



P.R. High School Society's
ARTS, COMMERCE & SCIENCE COLLEGE DHARANGAON
NAAC Accredited '13' Grade
(Senior College)
Dharangaon (425 105) Dist. Jalgaon

NOTICE

Date: 27 /02/2023

All the students are advice to attend a “Workshop on Stress Management” arrange by IQAC & Career and Placement Cell P.R. High School Society’s Arts Commerce and Science College, Dharangaon on 2 March2023 at 11.00 am at Sant Dyaneshwar Hall.

All the Students should attend this.

Principal



P.R. High School Society's
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Invitation Letter

Date: 27/02/2023

To,
Dr. C .P. Labhane
Professor,
M.J.College ,
Jalgaon 425001.

Subject : Invitation as Resource Person in“Workshop on Stress Management”
Respected Sir,

It is our immense pleasure to know you that our college is to organize
“**Workshop on Stress Management**”. The Workshop is schedule on **02/03/2023** at
10.00 am.

We look forward to your positive response.

Thanking You,

Principal



P.R. High School Society's
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“Workshop on Stress Management”

Report

Date: 02/003/2023.

Today IQAC & Career and Placement Cell, P.R.High School Society’s Arts Commerce and Science College, Dharangaon organized **“Workshop on Stress Management”**. In this Workshop Dr. C .P. Labhane Professor M.J.College, Jalgaon, present as Resource Person.

He gives information about how stress increasing in student lives & how to manage their stress & he also give some example of stress & their management

He also demonstrate some psychological test in the workshop some students ask their doubts regarding psychological effect on student life.

Details of the Event

Name of the Event: **“Workshop on Stress Management”**
Date : 02/03/2023
Organizer : IQAC Career and Placement Cell
Total participants : 183
Coordinator : Dr. H.A. Bhalerao
: Dr. G.G Mahajan

Coordinator

Principal



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Appreciation Letter

Date: 02/03/2023

To,
Dr. C .P. Labhane
Professor,
M. J. College ,
Jalgaon

Respected sir,

Arts Commerce and Science College Dharangaon Attended as Resource person on **“Workshop on Stress Management”** on 02/03/2023 and gave valuable information to our Students. We thank you for providing detailed guidance to the Students. We are sure that your guidance will definitely benefit to the Students in future.

Thanking you

Principal



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धरणगाव महाविद्यालयात कार्यशाळेत मार्गदर्शन

धरणगाव, ता. १० :
येथील कला, वाणिज्य व विज्ञान
महाविद्यालयातील 'आयक्यूएसी'
विभागामार्फत 'तणाव व्यवस्थापन'
या विषयावर एक दिवसीय कार्यशाळा
नुकतीच पार पडली. या कार्यशाळेसाठी
मु. जे. महाविद्यालयातील मानसशास्त्र
विभागाचे प्रमुख प्रा. डॉ. सी. पी. लभाने
उपस्थित होते. प्राचार्य प्रा. डॉ. के.
एम. पाटील अध्यक्षस्थानी होते. प्रा.
डॉ. लभाने यांनी विद्यार्थ्यांना कोणत्या
गोष्टींमुळे ताण येऊ शकतो व त्याचे
व्यवस्थापन कशा योग्य पद्धतीने करावे
याचे विविध उदाहरणे देत मार्गदर्शन
केले. प्रा. समाधान पाटील व प्रा. राऊत
यांनी विद्यार्थ्यांकडून प्रश्नावली भरून
घेत त्यांनी उपस्थित केलेल्या शंकांचे
निरसन करण्यात आले. उपप्राचार्य प्रा.
डॉ. ए. डी. वळवी व प्रा. डॉ. बोर्से
हे उपस्थित होते. 'आयक्यूएसी'चे
समन्वयक प्रा. एस. एस. पालखे यांनी
प्रास्ताविक केले. प्रा. डॉ. गौरव सूर्यवंशी
यांनी सूत्रसंचालन तर प्रा. डॉ. एच. ए.
भालेराव यांनी आभार मानले.

