



Shiv Chhatrapati Shikshan Sanstha's

Rajarshi Shahu Mahavidyalaya (Autonomous), Latur

Department of Health & Wellness

A) A Summary of the Activity:

1) Title of Programme:		Happiness Mantra : A Wellness Talk		
2) Name of Organizing Department / Unit:		Health and Wellness Committee		
3) Name of the Coordinator(s)/ Convener(s)/ Organizer(s) of the Programme:		Dr. Swati Suresh Fere Health and wellness committee		
4) Date(s) of the Programme:		05/10/2021		
5) Venue/Mode:		VLC Hall		
6) Target Group:		Teaching, Nonteaching, Administrative Staff		
7) Number of Participants: 156				
A separate list with signatures be maintained in the department/Unit)	Teaching	Male	Female	Total
	Non-Teaching	81	9	90
	Administrative	44	8	52
		12	02	14
8) Name(s) and details of Resource Person(s), if any:		Dr. Baswaraj Khubba Psychiatric consultant, RSML		
9) Total Expenditure for the Programme:		Nil		
10) Source of Funding:		RSML		

B) Report

i. Title : Happiness Mantra : A Wellness Talk

ii. Introduction:

The Health and Wellness Committee of the College organized Happiness Mantra : wellness Talk on 5th Oct. 2021 on the eve of Birthday of Hon. President of Shiv Chatrapati Shikshan Sansthas Dr. Gopalrao Patil for All Staff of Rajarshi Shahu Mahavidyalaya

iii. Objectives of the Workshop:

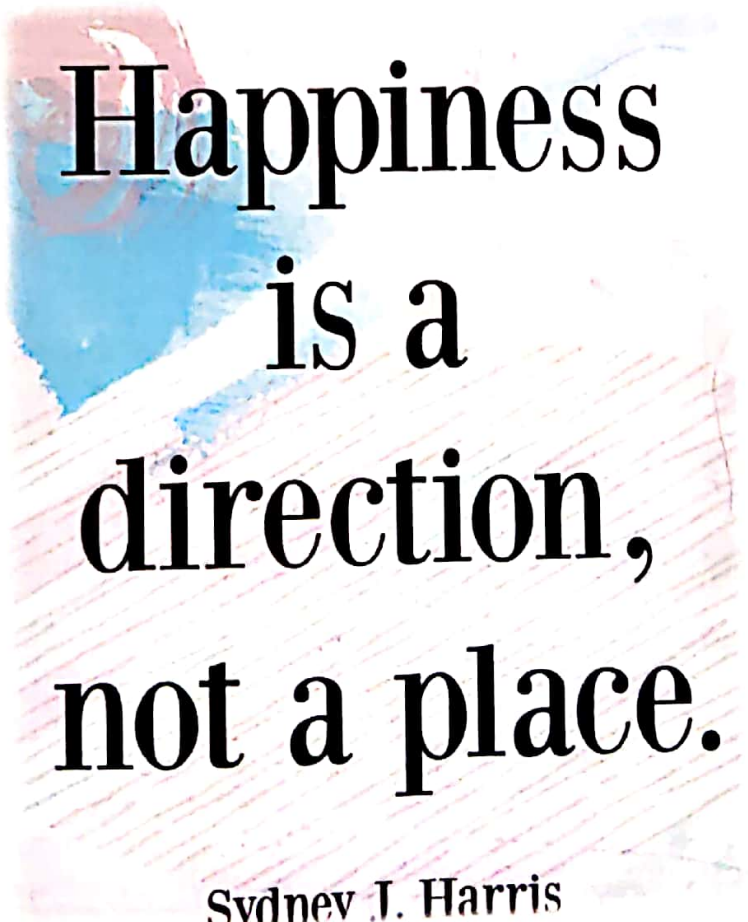
- To Pay attestation to Mental health of all staff
- To give stress less healthy atmosphere at work place.
- Reduce personal healthcare expenses of staff.
- To make employee comfortable at work place.
- To give tricks for stress management.

iv. Details of Participants:

All teaching, nonteaching and Administrative staff of College is working so hard in their working hours and going through stressful conditions hence they require regular attention to their health conditions so we decided to focus on their health by organizing Health Talk to improve Mental Health & Stressfree Environment at Work Place.

v. Brief Summary of Events:

