



||Tanso Ma Jyotirgmay||  
BalaghatShikshanSanstha, Naldurg's

## YESHWANTRAO CHAVAN MAHAVIDYALAYA


Tuljapur, Dist. Osmanabad-413601, Maharashtra, INDIA  
[yecollege@gmail.com](mailto:yecollege@gmail.com)




Date: 13/01/2021

### ❖ Permission to conduct a Programme ❖

- 1) Name of the Department: - Sport
- 2) Type of programme: - Co-Curricular
- 3) Title of Programme: - Workshop on Stress Managment
- 4) Name of Chief Guest: - Mr. Rahul Jadhav
- 5) Name of Chairperson: - Dr. M.G. Babare Principal, Y.C. Mahavidyalaya, Tuljapur
- 6) Name of the teacher conducting the programme: - Dr. V.R.Rathod
- 7) Name of Govt. /Non-Govt. Agency involved (if any): - No
- 8) Class of the students attending the programme: - B.A/B.Sc./B.Com-I, II, III
- 9) Date of event and Time: - 15/01/2021 12:00 pm.
- 10) Place of the Programme/Name of the Place:-Online Mode on Google Meet Platform

  
HEAD  
Dept. of Physical Education  
Yeshwantrao Chavan College  
TULJAPUR

  
Co-Ordinator  
IQAC  
Yeshwantrao Chavan Mahavidyalaya,  
Tuljapur, Dist. Osmanabad.

  
For Principal  
Yeshwantrao Chavan Mahavidyalaya,  
Tuljapur, Dist. Osmanabad.



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**YESHWANTRAO CHAVAN MAHAVIDYALAYA**  
Tuljapur, Dist. Osmanabad-413601, Maharashtra, INDIA  
[yccollege@gmail.com](mailto:yccollege@gmail.com)




Date: 13/01/2021

❖ Notice ❖

All the Student B. A, B.SC, and B.com are informed that **Workshop on Stress Management** will be conducted by the Sport department on 15/01/2021 online mode all students join Google Meet link at 12:00 pm. Sharp.

♦**Venue:-**Notice shared on student's whatapp group  
Online mode through Google meet platform

  
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Date: 15/01/2021

**Report and Attendance of Programme Conducted ❖**

- 1) **Name of Activity:-** Workshop On Stress Management
- 2) **Date of activity and Time:-** 15/01/2021 12:00 pm.
- 3) **Name of Chief Guest:-** Mr. Rahul Jadhav
- 4) **Name of Chairperson:-** Dr. M. G. Babare Principal, Y.C. Mahavidyalaya, Tuljapur
- 5) **Name and Signature of Concerned Programme Head:-** Dr. V.R.Rathod
- 6) **Total attendance:-** 27

**Report:** - Department of Sport, Y. C. Mahavidyalaya Tuljapur organized Workshop On Stress Management Techniques Online mode through Google meet platform The Chairperson of this programme was Principal Dr. M. G. Babare and Resource Person was Mr. Rahul Jadhav the introductory remarks were given by Dr. V.R. Rathod where he welcomed our Principal Dr. M. G. Babare Vice Principal Dr. N. B. Jadhav and resource person Mr. Rahul Jadhav and explained about the benefits and need of Yoga And Meditation for students.

Resource Person Mr. Rahul Jadhav delivered a lecture on topic entitled Stress Management in detail with taking variety of examples. Exercises The responses to his Stress Management as well as feedback from student were very positive. The lecture was very knowledgeable and beneficial to undergraduate students.

  
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**Principal**  
Yeshwantrao Chavan Mahavidyalaya,  
Tuljapur, Dist. Osmanabad.



Date: 15-1-21

Name of Activity: .....

