



**Shiv Chhatrapati Shikshan Sanstha's**  
**Rajarshi Shahu Mahavidyalaya (Autonomous), Latur**



**Department of NSS**  
**A) A Summary Report**

1) Title of Programme:	One Day Work Shop on Mental Health and Mental stress Management			
2) Name of Organizing Department/Unit:	NSS			
3) Name of the Coordinator(s)/ Convener(s)/ Organizer(s) of the Programme:	Dr K D Savant, Dr Pushpalata Trimukhe, Dr Sambhaji Patil			
4) Date(s) of the Programme:	28-12-2020			
5) Venue/Mode	Rajarshi Shahu Mahavidyalaya (Autonomous), Latur			
6) Target Group:	Faculty and students			
7) Number of Participants:	Male	Female	Total	
A separate list with signatures be maintained in the department/Unit)	Teaching	75	51	126
	Non-Teaching			
	Students	12	18	30
8) Name(s) and details of Resource Person(s), if any:	Dr. Swati Wakte			
9) Total Expenditure for the Programme:	Free			
10) Source of Funding:	Not Applicable			

## B) Report

i) **Title:** One Day Work Shop on Mental Health and Mental stress Management

ii) **Objectives**

- 1) To create awareness about the Mental Health.
- 2) To create awareness about How to deal with mental stress.

iii) **Details of Participants: 156**

iv) **Brief Summary of the Event:**

Rajarshi Shahu Mahavidyalaya , Latur, Department of National Service Scheme, organized One Day Work Shop on Mental Health and Mental stress Management on 28-12-2020 in coordination with district surgery Department , Latur under District Mental Health Program (DHMP) and Prerana Program to faculty members and students. Principal Dr.Mahadev Gavhane inaugurated the workshop, Resource person Dr. Swati Wakte guided the participants on this occasion Vice Principal Dr. A. J. Raju, Vice Principal Prof. Sadashiv Shinde NSS program officer Dr. Kalyan Sawant Dr. Sambhaji Patil, Dr. Pushpalta Vimukhe, Prof. Vijay Gachli, Prof. Dr. Somdev Shinde, President of Senior Citizens Association B. R. Patil, etc. were present.

v) **Conclusion with feedback on the Programme:**

126 faculty members and 30 NSS volunteers participated in workshop.

vi) **Any Appendix if necessary: List of participants is attached**

**Date:** 28-12-2020

  
**Programme Officer**  
**Program Officer**  
**National Service Scheme**  
**Rajarshi Shahu Mahavidyalaya,**  
**Latur: 413 512**



  
**Principal**  
**Rajarshi Shahu Mahavidyalaya**  
**(Autonomous), Latur**



C) Geotagged Photographs/ Screenshots



Inauguration of One Day Work Shop on Mental Health and Mental stress Management



Dr. Swati Wakte addressing the participants



महाराष्ट्र शासन  
जिल्हा शल्य चिकित्सक कार्यालय, लातूर.  
पत्ता:- गॅडहॉटेलच्यासमोर, आरोग्य संकुलच्यापाठीमागे, लातूर.



दूरध्वनीक - ०२३८२ - २२३१६०

ई-मेल आयडी :- csnrhmlatur@rediffmail.com

जा.क्र./जि.प.विला/जि.मा.बा.का/ ३०५

/२०२१

दिनांक : ५/११/२०२१

प्रति,

प्रचार्य,  
राजर्षी ब्राह्म महाविद्यालय,  
(स्वायत्त), लातूर

R.S. COLLEGE, LATUR

Inward No. 10415

Date 7/11/2021

मा.महोदय,

जिल्हा मानसिक आरोग्य कार्यक्रम (DMHP) व प्रकल्प प्रेरणा आपण आपल्या महाविद्यालयात दि.२४/१२/२०२० रोजी मानसिक आरोग्य व ताण-तणाव व्यवस्थापन याविषयी कार्यशाळा घेण्यात आली. याविषयी आम्हास सहकार्य केलात याबद्दल आपले आभार.