The Health and Wellness Committee of the College organized Happiness Mantra : A wellness Talk on 5th Oct. 2021 on the eve of Birthday of Hon. President of Shiv Chatrapati Shikshan Sansthas Dr. Gopalrao Patil for All Staff of Rajarshi Shahu Mahavidyalaya . Innogral function held at VLC hall and inauguration done by respected principal Dr. Mahadevji Gavhane sir in presence of vice principal Dr. S.N. Shinde Sir. Health and Wellness Committee Dr. Swati Fere and colleague Dr. Anirudh Biirajdar, Ratnarani Koli Mam, Somdev Shinde sir worked hard to complete this camp. Principal Dr. Mahadev Gavhane and Vice Principal Mr. Sadashiv Shinde sir congratulated all the organizers.



**Happiness
is a
direction,
not a place.**

Sydney J. Harris

vi. Conclusion:

Happiness Mantra : A Wellness Talk given by Dr. Baswaraj Khubba regarding stress management for all staff. Total 156 participant get benefit of workshop.

10 Calming Mantras for Anxiety & Stress

That Will Change Your Life!



1 Things always work out for me.



2 Joy is my birthright and I claim it now.



3 Breathe. Relax. Everything is okay.



4 I trust the timing of my life.



5 I surrender to my higher self.



6 This moment shall pass.



7 I understand all is well, even if I don't see it yet.



8 Peace fills my heart, mind, and soul.



9 I choose ease and calm, here and now.



10 Anxiety is a habit; I now choose peace instead.

Date: 05/10/2021

Medical Officer

Medical Officer

Health Care Center
Rajarshi Shahu Mahavidyalaya
(Autonomous), Latur-413512
Health Care Center

Principal

Rajarshi Shahu Mahavidyalaya
(Autonomous), Latur



राजर्षी शाह महाविद्यालय (स्वायत्त) - लातूर
हेल्थ व वेलनेस समिती, राष्ट्रीय सेवा योजना व क्रीडा विभाग
सूचना

दिनांक ०४/१०/२०२१

महाविद्यालयातील सर्व प्राध्यापक, शिक्षक व शिक्षकेतर कर्मचाऱ्यांना सूचित करण्यात येते की, महाविद्यालयातील हेल्थ & वेलनेस समिती, राष्ट्रीय सेवा योजना व क्रीडा विभाग यांच्या संयुक्त विद्यमाने दि.५/१०/२०२१ रोजी दु. ४.०० ते ५.०० या वेळेत व्हीएलसी हॉलमध्ये आरोग्य विषयक व्याख्यानाचे आयोजन करण्यात आले आहे.

या कार्यक्रमास सर्वांनी वेळेवर उपस्थित राहणे अनिवार्य आहे.

मार्गदर्शक वक्ते :- डॉ. बसवराज खुब्बा

विषय :- हॅम्पिनेस मंत्रा : अ वेलनेस टॉक


प्राचार्य
राजर्षी शाह महाविद्यालय
(स्वायत्त), लातूर



Shiv Chhatrapati Shikshan Sanstha's

Rajarshi Shahu Mahavidyalaya (Autonomous), Latur



Selfless Service to Mankind is the essence of devotion for our beloved president Dr. Gopalraoji Patil. He inculcated Truth, Love, Peace & Pursuit of excellence among all of us.

"This earth is His, to Him belong those Vast & boundless Skies; Both seas within him rest and yet in that small pool he lies," (Atharva Veda Book 4 Hymn 16)

This is so true for our president.

His life is a saga of selfless love for humanity.



To celebrate the birthday of our visionary iconic leader Dr. Gopalraoji Patil President, Shiv Chhatrapati Shikshan Sanstha Latur, Dept. of Physical Education, Health and Wellness Committee & NSS Dept. organizes following wellness Programs:



Health Check up Camp

Date : 01/10/2021

Time 10.00 am to 2.00 pm

Venue :- Health care center RSML college Latur



Fit India Freedom Run 2.0

Date: 02/10/2021

Time:- 6.30 am to 7.30 am

Starting Point :- RSML main Campus



Blood donation Camp.

Date 04/10/2021

Time :- 11.00 to 2.00 pm.

Venue :- Senior RSML Campus.



Happiness Mantra : A Wellners Talk by Dr. Basawaraj Khubba.

Date 05/10/2021.

Time:- 4.00 to 5.00 pm



Tree plantation Program

Date 6/10/2021

Time 11.00 am.