Workshop on Stress management

### Attendance

Sr. No.	Name of Participant	Class	Signature
1	Rakode Ajay G	Bsc II	
2	Wanole Prahlad B	Bsc III	
3	Pawar Balaji	2	
4	Hawale Mahdev	Bsc II	
5	Gaykwad Kartik	Bsc III	
6	Kshirsagar Ganesha	B.A II	
7	Takmode Vikram	Bsc II	
8	Raut Ramesh	B.A III	
9	Vikhute Balaji S	Bsc III	
10	Raut Ramesh V	B.A II	
11	Mali Akash	Bsc III	
12	Metre Ajay D.	Bsc III	
13	Mane Anjaneshwar	Bsc III	
14	Gund Abhishek S.	Bsc III	
15	Chaudhari Sanket	B.A I	
16	Nared Sachin S.	B.com III	
17	Kumbhar Pooja	Bsc II	
18	Dharne Ashvini B	Bsc III	
19	Mane Pinyka	Bsc II	
20	Tadhav Rutuja	Bsc II	
21	Dongre Citasli	Bsc III	
22	Survase Ashvini	2	
23	Nargire Panchratna	Bsc I	
24	Shik Samir Ganji	Bsc II	
25	Pawar Ajit Ragesh	BA II	

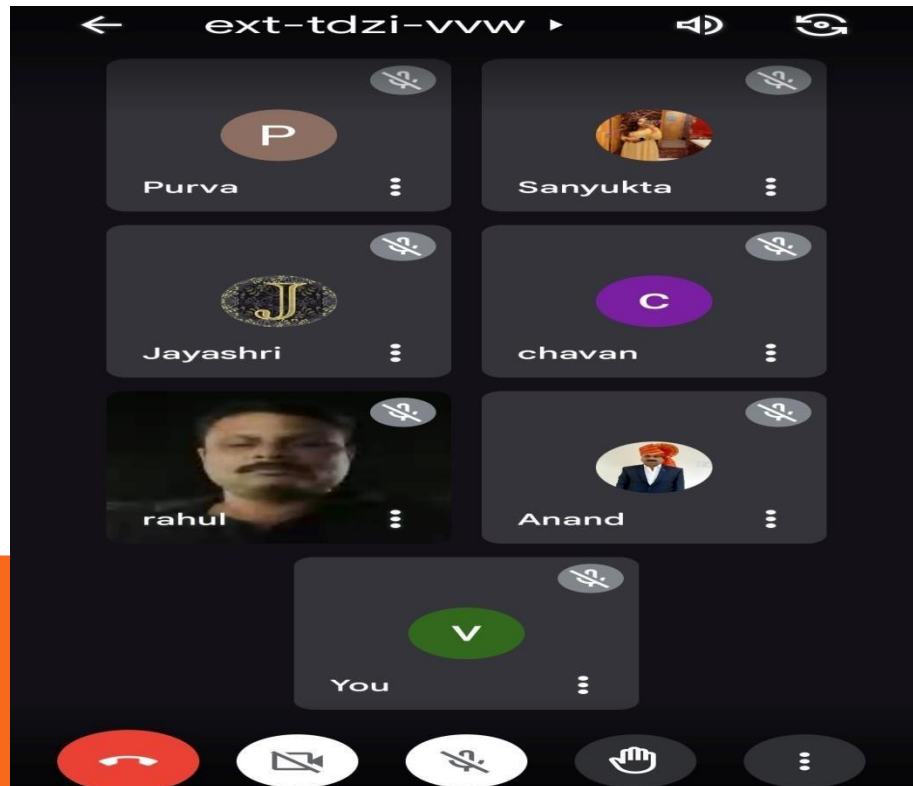
Conducted  
in online  
mode



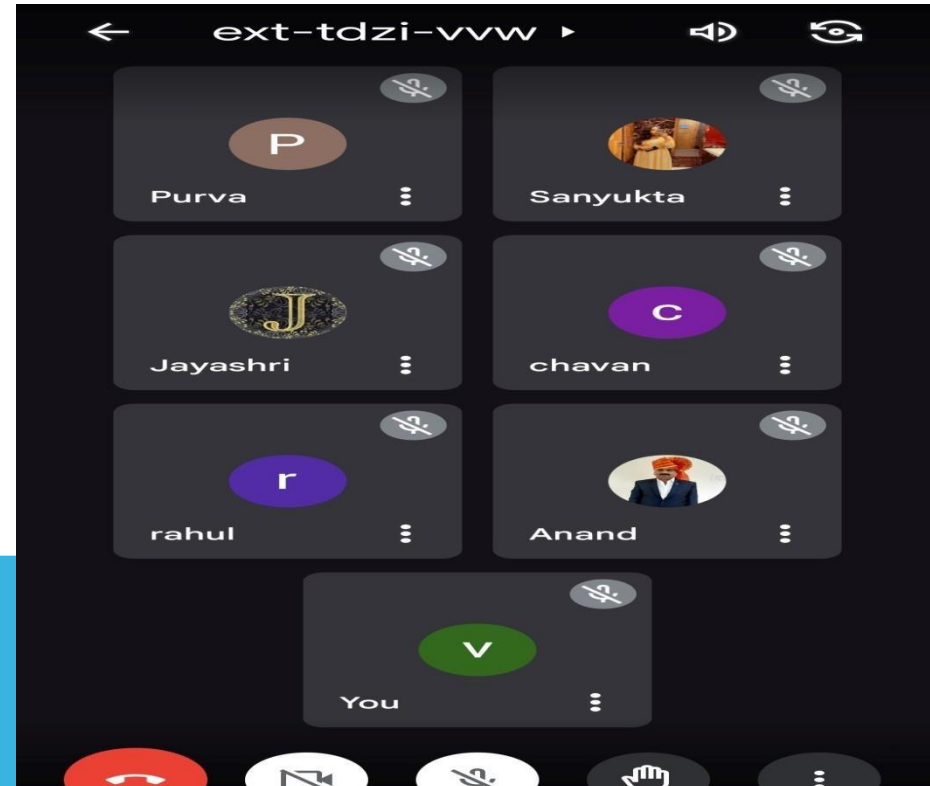
**YESHWANTRAO CHAVAN MAHAVIDYALAYA  
TULJAPUR  
DEPARTMENT OF SPORTS**

**Name of Activity:- Workshop on stress Management**

**Date:- 15-01-2021 Google meet link –<https://meet.google.com/ext-tdzi-vvw>**



**Lectured Delivered by Mr. Rathul Jadhav**



**Students joind this Lecture**



# Workshop on Stress Management



Organized by  
