronkar
7th Session	3.15 to 4.00	Prof. Dnyaneshwar Chimate
8th Session	4.00 To 4.45	Dr. Makarand Tillu
Tea Break		
8th Session	5 to 5.45	Dr. Somnath Patil
Thursday-17/01/2019 (Sceond Day)		
Session	Time	Resource Person
1st Session	10.00 To 11.00	Dr. Varsha Borgaonkar
2nd Session	11.00 To 12.00	Prof. Shakhur Sayyad
3rd Session	12.00 To 1.00	Mrs. Savita Dudhbhate
Lunch Break		
4th Session	2.00 To 3.00	Prof. Chandramohan Joshi
5th Session	3.00 TO 4.00	Dr. Bhagwat Gadekar
Valedictory Function		
6th Session	4.00 To 5.30	Prin. Dr. Pundlik Rasal



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Organised by Department of Physical education and Sports, Psychology and Economics
 16-17 January 2019

Registration -Teacher Participants

Sr. No.	Particulars of Participants		Address	University	Amount	Sign 16 Jan	Sign 17 Jan
✓ 1	Name:	DR. AJITKUMAR SADASHIV KADAM	SANGAMNER COLLEGE SANGAMNER SBI. 901609894170	PUNE	700/-		
	Mobile:	9881053481					
	Email Id:	ajit5534@gmail.com					
✓ 2	Name:	DR. RAJENDRA RAMCHANDRA WAMAN	Sangamner college Sangamner SBI 901609922137	pune	700/-		
	Mobile:	9822450768					
	Email Id:						
✓ 3	Name:	Poemchand. GUNDU Gaikwad	A/158 commerce college madha Dist:-Solapur	Solapur	700/-		
	Mobile:	9922452427					
	Email Id:	gaikwadp1675@gmail.com					
✓ 4	Name:	Dr. Ashwini Vathaskar	College of Computer Science, Walsad, SPPU Pune	Pune	700/-		
	Mobile:	7028020289					
	Email Id:	ashadadande@gmail.com					
5	Name:	Dr. Anjali Kalkar	College of Computer Science Walsad, Pune.	Pune SPPU	700/-		
	Mobile:	9822425844					
	Email Id:	apkalkar@gmail.com ashadadande@gmail.com					



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 MAHATMA PHULE MAHAVIDYALAYA, PIMPRI, PUNE - 17
 State Level Seminar on Stress Management at Work place
 Sponsored by B.C.U.D., SAVITRIBAI PHULE PUNE UNIVERSITY, PUNE



Organised by Department of Physical education and Sports, Psychology and Economics
 16-17 January 2019

Registration - Teacher Participants

Sr. No.	Particulars of Participants		Address	University	Amount	Sign 16 Jan	Sign 17 Jan
✓ 6	Name:	Mr. Mahendra Sonawane	College of Computer Science, Wakad, Pune.	Pune SPPU	700/-	[Signature]	[Signature]
	Mobile:	9850 589912					
	Email Id:	Mksona56@gmail.com					
✓ 7	Name:	Gote Sumil Dogaadu	S. G. M. College, Karad	Shivaji Univer. Kolhapur	700/-	[Signature]	[Signature]
	Mobile:	9765722895					
	Email Id:	Sumilgote20@gmail.com					
✓ 8	Name:	Chimate Dnyaneshwar P	Prof. Ramkrishna More ACS College Akurdi	SPPU	700/-	[Signature]	[Signature]
	Mobile:	9970085086					
	Email Id:	dnyaneshpc07@gmail.com					
✓ 9	Name:	Bade Anil Kisan	Shri Shri Chhatrapati College Junnar	SPPU	700/-	[Signature]	[Signature]
	Mobile:	9766620611					
	Email Id:	anilbade999@gmail.com					
✓ 10	Name:	Dr. Bhairat Subhas	V. R. College Katamb Vishwasrao Ransing College Katamb.	SPPU	700/-	[Signature]	[Signature]
	Mobile:	9096464069					
	Email Id:	subashairat@yahoo.in					



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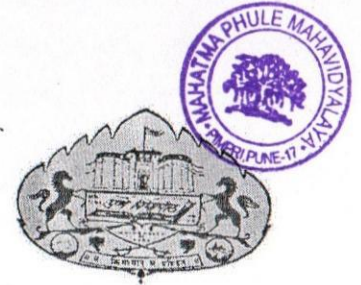
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Registration -Teacher Participants