Venue : Central Bus Stand Latur

C) Geotagged Photographs/ Screenshots

Shiv Chhatrapati Shikshan Sanstha's



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

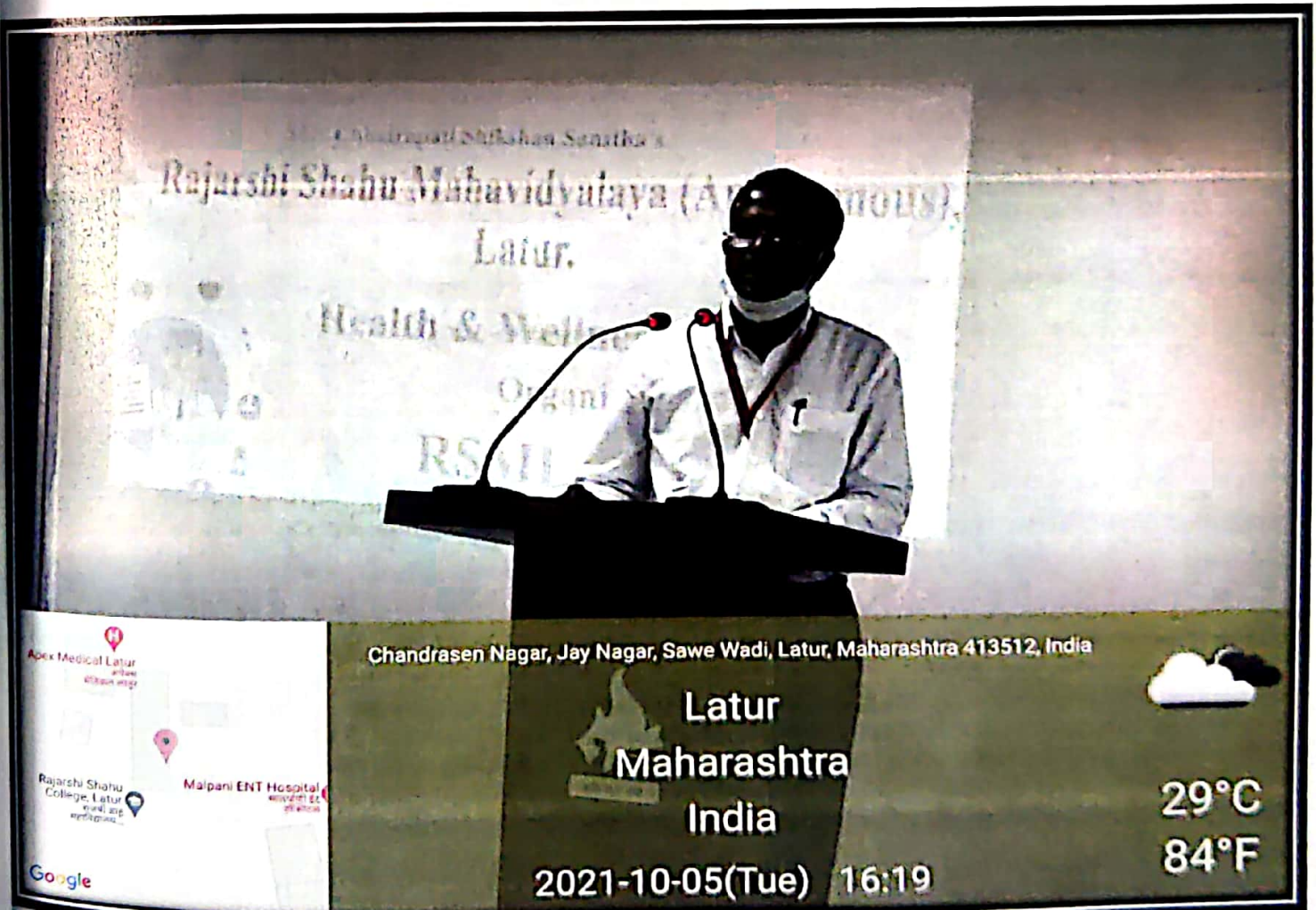


Health & Wellness Committee

Organizes

RSML Wellness Program

Health Checkup Camp







Shiv Chhatrapati Shikshan Sanstha's

Rajarshi Shahu Mahavidyalaya (Autonomous), Latur

Department of Health & Wellness

List of Participants

Rajarshi Shahu Mahavidyalaya, Latur

Sr. College (Grant) Teaching Staff Name List 2021-2022 (Oct.-2021)