**Department of Sport**

**Yeshwantrao Chavan Mahavidyalaya,**  
**Tuljapur, Dist.-Osmanabad-413601**

**Date: - 15/01/2021(online)**

**Time: 12:00 pm**



**Dr. V. R. Rathod**

**Dr. M. G. Babare**

**Head, Department of Sport**

**Principal**

## **INAUGURATION AND VALEDICTORY FUNCTION**

**Chief Guest:-Mr. Rahul Jadhav**

**Chairperson: Principal Dr. M. G. Babare Y. C. Mahavidyalaya, Tuljapur**

## **ORGANIZING COMMITTEE**

**Note:** All the Participants will be issued Certificate of participation. There will be no registration fee for this Workshop. Workshop is open to all.

**All correspondence may contact to**

Head, Department of Sport: - Dr. V. R. Rathod

Mobile No. 7218323619

E-mail: [vilasrathod1964@gmail.com](mailto:vilasrathod1964@gmail.com)



## Workshop Schedule

Department of Sport

**Yeshwantrao Chavan Mahavidyalaya,**

**Tuljapur, Dist.-Osmanabad-413601**

**Date: - 15/01/2021**



Sr. No.	Time	
01	12:00 to 12:15	Inaugural
02	12:15 to 12:30	Introduction
03	12:30 to 1:30	Speech
04	1:30 to 1:45	Vote of thanks



Balaghat Shikshan Sanstha, Naldurg's

# Yeshwantrao Chavan Mahavidyalaya

Tuljapur, Dist. Osmanabad-413601

NAAC Re- accredited "B" Grade



## E-CERTIFICATE

*This is to certify that Mr., Ms., Mrs., \_\_\_\_\_ of  
\_\_\_\_\_ has successfully participated in  
**Workshop on Stress Management** organized by Department of Sport,  
Yeshwantrao Chavan Mahavidyalaya Tuljapur on 15<sup>th</sup> Jan 2021.*

Head

Principal