Sr. No.	Particulars of Participants		Address	University	Amount	Sign 16 Jan	Sign 17 Jan
✓ 11	Name:	Prof. Purnima Balwant Karale	Shankarrao Bhelake College, Nasrapur Tal. Bhor. Dis. Pune	S.P.P.U	700/-	<u>Bel</u>	<u>Bel</u>
	Mobile:	9960595059					
	Email Id:	Purnima_sports@yahoo.co.in					
✓ 12	Name:	Prof. Pathare Vidya	Baburavji Gholap College Sangri	S.P.P.U.	700/-	<u>Pathare</u>	<u>Pathare</u>
	Mobile:	9850877344					
	Email Id:	vidya.pathare30@gmail.com					
✓ 13	Name:	Dr. Hatetkar Tanaji Krishna	Dr. Babasaheb Ambedkar College Aundh	SPPU	700	<u>Tanekar</u>	<u>Tanekar</u>
	Mobile:	9960226859					
	Email Id:	tanajikhatetkar1968@gmail.com					
✓ 14	Name:	Hemangi R. Patode	S.P. College, Pune - 30	SPPU	700	<u>HPatode</u>	<u>HPatode</u>
	Mobile:	9420412848					
	Email Id:	hema.patode@gmail.com					
15	Name:	Radhika Mahendara Tike	Revelation Consulting S.P. College Pune		700/-	<u>Tike</u>	
	Mobile:	9921003983					
	Email Id:	radhika.m.tike@gmail.com					



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 16-17 January 2019

Registration -Teacher Participants

Sr. No.	Particulars of Participants			Address	University	Amount	Sign 16 Jan	Sign 17 Jan
✓ 16	Name:	Prof Patil Bhimrao. S		Dr. Babasaheb Ambedkar College Aundha	Pune	500/-	[Signature]	[Signature]
	Mobile:	9922091389						
	Email Id:	bhimraopatil80@gmail.com						
✓ 17	Name:	Assist. Prof. Khilare Sandeep Sitaram.		S.S.C. College, Junnar Bodkenager, Dist. Pune.	Pune.	700/-	[Signature]	[Signature]
	Mobile:	9975437778						
	Email Id:	Khilare.Sandip@gmail.com.						
✓ 18	Name:	Assist Prof. Shaikh. Javed. Yusuf.		S.S.C. college, Junnar Bodkenager, Dist. Pune	Pune	500/-	[Signature]	[Signature]
	Mobile:	9850633287						
	Email Id:	jshai khsiz@gmail.com						
✓ 19	Name:	PROF. RAKESH ASHOK MORE		Abasaheb Garware College, Karve Road, Pune.	Pune	700/-	[Signature]	[Signature]
	Mobile:	9527093350						
	Email Id:	rampsyed@gmail.com						
✓ 20	Name:	Madhusing B. Ingle		Indra Raj college Sillod Auzernyabad 431112	Dr. B.A.M.U. Auzernyabad	700/-	[Signature]	[Signature]
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	Email Id:	madhauspari@rediffmail.com						



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Sr. No.	Particulars of Participants		Address	University	Amount	Sign 16 Jan	Sign 17 Jan
✓ 21	Name:	A. Shaker H. Sayyad	J/3. Shubhashree woods Pimple Saudagar Pune-27	SPPU	500		
	Mobile:	9823923888					
	Email Id:	shaker1262@gmail.com					
22	Name:	Dr. P. Subhakara Reddy.	VIT school of law chennai	VIT	700	reddy	
	Mobile:	9881190070					
	Email Id:	subhakara.reddy@vit.ac.in					
✓ 23	Name:	Dr. Sachin S. Deshmulch	Marikchand Pakhade Law college Aurangabad.	Dr. BAMU Aher	700	Deshm	
	Mobile:	9881190070					
	Email Id:	drsachindeshmulch76@gmail.com					
24	Name:	Dr. Ramdas R. Jadhav	Shri shahu college Pathri Tal Phulamburi, A. tal	-11-	700	Ramu	Ramu
	Mobile:	9890803494					
	Email Id:	ramdasrjadhav@gmail.com					
✓ 25	Name:	Prof. Ashish M. Talekar	Shri Padmamani Jain college Pabal	S.P.P.U. Pune	700	Talekar	Talekar
	Mobile:	9422866972					
	Email Id:	talekar894@gmail.com					



