



**|| MANSPANDAN ||**

EST:05-08-2015  
Reg. No.: MAH / 34313 / Kolhapur

**Manspandan Foundation**  
1329, 'B' Ward, Mangalwar Peth, Tai-Bai Galli,  
Near Khari Corner, Kolhapur - 416 012  
Maharashtra, India.  
E mail : manspandankolhapur@gmail.com  
Phone No.: 0231 - 2625777

President  
**Prof. Nandakumar R. Ranbhare**  
M.A., B.Ed., M.Phil  
+91 9604920777

Vice President  
**Mrs. Surekha A. Jadhav**  
B.S.C., M.S.W. B.Ed.  
+91 9764384600

Outword No.

Date :

**Memorandum of Understanding**  
**Manspandan Foundation and**  
**Vivekanand College, Kolhapur**

This MoU is an agreement made between the following parties :

**Party A**

Organization Name	Manspandan Foundation
Address	Manspandan Foundation, Tai-Bai Galli, Near Khari Corner, Mangalwarpath, Kolhapur.
Telephone	+91231-2625777

**Party B**

Organization Name	Vivekanand College, Kolhapur
Address	C.S.No.2130, 'E' Ward, Tarabai Park, Kolhapur-416 003.
Telephone	(0231) 2658612.

**1. SUBJECT**

- 1.1 We are making this deal for mental development of the students.
- 1.2 This agreement will be from 31 August 2017 Onwards.
- 1.3 This agreement has been created to help students to face the behavioral emotional / psychological problems.

**2. COMMITMENTS**

Party A commits to:

To provide counseling services for personal, psychological, Social & Family related issues.

- 2.1 To provide counseling services to Party B
- 2.2 Counseling will be done twice a week i.e. Monday and Friday.

Party B commits to :

- 2.3 Provide necessary access to students.
- 2.4 Provide required space for the activity.
- 2.5 Provide any stationary if needed.

**3. POLICIES**

- 3.1 Counseling will be for teachers students and parents.
- 3.2 For counseling it is mandatory to have written permission from the Principal.

**4. TERMS AND CONDITIONS**

- 4.1 If a rule seems wrong, it can be changed with the consent of both parties.
- 4.2 Both parties agree to the amendment before the period has ending.

  
**President**

**MANSPANDAN FOUNDATION**  
1329, 'B' Mangalwar Peth  
Kolhapur-416 012



Secretary  
**Virsen S. Salokhe**  
B.Com., M.S.W.

Treasurer  
**Amar N. Jadhav**  
BA, MA, B.Lib

Members  
**Dr. Kalindi N. Ranbhare**  
BSC, MSW, M.Phil, Ph.D.

**Sampada S. Thorat**  
B.A., MBA.

**Amruta D. Joshi**  
BA, MJC, MSW





Shri Swami Vivekanand Shikshan Sanstha's  
**VIVEKANAND COLLEGE (AUTONOMOUS), KOLHAPUR**

2130, 'E'Tarabai Park, Kolhapur, Dist. Kolhapur-416 003  
Affiliated to Shivaji University, Kolhapur (M.S.)

NAAC Reaccredited : "A" (CGPA 3.24) on 19-01-16 (3rd Cycle)  
College with Potential for Excellence (Twice)  
"Star College" by D:B.T. Govt. of India



Ph : 0231-2658612, 2658840, Fax : 0231-2658840 Resi : 0231-2653962 Website : www.vivekanandcollege.org E-mail : info@vivekanandcollege.org

Founder  
Dr. Babuji Salunkhe  
D. Lit

President  
Hon. Chandrakant Dada Patil  
Minister of Revenue, Relief & Rehabilitation  
Public works, Govt. of Maharashtra

Chairman  
Prin. Abhaykumar Salunkhe  
M.A.

Secretary  
Prin. Mrs. Shubhangi Gavade  
M.Sc., B.Ed.

Principal  
Dr. S. Y. Hongekar  
M.A., M.Ed., PGDTE.,  
M. Phil., Ph.D.

Ref. No. VCK / *Byhand*

Date : *22/8/2017*

To  
Mr. Nandakumar Ranbhare  
President  
Manspandan Foundation  
Kolhapur ,

Dear Alumni ,

Thank you very much for your invaluable counselling support to the students of Vivekanand College ,Kolhapur ( Autonomous) . Your dedication to giving back to our alma mater by providing counselling support to our students .