Sr. No.	Name of the Teacher	Academic Designation	Subject	Signature
1	Dr. Mohanji Gachane	Principal	Pol. Sci.	
2	Dr. A. J. Raju (Professor)	Vice-Principal	Commerce	
3	Shri. Swadesh Shinde	Vice-Principal	Botany	
ARTS FACULTY				
4	Dr. Omprakash Shahupurkar	Professor	Geography	
5	Dr. Suresh Phule	Professor	Geography	
6	Dr. Suresh Phule	Assistant Professor	Geography	
7	Dr. Dattatraya Sonkamble	Associate Professor	Sanskrit	
8	Dr. Rameshchandra Arya	Professor	Pali	
9	Dr. Suresh Sonone	Assistant Professor	English	
10	Dr. Anuraj Jadhav	Assistant Professor	English	
11	Dr. Sachin Bhandare	Assistant Professor	Geography	
12	Dr. Vijay Dalvi	Professor	Pub. Admin.	
13	Dr. Prati Pothekar	Dir. Phy. Edu.	Dir. Phy. Edu.	
14	Shri. Anuraj Bhandari	Assistant Professor	Hindi	
15	Dr. Pallavi Patil	Professor	Marathi	
16	Dr. Sambhaji Patil	Assistant Professor	Hindi	
17	Shri. Suryakant Chavan	Assistant Professor	Geography	
18	Dr. Kishor Shinde	Assistant Professor	English	
19	Dr. Chandrashekhar Daware	Assistant Professor	History	
20	Dr. Archana Tak	Assistant Professor	Economics	
21	Dr. Budhaji Gadgil	Assistant Professor	Sociology	
22	Smt. Savali Samudra	Assistant Professor	Sociology	
23	Shri. Suryakant Maske	Librarian	Librarian	
COMMERCE FACULTY				
24	Dr. Pushpata Trambhake	Assistant Professor	Commerce	
25	Dr. Prakash Rodiya	Assistant Professor	Commerce	
26	Dr. Vyankar Dhumal	Assistant Professor	Commerce	

Rajarshi Shahu Mahavidyalaya, Latur

Jr. Coll. (Gr.) Teaching Staff Name List 2021-2022 (Oct.-2021)

Sr. No.	Name of the Teacher	Subject	Desig.	Remarks
1	Smt. Sucheta Waghmare	English	Vice-Principal	
2	Shri. Sanjay Dorajdar	Biology	Supervisor	
ARTS FACULTY				
3	Shri. Nanaheeb Kale	Geography	Teacher	
4	Shri. Murlidhar Jadhav	Sanskrit	Teacher	
5	Dr. Vijay Kumar Karajkar	Marathi	Teacher	
6	Shri. Raju Saware	Russian	Teacher	
7	Shri. Somdev Shinde	Sanskrit	Teacher	
8	Dr. Bhimrao Patil	Pol. Sci./Pali	Teacher	
9	Shri. Harisavottam Joshi	Music	Teacher	
10	Dr. Sushil Jadhav	Economics	Teacher	
11	Smt. Sangita Todkar	Hindi	Teacher	
12	Shri. Vijay Gawali	Hindi	Teacher	
13	Smt. Ratnarani Koli	Phy. Edu.	Teacher	
14	Shri. Shrinivas More	English	Teacher	
15	Shri. Sudarshan Patil	Pol. Sci.	Teacher	
16	Shri. Yuvraj Shikhar	Economics	Teacher	
17	Shri. Ninan Chavan	Sociology	Teacher	
18	Shri. Vyankar Sampat	Economics	Teacher	
19	Shri. Prakash Jadhav	Music	Teacher	
COMMERCE FACULTY				
20	Shri. Avdhut Aradhye	Commerce	Teacher	
21	Shri. Ferry Shaikh	Commerce	Teacher	