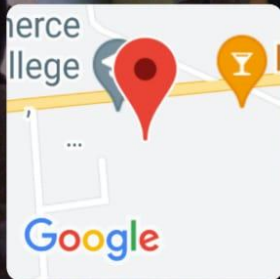


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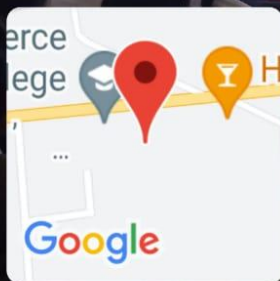
Dharangaon, Maharashtra, India

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Long 75.293044°

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Dharangaon, Maharashtra, India

274V+36X, Vidyut Vihar, Koradi, Dharangaon, Maharashtra 425105, India

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Dharangaon (425 105) Dist. Jalgaon

P.R.High School Society's
Arts Commerce and Science College Dharangaon

Deaprtment IOAC

Name of Event: Workshop on stress management & ~~...~~

Date: 21/3/2023

Sr. no.	Name	Roll no.	Class	Sign
1	Madhuri Prakash Morathe	30	S.Y.BA	<i>[Signature]</i>
2	Pragya Ranindra Torjade	65	S.Y.BSc	<i>[Signature]</i>
3	Divya Ramesh Mali	23	S.Y.B.A	<i>[Signature]</i>
4	Dipali Dnyaneshwar Pawar	49	S.Y.BSC	<i>[Signature]</i>
5	Shraddha vijay patil	102	S.Y.BSc	<i>[Signature]</i>
6	Nikita Anil shinde	09	T.Y.BSC	<i>[Signature]</i>
7	Kajal Devidas Badgijar	08	T.Y.BSC	<i>[Signature]</i>
8	mayuri Ravindra mali	62	S.Y.BSC	<i>[Signature]</i>
9	Subina Pralhad Mahajana	21	S.Y.B.A	<i>[Signature]</i>
10	Pooja. Ramesh Sonawane	38	S.Y.BA.	<i>[Signature]</i>
11	Mamta Vilas Saundane	42	S.Y.B.Com	<i>[Signature]</i>
12	Nikita Vijay Patil	43	S.Y.B.Com	<i>[Signature]</i>
13	Ashwini santosh chaudhari	50	S.Y.B.Sc	<i>[Signature]</i>
14	Tagorati Ramkrishna mali	11	T.Y.Bsc	<i>[Signature]</i>
15	Rohini Narayan Gurav	40	T.Y.Bsc	<i>[Signature]</i>
16	Nikita Ratilal Patil	04	F.Y.B.com	<i>[Signature]</i>
17	Nikita Pandurang Patil	03	F.Y.B.Com	<i>[Signature]</i>
18	Urmila Anil Patil	05	F.Y.B.com	<i>[Signature]</i>
19	Vaishali Devidas mali	14	F.Y.B.com	<i>[Signature]</i>
20	Ashwini Anil Chaudhari	08	F.Y.B.com	<i>[Signature]</i>
21	Dimpal Aatmayam Chaudhari	07	F.Y.B.com	<i>[Signature]</i>
22	Pita Manohar Sonawane	47	F.Y.B.com	<i>[Signature]</i>
23	Bhumika Pradip Patil	45	F.Y.B.com	<i>[Signature]</i>



[Signature]
PRINCIPAL
Arts, Commerce & Science College
Dharangaon, Dist. Jalgaon

P.R.High School Society's
Arts Commerce and Science College Dharangaon
Deaprtment IQAC

Name of Event: Stress management and counselling

Date: 02/03/2023

Sr. no.	Name	Roll no.	Class	Sign
24]	Patil Rajnandini Anil	12	F.Y. Bsc	
25]	Pooja Hazi Mahajan	15	F.y. B.com	
26	Rajashri Bapurao Chaudhari	39	T.Y. B.com	
27	Pronali Dattatray Sutare	11	T.Y. B.com	
28	Latika Gokul Patharwat	32	T.Y. B.com	
29	Dhanashree Dinesh Chautte	05	T.Y. B.com	
30	Hetal Mahesh Katyare	07	F.Y. B.com	
31	Tinal Shailesh Ostwal	06	T.Y. B.COM	
32	Pooja Rajendra Mahajan	04	T.Y. B.COM	
33	Kirti Dilip Mahajan	17	F.Y. B.com	
34	Shruti Nitin Katyare	40	F.Y. B.com	
35	Patil Umila Anil	91	S.Y. Bsc	
36	Patil Sangita Kalyan	90	S.Y. Bsc	
37	Patil Rina Arun	75	S.Y. Bsc	
38	Patil Sima Suresh	92	S.Y. Bsc	
39	Chaudhari Sakshi Rajendra	11	F.Y. B.com	
40	Patil Bhagyashree Ashok	16	F.Y. B.com	
41	Bhoi Kavita Bhikan	24	F.Y. B.com	