डा. अ. डी. सावंत

डॉ. एल.एस. देगमुख,  
(जिल्हा शल्य चिकित्सक)  
डॉ. एल.एस. देगमुख  
जिल्हा शल्य चिकित्सक, लातूर

**Rajarshi Shahu Mahavidyalaya (Autonomous), Latur**  
**National Service Scheme (NSS)**  
**Online Yoga Day**  
**Participants' List**

<b>Sr.No.</b>	<b>Participants Name</b>	<b>Gender</b>	<b>Designation</b>
1.	Dr. Anuja Jadhav	Female	Assistant Professor
2.	Dr. Priti Pohekar	Female	Professor
3.	Dr. Pallavi Patil	Female	Assistant Professor
4.	Dr. Archana Tak	Female	Assistant Professor
5.	Smt. Sayali Samudre	Female	Assistant Professor
6.	Dr. Pushpalata Trimukhe	Female	Assistant Professor
7.	Dr. Kanchanprabha Maske	Female	Professor
8.	Dr. Renuka Londhe	Female	Assistant Professor
9.	Smt. Ratnarani Koli	Female	Phy.Edu.
10.	Smt. Maya Bhambre	Female	Mathematics
11.	Smt. Jayshri Jadhav	Female	Assistant Professor
12.	Smt. Chandraprabha Kulkarni	Female	Assistant Professor
13.	Smt. Jyoti Mashalkar	Female	Assistant Professor
14.	Smt. Manjusha Shinde	Female	Assistant Professor
15.	Smt. Chetana Ahale	Female	Assistant Professor
16.	Smt. Shradha Jadhav	Female	Assistant Professor
17.	Dr. Manisha Dhotre	Female	Assistant Professor
18.	Smt. Shilpa Surwase	Female	Assistant Professor
19.	Miss Kalyani Dhule	Female	Assistant Professor
20.	Miss Swati Swami	Female	Assistant Professor
21.	Miss Tejaswani Kokate (CHB)	Female	Assistant Professor
22.	Miss Madhuri Shendge (CHB)	Female	Assistant Professor
23.	Smt. Ashwini Kale	Female	Assistant Professor
24.	Smt. Juveriya Shaikh	Female	Assistant Professor
25.	Smt. Samreen Bagwan	Female	Assistant Professor
26.	Smt. Akanksha Balsaraf	Female	Assistant Professor
27.	Smt. Amruta Sawalsure	Female	Assistant Professor
28.	Smt. Jaya Nahata	Female	Assistant Professor
29.	Smt. Dhanashri Jagatap	Female	Assistant Professor
30.	Smt. Suchitra Kasbe (B.Voc.)	Female	Assistant Professor
31.	Smt. Dhanashri Sharma (B.Voc.)	Female	Assistant Professor
32.	Smt. Shaheen Damte (B.Voc.)	Female	Assistant Professor
33.	Smt. Pooja Latoriya (B.Voc.)	Female	Assistant Professor
34.	Miss. Megha Bamankar (B.Voc.)	Female	Assistant Professor
35.	Smt. Sunita Jadhav (B.Voc.)	Female	Assistant Professor
36.	Smt. Shilpa Dadge	Female	Assistant Professor
37.	Smt. Ruksar Shaikh	Female	Assistant Professor
38.	Smt. Savita Dongapure	Female	Assistant Professor
39.	Smt. Pallavi Mane	Female	Assistant Professor
40.	Smt. Jayshree Jagdale	Female	Assistant Professor
41.	Dr. Priyadrshani Patil	Female	Assistant Professor