Sr. No.	Name of the Teacher	Academic Designation	Subject	Signature
SCIENCE FACULTY				
27	Dr. Kanchanprabha Maske	Professor	Microbiology	
28	Dr. Deepak Vedpathak	Associate Professor	Microbiology	
29	Shri. Dhananjay Palke	Associate Professor	Chemistry	
30	Dr. Dnyaneshwar Rathod	Assistant Professor	Zoology	
31	Dr. Kalinoddin Momin	Assistant Professor	Chemistry	
32	Dr. Dayanand Raje	Assistant Professor	Physics	
33	Dr. Mahesh Wavare	Associate Professor	Mathematics	
34	Dr. Kalyan Sawant	Assistant Professor	Botany	
35	Dr. Nishank Pimple	Assistant Professor	Mathematics	
36	Dr. Abhijeet Yadav	Assistant Professor	Physics	
37	Dr. Kakasaheb Raut	Assistant Professor	Zoology	
38	Dr. Renuka Londhe	Assistant Professor	Comp. Sci.	
39	Dr. Kundan Tayade	Assistant Professor	Ana. Chemistry	
40	Shri. Maroti Sudewad	Assistant Professor	Chemistry	

Sr. No.	Name of the Teacher	Subject	Desig.	Remarks
SCIENCE FACULTY				
22	Shri. Jayraj Gangan	Chemistry	Teacher	
23	Shri. Manojkumar Shivewar	Chemistry	Teacher	
24	Shri. Suresh Tambade	Biology	Teacher	
25	Shri. Devdatta Sawant	Physics	Teacher	
26	Shri. Sumant Kulkarni	Physics	Teacher	
27	Shri. Anurao Gound	Physics	Teacher	
28	Smt. Maya Bhambe	Mathematics	Teacher	
29	Shri. Purushottam Sable	Biology	Teacher	
30	Shri. Ravikumar Shelke	Physics	Teacher	
31	Shri. Prashant Lamure	Chemistry	Teacher	
32	Shri. Swapnil Rajmane	English	Teacher	
33	Shri. Rupeshkumar Jain	Physics	Teacher	
34	Shri. Arvind Kadam	Physics	Teacher	
35	Shri. Rajkumar Bansode	Biology	Teacher	
36	Shri. Pradip Deshmukh	Mathematics	Teacher	
HISC VOCATIONAL (MCVC)				
1	Shri. Shivaji Shinde	Elect.	Teacher	
2	Shri. Rajpal Patil	Inland Fish	Teacher	
3	Shri. Krishnash Khandade	Elect.	Teacher (Pract.)	
4	Shri. Vinod Zarkaklikar	Crop Sci.	Teacher (Pract.)	
5	Shri. Ashok Galphade	Inland Fish	Teacher (Pract.)	

Shiv Chhatrapati Shikshan Sanstha's

Rajarshi Shahu Mahavidyalaya (Autonomous), Latur

Department of Health & Wellness

List of Participants

Rajarshi Shahu Mahavidyalaya, Latur				
Sr. College (Non-Grant, I.T., B.T.) Teaching Staff Name List 2021-2022 (Oct-2021)				
Sr. No.	Name of the Teacher	Academic Designation	Subject	Signature
COMPUTER SCIENCE & I.T.				
1	Shri. Vishwanath Panchal	Assistant Professor & Co-ordinator	I.T.	[Signature]
2	Dr. Shivaraj Patil	Assistant Professor	I.T.	[Signature]
3	Smt. Jayshree Jadhav	Assistant Professor	I.T.	[Signature]
4	Shri. Ravi Shankar	Assistant Professor	I.T.	[Signature]
5	Smt. Chandrabhaga Kulkarni	Assistant Professor	I.T.	[Signature]
6	Smt. Jyoti Mathalkar	Assistant Professor	I.T.	[Signature]
7	Shri. Mahadev Bhatade	Assistant Professor	I.T.	[Signature]
8	Smt. Manjusha Shinde	Assistant Professor	I.T.	[Signature]
9	Shri. Prashant Joshi	Assistant Professor	I.T.	[Signature]
10	Shri. Abdul Shaikh	Assistant Professor	I.T.	[Signature]
11	Smt. Chetana Abale	Assistant Professor	I.T.	[Signature]
12	Smt. Shachi Jadhav	Assistant Professor	I.T.	[Signature]
13	Shri. Manoj Jiradkar	Assistant Professor	I.T.	[Signature]
14	Shri. Bhagavath Gonde	Assistant Professor	I.T.	[Signature]
BIO TECHNOLOGY				
1	Dr. Sachin Kulkarni	HoD	B.T.	[Signature]
2	Dr. Manisha Dhote	Assistant Professor	B.T.	[Signature]
3	Dr. Udaybhanu Srideshmukh	Assistant Professor	B.T.	[Signature]
4	Dr. Ravindra Nath Aze	Assistant Professor	B.T.	[Signature]
5	Dr. Sanghapal Kishore	Assistant Professor	B.T.	[Signature]
6	Shri. Suresh Kadam	Assistant Professor	B.T.	[Signature]
7	Smt. Shilpa Suresh	Assistant Professor	B.T.	[Signature]
8	Shri. Akash Waghmare	Assistant Professor	B.T.	[Signature]
9	Miss. Kalyani Dhule	Assistant Professor	B.T.	[Signature]
10	Miss. Swati Swami	Assistant Professor	B.T.	[Signature]
11	Miss. Tejaswini Kokate (CIB)	Assistant Professor	B.T.	[Signature]
12	Dr. Manisha Dhote	Assistant Professor	B.T.	[Signature]