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Arts, Commerce & Science College
Dharangaon, Dist. Jalgaon

Arts, Commerce and Science College, Dharangaon 2022--23

Organizing Department :- IQAC

Name of Event :- Stress Management and Counseling

Date :- 02/03/2023

Day :- Wednesday

Attendance Sheet

Sr.No.	Name of Student	Roll.No.	Class	Signature
1	Jayashri Suresh Sonawane	13	T.Y.Bcom	J.Sonawane
2	Bhavana Sanjay Patil	15	T.Y.Bcom	Patil
3	Shubhangi Balu Mahajan	46	S.Y.Bcom	S.B.Mahajan
4	Nandini Lalchand Jayraj	47	S.Y.Bcom	N.J.Jayraj
5	Vaishali Vijay Mahajan	17	S.O.Y.Bcom	V.V.Mahajan
6	Puja Suresh Borse	44	T.Y.BSC	Borse
7	Sakshi Hiralal Mali	42	T.Y.BSC	Mali
8	Lakita Chandrakant Dabhaule	51	T.Y.BSC	Dabhaule
9	Punam Sanjay Lohar	66	T.Y.BSC	Lohar
10	Gayatri Rajesh Chaudhari	42	T.Y.BSC	Chaudhari
11	Bhagyashri Gulab Patil	60	T.Y.BSC	Patil
12	Minakshi Kitan Mahajan	59	T.Y.BSC	Mahajan
13	Manisha Ramesh Patil	36	T.Y.BSC	Patil
14	Bhagyashri Tejmal Patil	35	T.Y.BSC	Patil
15	Baviskar Priyanka Dnyaneshwar	27	T.Y.BSC	Baviskar
16	Neha Ramdas Patil	38	T.Y.BSC	Patil
17	Patil Jayshri Balu	20	S.Y.BSC	Patil
18	Shinde Ashwini Ravindra	22	S.Y.BSC	Shinde
19	Vaishali Ramesh Nhari	10	T.Y.Bcom	Nhari
20	Divya Manohar Patil	26	T.Y.Bcom	Patil
21	Komal Subhash Kotkar	27	T.Y.Bcom	Kotkar
22	Sapna D.P. Marathe	28	T.Y.Bcom	Marathe
23	Gautree Rajendra Patil	23	T.Y.Bcom	Patil
24	Puja Karushna Solanki	08	T.Y.Bcom	Solanki
25	Bhagyashri Deepak Bhavsar	02	T.Y.Bcom	Bhavsar
26	Bisen Anjali Rupesh	12	T.Y.Bcom	Bisen
27	Suvarna Narendra Jankwar	01	T.Y.Bcom	Jankwar
28	Shravani Jitendra Sonavani	09	T.Y.Bcom	Sonavani
29	Tejsawini Jitendra Gurav	13	F.Y.Bcom	Gurav
30	Kajal Mahesh Sutape	21	F.Y.Bcom	Kajal

Sr.No.	Name of Student	Roll No.	Class	Signature
31	Prerana Rajendra Patil	12	F.Y. B. Com	RPatil
32	Mansi Nandkishor satale	19	F.Y.B.com	Satale
33	Leena Manohar Chaudhari	20	F.Y.B.com	LN
34	Shraddha Rajendra Chaudhari	06	S.Y.B.Sc.	S.R.Chaudhari
35	Harshada Mahendra Pawar	07	S.Y.B.Sc	HPawar
36	Marathe Aarti Suresh	47	S.Y.B.Sc	APMarathe
37	Pooja Chandrakant gauhane	48	S.Y.B.Sc	PGauhane
38	Pooja Sanjay Gogatekumar	45	S.Y.B.Sc	PGogate
39	Veishvi Prakash Patil	46	S.Y.B.Sc	VPatil
40	Tejal Naval Patil	42	S.Y.B.Sc	TPatil
41	Rohini Vijay Patil	41	S.Y.B.Sc	RPatil
42	Nikita Shantilal Patil	43	S.Y.B.Sc	NPatil
43	Nikita Subodh Patil	44	S.Y.B.Sc	NPatil
44	Neha bapu Patil	34	T.Y.B.Sc	NBPatil
45	Shubhangi Bhagwan Patil	46	T.Y. BSC	S
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PRINCIPAL