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Sr. No.	Particulars of Participants		Address	University	Amount	Sign 16 Jan	Sign 17 Jan
✓ 26	Name:	Vaibhav Anil Aidale	Shri Padmamani Jain College Pabal.	S.P.P.U Pune	700		
	Mobile:	9527980197					
	Email Id:	vaibhavaidale@gmail.com					
27	Name:	shital Bhagwat Jadhav	SPMM Collage Baramati	S.N.D.T	700	Siny	Siny
	Mobile:	9921084391					
	Email Id:	Shital 317@ Yahoo.com					
✓ 28	Name:	Sahebrao Kisan Rathod	Bhusawal Arts, Sci, and P.O. Mahatha Comm. College Bhusawal	KBC NMU Jalgaon	700/-		
	Mobile:	9763028272					
	Email Id:	sahebrao976302@gmail.com					
✓ 29	Name:	Ashok Kondiba patil	S.P.M.M. Collage Baramati	S.P.P.U.	700		
	Mobile:	9764512553					
	Email Id:	ashokpatil3252@gmail.com.					
✓ 30	Name:	Ashok Kondiba patil	S.P.M.M collage Baramati	S.P.P.U	700		
	Mobile:	9764512553					
	Email Id:	ashokpatil3252@gmail.com					



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Sr. No.	Particulars of Participants			Address	University	Amount	Sign 16 Jan	Sign 17 Jan
31	Name:	Takawale Kishori R.		Jejuri, Tal. P. ramdurg Dist. Pune.	SPPU	700/-	Takawale	Takawale
	Mobile:	9175800998						
	Email Id:	kishoritakawale@gmail.com						
32	Name:	Shinde Dattatray Bhusangrao		S. P. M. M. collage. Baramati	S.P.P.M.	700/-	Shinde	Shinde
	Mobile:	9764850623						
	Email Id:	dattaxale20@gmail.com						
33	Name:	Dr. Jitendra Bhandari		MM's Institute of Management Education Research & Training.	SPPU	700/-	Bhandari	Bhandari
	Mobile:							
	Email Id:							
34	Name:	Prof. Pranjal Prajakta K. Jadhav.		— — — — —	SPPU	700/-	Jadhav	Jadhav
	Mobile:							
	Email Id:							
35	Name:	Prof. Dr. Anand B. Lunkad		Prati bha college of Commerce & computer studies, Chinchwad.	S.P.P.U.	700/-	Lunkad	Lunkad
	Mobile:	9404685241						
	Email Id:	anandlunkad07@gmail.com						



RAYAT SHIKSHAN SANSTHA'S
 MAHATMA PHULE MAHAVIDYALAYA, PIMPRI, PUNE - 17
 State Level Seminar on Stress Management at Work place
 Sponsored by B.C.U.D., SAVITRIBAI PHULE PUNE UNIVERSITY, PUNE



Organised by Department of Physical education and Sports, Psychology and Economics
 16-17 January 2019

Registration -Teacher Participants

Sr. No.	Particulars of Participants		Address	University	Amount	Sign 16 Jan	Sign 17 Jan
✓ 36	Name:	Prof. Ekta A. Jadhav	Saint Mira's College of Girls, Pune	SPPU	700/-		
	Mobile:	9275697069					
	Email Id:	ekta.jadhav@gmail.com					
✓ 37	Name:	DR. KHUSHAL PANDURANG WAGHMARE	Ujwal Gramin College, Ghonshi Tq. Jalgot-Di. Latur	S.R.T.M. U. Nanded	700/-		
	Mobile:	9405424372					
	Email Id:	KhushalPW@gmail.com					
38	Name:	Dr. Lallesh Santosh Bharginath	Anuschet Bhugire College Oshu, Tq. Junner Dist. Pune	SPPU	500/-		
	Mobile:	8149199196					
	Email Id:	walleshb@gmail.com					
✓ 39	Name:	Dr. Arun C. Shinde	S.G.M. College, Karad.	Shivaji University Kolhapur	700/-		
	Mobile:	9860524649					
	Email Id:						
✓ 40	Name:	Ms REAT-MEMON.	Poona College of Arts & Science & Commerce	Poona College	700/-		
	Mobile:	9260200990					
	Email Id:	memon.ritat6@gmail.com					