Rajarshi Shahu Mahavidyalaya, Latur				
Sr. College (Non-Grant Fix Pay) Teaching Staff Name List 2021-2022 (Oct-2021)				
Sr. No.	Name of the Teacher	Academic Designation	Subject	Signature
1	Shri. Rahul Ashwale	Placement Officer	Placement Cell	[Signature]
2	Shri. Madhav Shelke	Assistant Professor	CEP	[Signature]
3	Shri. Nitin Panchal	Assistant Professor	CEP	[Signature]
4	Shri. Mahesh Kumbhar	Assistant Professor	CEP	[Signature]
5	Shri. Pramod Jain	Assistant Professor	CEP	[Signature]
6	Shri. Kishor Patil	Assistant Professor	Eng.	[Signature]
7	Shri. Krishna Deshmukh	Assistant Professor	Eng.	[Signature]
8	Dr. Sachin Kale	Assistant Professor	Eng.	[Signature]
9	Shri. Abhijit Bhamburde	Assistant Professor	Eng.	[Signature]
10	Shri. Dnyaneshwar Banode	Assistant Professor	Pol. Sci.	[Signature]
11	Shri. Vaibhav Nang	Assistant Professor	Music	[Signature]
12	Shri. Swapnil Undalkar	Assistant Professor	Phy.	[Signature]
13	Shri. Manoj Kumbhar	Assistant Professor	Phy.	[Signature]
14	Shri. Akshay Bhandare	Assistant Professor	Ana. Chem.	[Signature]
15	Smt. Ashwini Kale	Assistant Professor	Math.	[Signature]
16	Shri. Dipak Ghuge	Assistant Professor	Math.	[Signature]
17	Smt. Jyoti Shaikh	Assistant Professor	Comm.	[Signature]
18	Smt. Manoj Bagwan	Assistant Professor	Comm.	[Signature]
19	Smt. Akanksha Baisara	Assistant Professor	Comm.	[Signature]
20	Smt. Anurita Sawalure	Assistant Professor	Comm.	[Signature]
21	Smt. Jaya Nahata	Assistant Professor	Comm.	[Signature]
22	Shri. Vinod Late	Assistant Professor	Commerce	[Signature]
23	Shri. Shivshankar Patwari	Assistant Professor	MCQ	[Signature]
24	Smt. Dhanashree Jagtap	Assistant Professor	Zoology	[Signature]
25	Smt. Suchitra Kumbhar	Assistant Professor	Comp. Sci.	[Signature]
26	Smt. Dhanashree Sharma (B. Voc.)	Assistant Professor	Comp. Sci.	[Signature]
27	Smt. Shaheen Dantia (B. Voc.)	Assistant Professor	Comp. Sci.	[Signature]
28	Smt. Pooja Loteyiya (B. Voc.)	Assistant Professor	Comp. Sci.	[Signature]
29	Shri. Arun Shinde (B. Voc.)	Assistant Professor	Comp. Sci.	[Signature]
30	Miss. Megha Bhamkar (B. Voc.)	Assistant Professor	Comp. Sci.	[Signature]
31	Smt. Sumita Jadhav (B. Voc.)	Assistant Professor	Comp. Sci.	[Signature]