42.	Smt. Sonali Pawar	Female	Assistant Professor
43.	Smt. Pooja Munde	Female	Assistant Professor
44.	Smt. Ujwala Bagdure	Female	Assistant Professor
45.	Miss. Divya karwa	Female	Assistant Professor
46.	Miss. Madhuri Bhande	Female	Assistant Professor
47.	Smt. Pratiksha Mane	Female	Assistant Professor
48.	Smt. Amruta Dhaygude	Female	Assistant Professor
49.	Miss. Sonali Patil	Female	Assistant Professor
50.	Smt. Priya Londhe (Jr.)	Female	Teacher
51.	Dr. Mahadev Gavhane	Female	Principal
52.	Dr. A. J. Raju (Professor)	Male	Vice-Principal
53.	Shri. Sadashiv Shinde	Male	Vice-Principal
54.	Dr. Omprakash Shahapurkar	Male	Professor
55.	Dr. Suresh Phule	Male	Professor
56.	Shri. Dattatray Sonkamble	Male	Assistant Professor
57.	Shri. Rajendraprasad Arya	Male	Associate Professor
58.	Dr. Suresh Sonone	Male	Professor
59.	Dr. Sachin Bhandare	Male	Assistant Professor
60.	Dr. Vijay Dalvi	Male	Assistant Professor
61.	Shri. Anirudh Birajdar	Male	Dir. Phy. Edu.
62.	Dr. Sambhaji Patil	Male	Professor
63.	Shri. Suryakant Chavan	Male	Assistant Professor
64.	Dr. Kishor Shinde	Male	Assistant Professor
65.	Dr. Chandrashekhar Dawane	Male	Assistant Professor
66.	Dr. Budhaji Gadekar	Male	Assistant Professor
67.	Shri. Suryakant Maske	Male	Librarian
68.	Dr. Prakash Rodiya	Male	Assistant Professor
69.	Dr. Vyankat Dhumal	Male	Assistant Professor
70.	Dr. Deepak Vedpathak	Male	Associate Professor
71.	Shri. Dhananjay Palke	Male	Associate Professor
72.	Dr. Dnyaneshwar Rathod	Male	Assistant Professor
73.	Dr. Kalimoddin Momin	Male	Assistant Professor
74.	Dr. Dayanand Raje	Male	Assistant Professor
75.	Dr. Mahesh Wavare	Male	Associate Professor
76.	Dr. Kalyan Sawant	Male	Assistant Professor
77.	Dr. Nishank Pimple	Male	Assistant Professor
78.	Dr. Abhijeet Yadav	Male	Assistant Professor
79.	Dr. Kakasaheb Raut	Male	Assistant Professor
80.	Dr. Kundan Tayade	Male	Assistant Professor
81.	Shri. Maroti Sudewad	Male	Assistant Professor
82.	Smt. Sucheta Waghmare	Male	Assistant Professor
83.	Shri. Sanjay Birajdar	Male	Assistant Professor
84.	Shri. Nanasahab Kale	Male	Assistant Professor
85.	Shri. Murlidhar Jadhav	Male	Assistant Professor
86.	Dr. Vijaykumar Karajkar	Male	Assistant Professor
87.	Shri. Rajiv Saware	Male	Assistant Professor
88.	Shri. Somdev Shinde	Male	Assistant Professor
89.	Dr. Bhimrao Patil	Male	Assistant Professor