Arts, Commerce & Science College
Dharangaon, Dist. Jalgaon

P.R.High School Society's
Arts Commerce and Science College Dharangaon
Department IQAC

Name of Event: Stress management and counselling

Date: 02/03/2023

Sr. no.	Name	Roll no.	Class	Sign
1.	Darshan Prashant Wani	36	F.Y. B.com	
2.	Vijay Suresh Kumbhar	52	S.Y. B.com	
3.	Lalit Pradip Patil	31	T.Y. B.com	
4.	Anire Nikhil Nana	13	S.Y. B.com	
5.	Vishal Ganesh Bidkar	37	T.Y. B.com	
6.	Vinodra Hemanta Patil	22	T.Y. com	
7.	MANISH VISHWAS CHAVAN	28	F.Y. B.com	
8.	Sarkale Rohit Naval	41	T.Y. B.com	
9.	Bhavesha Ravindra Mahajan	20	T.Y. B.com	
10.	Ganesh Sanjay Chaudhari	02	S.Y. BSC	
11.	Harshal Sopan Patil	10	S.Y. B.com	
12.	Prathamesh Rajendra Bhavani	24	S.Y. B.com	
13.	Dinesh Dnyaneshwar Rokde	08	S.Y. B.com	
14.	Harish Arun Mahajan	15	S.Y. B.com	
15.	Sneh Vishwas Bhatiya	18	S.Y. BSC	
16.	Nitin Nandhu Patil	21	S.Y. B.com	
17.	Ravindra Vidy Chudhan	19	T.Y. B.com	
18.	Darshan Balwant Patil		T.Y. B.com	
19.	Shubham Shantaram Patil	30	T.Y. B.com	
20.	Gaavrai Anurag Dhangar	16	T.Y. B.com	
21.	Munoj Sunjay Thembre	38	T.Y. B.com	
22.	Haridas Dinkar Gadhane	33	T.Y. B.com	
23.	Shiraji Ramdal Dhangar	117	T.Y. B.com	

Arts, Commerce and Science College, Dharangaon 2022--23

Organizing Department :- IQAC

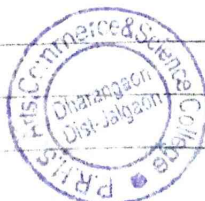
Name of Event :- Stress Management and Counseling

Date :- 02/03/2023

Day :- Wednesday

Attendance Sheet

Sr.No.	Name of Student	Roll.No.	Class	Signature
1	Bhutiya Roshani Sanjay	05	S.Y. B.Com	
2	Gayatri Kishor Sonawane	11	S.Y. B.Com	Gayatri
3	Chaudhari Roshani Ghanshyam	37	S.Y. B.com	
4	Patil Dhanashri Rajendra	18	S.Y. B.com	
5	Bhumika Kailas Sonawane	22	F.Y. B.com	
6	Gayatri Dilip Patil	31	F.Y. B.com	
7	Jagruati Bhaskar patil	30	F.Y. B.com	
8	Saindome Sujata Amret	49	S.Y. B.com	
9	Pawas Nikita Gorakh	50	S.Y. B.com	
10	Patil Ashvini Gulab Pat	54	S.Y. B.com	
11	Mahajan Anuradha Balu	45	S.Y. B.com	
12	Khairnar Bhagyashri Sharad	28	S.Y. BSC	
13	Vaibhavi Kailas Patil	49	F.Y. B.com	
14	Roshani Premraj Pawar Pawar	48	F.Y. B.com	
15	Pankaj Jankiram Rokde			
16	Parag Vijay Dusane	34	S.Y. B.com	
17	Pankaj Jankiram Rokde	27	S.Y. B.com	
18	Darshan R Bhavsar	25	S.Y. B.com	
19	Bhumika Ramkrishna Patil	03	F.Y. BSC	
20	Neha Dinesh Rajput	18	T.Y. BSC	
21	Anjali Ravindra Mali	32	F.Y. B.com	
22	Urvi Gajanan Pendhaze	18	F.Y. B.com	
23	Nikita Yogesh Shirsath	39	T.Y. BSC	
24	Chaitali Chandrakant Patil	17	T.Y. BSC	
25	Chetan Vitthal Patil	43	F.Y. B.com	C.V.P
26	Tushar Ravindra Mahajan	56	F.Y. B.com	T.R.M
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