Your generosity and compassion exemplify the spirit of our alma mater, and we are proud to have you as a member of our esteemed alumni network. Thank you once again for your invaluable contribution to the success and well-being of our students.

Thanking you,

Yours faithfully,

(Dr. S. Y. Hongekar)  
**PRINCIPAL**

**VIVEKANAND COLLEGE  
KOLHAPUR (AUTONOMOUS)**

विवेकानंद कॉलेज, कोल्हापूर (स्वायत्त)

सूचना

जा.क्र. NB/1344/२०२२-२३

दि. २३.०२.२०२३

महाविद्यालयातील सर्व शिक्षकेत्तर कर्मचाऱ्यांना सूचित करणेत येते की, अंतर्गत गुणवत्ता हमी कक्षाच्या वतीने उद्या शनिवार दिनांक २५.०२.२०२३ रोजी सकाळी १०.३० ते दुपारी २.०० या वेळेत **STRESS AND ANGER MANAGEMENT** (पॉवर ऑफ युव्हर सबकॉन्शस माईंड) / या विषयावर मा. विठ्ठल कोतेकर, समुपदेशक, कोल्हापूर यांची एकदिवसीय कार्यशाळा ग्रंथालय हॉल मध्ये आयोजित करण्यात आलेली आहे. तरी या कार्यशाळेसाठी सर्वांनी सकाळी १०.३० वाजता उपस्थित राहणे आवश्यक आहे.

*Pell*  
डॉ. आर. आर. कुंभार  
प्राचार्य  
विवेकानंद कॉलेज  
कोल्हापूर





Shri Swami Vivekanand Shikshan Sanstha's  
**VIVEKANAND COLLEGE, KOLHAPUR (AUTONOMOUS)**

2130, 'E' Tarabai Park, Kolhapur, Tal. Karveer, Dist. Kolhapur-416003  
Affiliated to Shivaji University, Kolhapur (M.S.)

NAAC Reaccredited : "A" (CGPA 3.24)  
College with Potential for Excellence by U.G.C., New Delhi  
"Star College" by D.B.T. Govt. of India  
ISO 9001 : 2015



Ph. : 0231-2658612, 2658840 | Fax : 0231-2658840 | Resi. : 0231-2653962 | Website : www.vivekanandcollege.org | E-mail : info@vivekanandcollege.org

Founder  
**Dr. Bapuji Salunkhe**  
D. Lit.

President  
**Hon. Chandrakant Dada Patil**  
MLA

Chairman  
**Prin. Abhaykumar Salunkhe**  
M.A.

Secretary  
**Prin. Mrs. Shubhangi Gavade**  
M.Sc., B.Ed.

Principal  
**Dr. R. R. Kumbhar**  
M.Sc. M.Phil. Ph.D.

Ref. No. VCK/ 2609/2022-23

Date : 23/2/2023

To,  
Mr. Vitthal Kotekar  
Psychologist,  
Kolhapur .


Subject : Invitation letter.

Sir,

On behalf of IQAC of Vivekanand College, Kolhapur (Autonomous), we cordially invite you as a resource person for one day workshop on ' Stress and Anger Management for Non-Teaching Staff ' on Saturday, 25<sup>th</sup> Feb. 2023 at 10.30 am. To 2.00 p.m. in the Library Hall. Please accept our invitation and do the needful.

Thank you.

Yours faithfully,

  
Dr. R. R. Kumbhar  
**PRINCIPAL**  
Vivekanand College  
Kolhapur



**Shri Swami Vivekanand Shikshan Sanstha's**  
**VIVEKANAND COLLEGE, KOLHAPUR (AUTONOMOUS)**

2130, 'E' Tarabai Park, Kolhapur, Tal. Karveer, Dist. Kolhapur-416003  
Affiliated to Shivaji University, Kolhapur (M.S.)