90.	Shri. Harisarvottam Joshi	Male	Assistant Professor
91.	Dr. Sudhir Jadhav	Male	Assistant Professor
92.	Smt. Sangita Todkar	Male	Assistant Professor
93.	Shri. Vijay Gawali	Male	Assistant Professor
94.	Shri. Shrinivas More	Male	Assistant Professor
95.	Shri. Sudarshan Patil	Male	Assistant Professor
96.	Shri. Yuvraj Shikhare	Male	Assistant Professor
97.	Shri. Nitin Chavan	Male	Assistant Professor
98.	Shri. Vyankat Sampate	Male	Assistant Professor
99.	Shri. Prakash Jadhav	Male	Assistant Professor
100.	Shri. Avdhut Aradhye	Male	Assistant Professor
101.	Shri. Feroj Shaikh	Male	Assistant Professor
102.	Shri. Jayraj Gangane	Male	Assistant Professor
103.	Shri. Manojkumar Shivewar	Male	Assistant Professor
104.	Shri. Suresh Tambade	Male	Assistant Professor
105.	Shri. Devdatta Sawant	Male	Assistant Professor
106.	Shri. Sumant Kulkarni	Male	Assistant Professor
107.	Shri. Annarao Gound	Male	Assistant Professor
108.	Shri. Purushottam Sable	Male	Assistant Professor
109.	Shri. Ravikumar Shelke	Male	Assistant Professor
110.	Shri. Prashant Lamture	Male	Assistant Professor
111.	Shri. Swapnil Rajemane	Male	Assistant Professor
112.	Shri. Rupeshkumar Jain	Male	Assistant Professor
113.	Shri. Arvind Kadam	Male	Assistant Professor
114.	Shri. Rajkumar Bansode	Male	Assistant Professor
115.	Shri. Pradip Deshmukh	Male	Assistant Professor
116.	Shri. Shivaji Shinde	Male	Assistant Professor
117.	Shri. Rajpal Patil	Male	Assistant Professor
118.	Shri. Krushnath Khandade	Male	Assistant Professor
119.	Shri. Vinod Zaritakalika	Male	Assistant Professor
120.	Shri. Ashok Galphade	Male	Assistant Professor
121.	Shri. Vishwanath Panchal	Male	Assistant Professor
122.	Dr. Shivraj Patil	Male	Assistant Professor
123.	Shri. Riyaj Shaikh	Male	Assistant Professor
124.	Shri. Mahadev Bhatade	Male	Assistant Professor
125.	Shri. Prashant Joshi	Male	Assistant Professor
126.	Shri. Abdul Shaikh	Male	Assistant Professor
127.	Ansari Mahek Gaffarmiya	Male	Student
128.	Chavan Vishnu	Male	Student
129.	Chounde Jui Gajanan	Female	Student
130.	Davkare Sanjana Sukhdev	Female	Student
131.	Deshmukh Aishwarya dnyanraj	Female	Student
132.	Dhavale Shraddha Rajendra	Female	Student
133.	Fulari Ruqsar Qayyum	Female	Student
134.	Gaikwad Aarti Shankar	Female	Student
135.	Gaikwad Rushikesh Devanand	Male	Student
136.	Gaikwad Nivedita vilas	Female	Student
137.	Gaikwad Praveen Fulchand	Female	Student

138	More Anurudha Rajkumar	Male	Student
139	More Pratiksha Baliram	Female	Student
140	More Vaishnavi Rajkumar	Female	Student
141	Khune Mansi Dnyaneshwar	Female	Student
142	Kokate Nikita Mahesh	Female	Student
143	Kotwal Sadaf Maqsood	Female	Student
144	Kulkarni Arti Avinash	Female	Student
145	Kute Komal Mahadev	Female	Student
146	Lakamote Nikita Balaji	Female	Student
147	Landage Bhagyashri Dharmraj	Female	Student
148	Ganesh Madhavrao	Male	Student
149	Ingole Dhiraj Shivraj	Male	Student
150	Kamble Vidyasagar Kacharu	Male	Student
151	Kesare Adinath Soudagar	Male	Student
152	Patel Mubbshira Taslimsab	Male	Student
153	Pathan Zishan Sattar	Male	Student
154	Rathod Abhishek Baliram	Male	Student
155	Shingire Shubham Hanmant	Male	Student
156	Swami Siddheshwar Vishwajit	Male	Student

Date: 28-12-2020

*Dab*  
**Programme Officer**  
**Program Officer**  
**National Service Scheme**  
**Rajarshi Shahu Mahavidyalaya,**  
**Latu: 413 512**



*Shah*  
**PRINCIPAL**  
**Rajarshi Shahu Mahavidyalaya**  
**(Autonomous), Latur**