**RAYAT SHIKSHAN SANSTHA'S
MAHATMA PHULE MAHAVIDYALAYA, PIMPRI, PUNE - 17**
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Sponsored by B.C.U.D., SAVITRIBAI PHULE PUNE UNIVERSITY, PUNE



Organised by Department of Physical education and Sports, Psychology and Economics
16-17 January 2019

Registration -Teacher Participants From SPPU

Sr. No.	Particulars of Participants		Address	University	Amount	Sign 16 Jan	Sign 17 Jan
✓ 41	Name:	Prof. Rajendrakumar S. Deshpande	A.P. Pimpali Tal. Burramati Dist. Pune - 41102	Pune	700	[Signature]	[Signature]
	Mobile:	9637129592					
	Email Id:	rsdeshpande1431@gmail.com					
✓ 42	Name:	Dr. Sharad Aher	At Chandrachud Agarwal College Pune	Pune	700	[Signature]	[Signature]
	Mobile:	984002558					
	Email Id:	rsdeshpande1431@gmail.com					
✓ X	Name:	Prof. Tharkude S.R.	Bramhanwadi, Vadgaon Maval, Pune	Pune	500	[Signature]	[Signature]
	Mobile:	9823773797					
	Email Id:	sureshtharkude@gmail.com					
43	Name:	Dr. S.E. Kargane	C.A.C.P.E Pune	Pune	700	[Signature]	[Signature]
	Mobile:	9922279151					
	Email Id:						
44	Name:	Prof. Balkrishna Dnyanoba Bhosale	D.P. Bhosale College, Koregaon Dist. Satara	Shivaji Univ. Kolhapur	700	[Signature]	[Signature]
	Mobile:						
	Email Id:	bdphosale@gmail.com					



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State Level Seminar on Stress Management at Work place
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Organised by Department of Physical education and Sports, Psychology and Economics

16-17 January 2019

Registration - Teacher Participants

Sr. No.	Particulars of Participants		Address	University	Amount	Sign 16 Jan	Sign 17 Jan
✓ 45	Name:	Patil Kalpana Nozayan	Sou. M. R. Jagatap mahile mahavidyalay Umbruj. Tal. Kared Dist Satara	Shriyaji University Kolhapur	700/-	K.N. Patil	K.N. Patil
	Mobile:	9890707328					
	Email Id:	patil.kalpana.B1@gmail.com					
* ✓ 46	Name:	Prof. Randhir Yadhav	G. D. Mahajan, Jamner	North Maharashtra Uni.	700/-	Randhir S.	Randhir S.
	Mobile:	9420107930					
	Email Id:						
✓ 47	Name:	Prof. Dr. Z. S. Kadam	C. S. C. College Hupani, Kolhapur	Shivaji	700/-	Kadam	Kadam
	Mobile:	9423659059					
	Email Id:						
✓ 48	Name:	Prof. K. Y. Ekal	Radhanagari College Radhanagari.	Shivaji University	500/-	Ekal	Ekal
	Mobile:	9421154935					
	Email Id:						
✓ 49	Name:	Dr. Dilip Shiwane	ACS Narayangaon,	Pune University	700/-	Shiwane	Shiwane
	Mobile:	9960380319					
	Email Id:						



RAYAT SHIKSHAN SANSTHA'S
MAHATMA PHULE MAHAVIDYALAYA, PIMPRI, PUNE - 17
 State Level Seminar on **Stress Management at Work place**
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Organised by Department of Physical education and Sports, Psychology and Economics

16-17 January 2019

Registration -Teacher Participants

Sr. No.	Particulars of Participants		Address	University	Amount	Sign 16 Jan	Sign 17 Jan
✓50	Name:	Dr. Digambar Darekar	B.N. Purandare College, Lonawala	SPPU	700/-	<i>Darekar</i>	<i>Darekar</i>
	Mobile:	9637989278					
	Email Id:						
✓51	Name:	Assit. Prof. Ramhadi Nagtilak	shree shivaji Mahavidyalaya, Borshi	Solapur	700/-	<i>R. Nagtilak</i>	<i>R. Nagtilak</i>
	Mobile:						
	Email Id:						
✓52	Name:	Assit. Prof. Balasaheb Waghchawale	Mauli Mahavidyalaya, Wadala	Solapur	700/-	<i>B. Waghchawale</i>	<i>B. Waghchawale</i>
	Mobile:						
	Email Id:						
✓53	Name:	Dr. Atul Tanaji Lakde	Yashwantao chavan Mahavidyalaya, Karmah.	Solapur	700/-	<i>A. Lakde</i>	<i>A. Lakde</i>
	Mobile:						
	Email Id:						
✓54	Name:	Dr. Eknath Shankar Mundhe	Karmveer Bhausaheb Patil college, Vashi	Mumbai.	700/-	<i>Mundhe</i>	<i>Mundhe</i>
	Mobile:						
	Email Id:						