Sr. No.	Name of the Teacher	Academic Designation	Subject	Signature
Jr. College				
1	Dr. Sandipan Hadule	Assistant Professor	Geog.	[Signature]
2	Smt. Shilpa Dage	Assistant Professor	Comm.	[Signature]
3	Smt. Rukhsar Shaikh	Assistant Professor	Comm.	[Signature]
4	Smt. Savita Dongapure	Assistant Professor	Comm.	[Signature]
5	Smt. Pallavi Mane	Assistant Professor	Comm.	[Signature]
6	Smt. Jayshree Jagdale	Assistant Professor	Comm.	[Signature]
7	Dr. Priyadarshini Patil	Assistant Professor	Hist.	[Signature]
8	Smt. Sonali Pawar	Assistant Professor	Math.	[Signature]
9	Smt. Pooja Munde	Assistant Professor	Math.	[Signature]
10	Shri. Omprakash Angul	Assistant Professor	Math.	[Signature]
11	Smt. Ujjwala Bagdure	Assistant Professor	Eng.	[Signature]
12	Shri. Ranjit Shinde	Assistant Professor	Eng.	[Signature]
13	Shri. Sandip Kamble	Assistant Professor	Eng.	[Signature]
14	Pritya B. Londhe	Asst. Prof.	Eco	[Signature]
15	Manoj P. Birajdar	I.T.		[Signature]
16	A. K. Shaikh	I.T.		[Signature]
17	P. Shivraj V. Patil	I.T.		[Signature]

Rajarshi Shahu Mahavidyalaya, Latur				
CIB Teaching Staff Name List 2021-2022 (Oct-2021)				
Sr. No.	Name of the Teacher	Academic Designation	Subject	Signature
1	Dr. Girish Upadhye	Assistant Professor	Marathi	[Signature]
2	Shri. Dhanashree Javalekar	Assistant Professor	Marathi	[Signature]
3	Dr. Shivaraj Kache	Assistant Professor	Marathi	[Signature]
4	Shri. Amol Landge	Assistant Professor	Hindi	[Signature]
5	Shri. Ramesh Swami	Assistant Professor	Sanskrit	[Signature]
6	Shri. Vinay Gaikwad	Assistant Professor	Sanskrit	[Signature]
7	Shri. Bhagwant Bokade	Assistant Professor	Sociology	[Signature]
8	Miss. Divya Karwa	Assistant Professor	Sociology	[Signature]
9	Shri. Vikas Waghmare	Assistant Professor	Pol. Sci.	[Signature]
10	Shri. Shrikishna Panchal	Assistant Professor	Pol. Sci.	[Signature]
11	Dr. Chandrakant Valukate	Assistant Professor	Economics	[Signature]
12	Shri. Jeevan Gaikwad	Assistant Professor	Economics	[Signature]
13	Shri. Chandrakant Banode	Assistant Professor	Pub. Adm.	[Signature]
14	Shri. Vasant Dhurmat	Assistant Professor	Chemistry	[Signature]
15	Shri. Mahesh Kumar Jadhav	Assistant Professor	Chemistry	[Signature]
16	Shri. Atul More	Assistant Professor	Electronics	[Signature]
17	Shri. Vijay Zade	Assistant Professor	Electronics	[Signature]
18	Shri. Datta Nalle	Assistant Professor	Fish. Sci.	[Signature]
19	Miss. Madhuri Bhande	Assistant Professor	Fish. Sci.	[Signature]
20	Shri. Rajkumar Kamble	Assistant Professor	Fish. Sci.	[Signature]
21	Shri. Dnyaneshwar Awad	Assistant Professor	Botany	[Signature]
22	Shri. Girish Suryawanshi	Assistant Professor	Botany	[Signature]
23	Shri. Kulbhushan Gaikwad	Assistant Professor	Microbiology	[Signature]
24	Smt. Pratiksha Mane	Assistant Professor	Microbiology	[Signature]
25	Smt. Anurita Dhaygude	Assistant Professor	Microbiology	[Signature]
26	Miss. Sonali Patil	Assistant Professor	Microbiology	[Signature]
27	Shri. Akshay Kumbhar	Assistant Professor	Phy. Sci.	[Signature]
28	Shri. Mahesh More	Assistant Professor	CEP	[Signature]
29	Shri. Mahesh Nagargoje	Assistant Professor	CEP	[Signature]
30	Shri. Bhim Yadhav	Assistant Professor	CEP	[Signature]
31	Smt. Priya Londhe (N.)	Teacher	Economics	[Signature]

Medical Officer
Health Care Center
Rajarshi Shahu Mahavidyalaya
(Autonomous), Latur-413512

Principal
Rajarshi Shahu Mahavidyalaya
(Autonomous), Latur