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MAHATMA PHULE MAHAVIDYALAYA, PIMPRI, PUNE - 17**
State Level Seminar on Stress Management at Work place
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Organised by Department of Physical education and Sports, Psychology and Economics
16-17 January 2019

Registration -Teacher Participants

Sr. No.	Particulars of Participants		Address	University	Amount	Sign 16 Jan	Sign 17 Jan
✓55	Name:	prof. Gadekar Padmakar.	Arts college Bhigwan. Tal-Indapur Dist-pune	S.P.P.U. pune	700/-		
	Mobile:	9527507095					
	Email Id:						
✓56	Name:	Dr. Poonam Bhandari -	Asst. Prof. SMPGG college, Meerut Uttarpradesh	U.P.	700/-		
	Mobile:						
	Email Id:						
✓57	Name:	Dr. Swatendra Singh.	S.M.P.G.G. college Mathras U.P. state	U.P.	700/-		
	Mobile:	9410061755					
	Email Id:						
✓58	Name:	prof. margaje. Balasaheb	M.S. Kalkade college Someshwar nagar. Baramati Dist pune	S.P.P.U. pune	700/-		
	Mobile:	9146947412					
	Email Id:						
59	Name:	prof. Tawade pradeep.	N.S.S. college of Commerce & Economics Tardeo Mumbai	Mumbai University	700/-		
	Mobile:	9619491859					
	Email Id:						



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 16-17 January 2019

Registration - Teacher Participants

Sr. No.	Particulars of Participants		Address	University	Amount	Sign 16 Jan	Sign 17 Jan
✓ 60	Name:	Dr. Manju H. Pardeshi	A. C. S. College, Maregaon, Dist - Yavatmal	SGB uni. Amravati	700/-	M.H. Pardeshi	M.H. Pardeshi
	Mobile:	94207159997					
	Email Id:						
✓ 61	Name:	Prof. Machuri Trurkar	A.C.S. college Maregaon DIS: Yavatmal.	SGB uni. Amravati	700/-	Conf	Conf
	Mobile:	9921888640					
	Email Id:						
✓ 62	Name:	Dr. Shweta D. vegad.	Shrimati Rewaben manoharbhui patel Mahila Mahavidyalaya Bhandara.	RTM Nagpur	700/-	Kegad S	Kegad S
	Mobile:	8329469572					
	Email Id:						
✓ 63	Name:	prof. Bhore Rahul.	Rewaben manoharbhui patel Mahila College, Bhandara	RTM Nagpur	700/-	RBhore	RBhore
	Mobile:	9850987319					
	Email Id:						
✓ 64	Name:	Munde Satish Bhanudaj	Maharashtra Udaygiri Mahavidyalaya Udaygiri Dist Latur	S.R.T Nanded	700/-	Munde S	Munde S
	Mobile:						
	Email Id:						



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Registration -Teacher Participants

Sr. No.	Particulars of Participants		Address	University	Amount	Sign 16 Jan	Sign 17 Jan
✓ 65	Name:	Prof. Thorat Bhausaheb Gangadhar.	B. D. Kale college Ghodegaon, Tal- Ambegaon Dist- Pune	S.P.P.U. Pune.	700/-		
	Mobile:	9978986507					
	Email Id:						
✓ 66	Name:	Sonawane Anil popat .	Bhairavnath. Science College Khutgaon	Shivaji uni Kolhapur.	700/-		
	Mobile:	9860717401					
	Email Id:						
✓ 67	Name:	Prof. more Indrajeet Anandrao	Mahatma Gandhi Jr-college. Umraj	Shivaji uni Kolhapur	700/-		
	Mobile:						
	Email Id:						
✓ 68	Name:	Prof. Mulla Ebrahim Hamja	Chandrabai Shantappa Shenduse college Hupari	Shivaji uni. Kolhapur	700/-		
	Mobile:	9860717401					
	Email Id:						
✓ 69	Name:	Dr. Seema Chavan.	R.B. N.B. College Shrirampur	S.P.P.U. Pune	700/-		
	Mobile:	9921209270					
	Email Id:						



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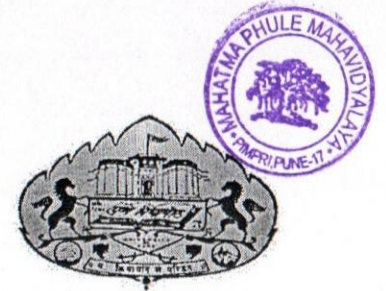
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 16-17 January 2019

Registration -Teacher Participants

Sr. No.	Particulars of Participants		Address	University	Amount	Sign 16 Jan	Sign 17 Jan
✓70	Name:	Dr. Jayeshkumar D. Mungara	Somnath Sanskrit University, Veraval.	Gujarat	700/-	<u>Jayeshkumar</u>	<u>Jayeshkumar</u>
	Mobile:	9824232132					
	Email Id:						
✓71	Name:	Dr. Sheetal Laxman Shendkar	Ameyteshwar Arts, Commerce & science college, Vinzar.	SPPU	700/-	<u>Sheetal</u>	<u>Sheetal</u>
	Mobile:	7387509370					
	Email Id:						
✓72	Name:	Dr. Chamle Sachin Subhash Rao	Kai Rasika Mahari, dyalaya, Latud	SRT Nanded.	700/-	<u>Chamle</u>	<u>Chamle</u>
	Mobile:	9881845166					
	Email Id:						
✓73	Name:	Mr. Tulshiram Laxman Dabde	A.S.C college, Naldurg.	BAMU	700/-	<u>Dabde</u>	<u>Dabde T.C.</u>
	Mobile:	8975285649					
	Email Id:						
✓74	Name:	Prof. Dattatraya Birajdar.	Raja J. Arts College & Slotawani Akkalkot Solapur	Slotawani		<u>Birajdar</u>	<u>Birajdar</u>
	Mobile:						
	Email Id:						



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 16-17 January 2019

Registration - Teacher Participants

Sr. No.	Particulars of Participants		Address	University	Amount	Sign 16 Jan	Sign 17 Jan
75	Name:	Prof. Rekhaben H. Kachadiya	Shri M.M. Ghodasara Mahila Arts & Com. College, Junagadh	Gujarat	700/-	<u>Rekaben</u>	<u>Rekhaben</u>
	Mobile:						
	Email Id:						
76	Name:	Miss Pradnya Jibhau Bachhav	Arjay Law College, Pune	SPPU	700/-	<u>Pradnya J.</u>	<u>Pradnya J.</u>
	Mobile:						
	Email Id:						
77	Name:	Dr. Ajaykumar M. Patwe	Babuji Avhad Mahavidyalaya, Pathandi	SPPU	700/-	<u>Patwe AM</u>	<u>Patwe AM</u>
	Mobile:						
	Email Id:						
78	Name:	Dr. Bhavna Sahu	Thakur Rammat Singh Mahavidyalaya Riva	M.P.	700/-	<u>Bshahy</u>	<u>Bshahy</u>
	Mobile:						
	Email Id:						
79	Name:	Dr. Shivanand Bharat Patil	Kai. Bapusahab Patil Ekmbekar Mahavidya- Laya, Udgir	SRT Nanded	700/-	<u>Patil S.B</u>	<u>Patil S.B</u>
	Mobile:						
	Email Id:						



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 16-17 January 2019

Registration -Teacher Participants

Sr. No.	Particulars of Participants		Address	University	Amount	Sign 16 Jan	Sign 17 Jan
✓80	Name:	Amit Uttamrao Mane	K. B. P college Vrun - Islampur	Shivaji	700/-	A. V. Mane	A. V. M.
	Mobile:						
	Email Id:						
✓81	Name:	Mukesh Uttamrao Pawar	Arts, com and science college Bhalod Jalgaon	North maharashtra	700/-	M. Pawar	M. Pawar
	Mobile:						
	Email Id:						
✓82	Name:	Dr. Triphi Ukas	Gov. Mahakowal Arts, com college Jabalpur, M.P.	RDVV, Jabalpur	700/-	Ukas	Ukas
	Mobile:						
	Email Id:						
	Name:						
	Mobile:						
	Email Id:						
	Name:						
	Mobile:						
	Email Id:						



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Organised by Department of Physical education and Sports, Psychology and Economics

16-17 January 2019

Student Participant (Other College) Papers

Sr. No.	Name of the Student (Full name surname)	Class	Mobile No.	Email Id	Amount Rs.	Signature 16 Jan 2019	Signature 17 Jan 2019
1	Deepa D Naik	P.G.	97642232 79	vakratunda9999@gmail.com	500	Deepa	Deepa
2	Babur Yogesh Ananda	P.G.	9922745501	baburyogesh847@gmail.com	500	Yogesh	Yogesh
3	Naghnare Prakash Balasahab	P.G.	9665350988	prakashpbw15@gmail.com	500	Prakash	Prakash
4	Supriya Suresh Alhat	Pg student Ph.D	7350089391	supriya.alhat@gmail.com	500	Alhat	Alhat
5	Manasvi Vivek Mhaske	P.G.	9922157003	mhaskemanasvi1996@gmail.com	500	m.v.mhaske	m.v.mhaske
6	Vandana Suryabhan Surwase	P.G.	7057553582	vandana.londhe46@gmail.com	500	Vandana	Vandana
7	Savita tanaji Bhosale	P.G.	7066303656	savitaBhosale1996@gmail.com	500	Bhosale	Bhosale
8	Rutuja Anand Kadam	P.G.	9890806062	rutujakadam3695@gmail.com	200	Rutuja	Rutuja
9	Kajal Nitin Rupnawar	P.G.	7219282800	pkajal750@gmail.com	500	Kajal	Kajal
10	Dipali Jotiram Tupe	P.G.	7709093802	dipalitupe03@gmail.com	500	Dipali	Dipali
11	Sana Shabbir Pathan	P.G.	7720860884	Pathansana9696@gmail.com	500	SPathan	SPathan
12	Sarita Sanjivan Kadam	P.G.	8378962862	saritakadam84221@gmail.com	500	Sarita	Sarita
13	Jyoti Rambhau Mulik	P.G.	7745026587	jyotimulik96@gmail.com	500	Jyoti	Jyoti



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Organised by **Department of Physical education and Sports, Psychology and Economics**

16-17 January 2019

Student Participant (other college) Papers

Sr. No.	Name of the Student (Full name surname)	Class (B.Com)	Mobile No.	Email Id	Amount Rs.	Signature 16 Jan 2019	Signature 17 Jan 2019
✓ 14	shaha Pooja Mahavir	P. G1	7040424421	shaha Pooja 10@gmail.com	500	<i>Pooja</i>	<i>Pooja</i>
✓ 15	Sunil S. Kamble	P.G1	7757885661	sunil4585@gmail.com	500	<i>Sunil</i>	<i>Sunil</i>
✓ 16	Ms. Ana Maleen	Ph.D.	9764944743	ana20heh@gmail.com	500	<i>Ana</i>	<i>Ana</i>
✓ 17	Mr. Tharkade Suresh P		9823723797	sureshtharkade@gmail.com	500	<i>SPhark</i>	<i>SPhark</i>
✓ 18	Ms. Muskaan Dhaliwal				500		
19							
20	17 x 500 = 8500						
21	1 x 200 = 200						
22	8700/-						
23							
24							
25							
26							

[Signature]
Dr. Lohate P.K.

online



Rayat Shikshan Sanstha's

MAHATMA PHULE MAHAVIDYALAYA

PIMPRI-WAGHERE, PUNE - 411 017.

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Two Day State Level Workshop on

STRESS MANAGEMENT AT THE WORK PLACE

SPONSORED BY : Savitribai Phule Pune University, Pune (SPPU)

ORGANIZED BY : Department of Psychology, Physical Education and Economics



सावित्रीबाई फुले
पुणे विद्यापीठ

Certificate

This is to certify that Prin. / Prof. / Dr. / Mr. / Mrs. / Smt. *Deepak Mane*
of *Director, Board of Sports & Physical Educatⁿ at SPPU* . has participated as a
Resource Person / Chairperson / Paper Presenter / Delegate in the two day State Level Workshop
organised by Department of Psychology, Physical Education and Economics on 16th and 17th January
2019. He / She has presented research paper entitled _____

Salke
Prof. Sunil Salke
Co-ordinator

Pandurang
Dr. Pandurang Lohote
Organizing Secretary

Pandurang
Dr. Pandurang Gaikwad
Principal