NAAC Reaccredited : "A" (CGPA 3.24)  
College with Potential for Excellence by U.G.C., New Delhi  
"Star College" by D.B.T. Govt. of India  
ISO 9001 : 2015



Ph. : 0231-2658612, 2658840 Fax : 0231-2658840 Resi. : 0231-2653962 Website : www.vivekanandcollege.org E-mail : info@vivekanandcollege.org

Founder  
**Dr. Babuji Salunkhe**  
D. Lit.

President  
**Hon. Chandrakant Dada Patil**  
MLA

Chairman  
**Prin. Abhaykumar Salunkhe**  
M.A.

Secretary  
**Prin. Mrs. Shubhangi Gavade**  
M.Sc., B.Ed.

Principal  
**Dr. R. R. Kumbhar**  
M.Sc. M.Phil. Ph.D.

Ref. No. VCK/

Date : 25/02/2023

To,  
Mr. Vitthal Kotekar  
Psychologist,  
Kolhapur .


Sir,

We are thankful to you for your gracious presence as a resource person for guest lecture for one day workshop on ' Stress and Anger Management for Non-Teaching Staff of our college on Saturday, 25<sup>th</sup> Feb. 2023. Your guidance was enlightening for our Non-Teaching Staff.

With regards,

Thank you.

Yours faithfully,

  
**Dr. R. R. Kumbhar**  
**PRINCIPAL**  
Vivekanand College  
Kolhapur



“ज्ञान, विज्ञान आणि सुसंस्कार यांसाठी शिक्षणप्रसार”  
- शिक्षणमहर्षी डॉ. बापूजी साळुंखे

श्री स्वामी विवेकानंद शिक्षण संस्थेचे  
विवेकानंद कॉलेज, कोल्हापूर (स्वायत्त)



अंतर्गत गुणवत्ता विकास कक्ष विभाग आयोजित  
प्रशासकीय कर्मचाऱ्यांसाठी  
एकदिवसीय कार्यशाळा

कार्यक्रमपत्रिका

प्रास्ताविक व स्वागत

: प्रा. डॉ. श्रुती जोशी  
IQAC समन्वयक, विवेकानंद कॉलेज, कोल्हापूर

प्रमुख पाहुणे

: श्री. विठ्ठल कोतेकर  
समुपदेशक, कोल्हापूर

अध्यक्षीय मनोगत

: श्री. सी. बी. दोडमणी  
रजिस्ट्रार, विवेकानंद कॉलेज, कोल्हापूर

आभार

: श्री हितेंद्र साळुंखे  
प्रशासकीय प्रतिनिधी, विवेकानंद कॉलेज, कोल्हापूर

सूत्रसंचालन

: डॉ. कविता तिवडे

स्थळ : ग्रंथालय हॉल  
दिनांक : शनिवार दि.०८.१०.२०२२  
वेळ : सकाळी ९.०० वाजता





**“ Education for Knowledge, Science and Culture.”**  
- Shikshanmaharshi Dr. Bapuji Salunkhe  
**Shri Swami Vivekanand Shikshan Sanstha's**  
**VIVEKANAND COLLEGE, KOLHAPUR (Autonomous)**



**Internal Quality Assurance Cell**  
**One Day Workshop on**  
**Stress and Anger Management**  
**For Non-Teaching Staff**

**PROGRAMME SCHEDULE**

**Session – I : Inauguration**

- Welcome Speech** : **Dr. Shruti Joshi**  
IQAC Co-ordinator
- Introduction** : **Mr. C. B. Dodmani**  
Registrar, Vivekanand College, Kolhapur
- Chair Person** : **Dr. R. R. Kumbhar**  
Principal, Vivekanand College, Kolhapur
- Chief Guest** : **Mr. Vitthal Kotekar**  
Psychologist
- Vote of Thanks** : **Mr. H. S. Salunkhe**  
Asst.Libn. Vivekanand College, Kolhapur

**Session – II**

- Resource Person** : **Mr. Vitthal Kotekar**  
Psychologist  
**Sub. – Stress and Anger Management**

**Session – III**

- Resource Person** : **Mr. Vitthal Kotekar**  
Psychologist  
**Sub. – Mind Power**

**Valedictory Function**

**Date : 25.02.2023 Time : 10.30 a.m to 5.00 p.m. Venue : Room No.14**

**Vivekanand College, Kolhapur (Autonomous)**

**Attendance List**

**One Day Workshop on Stress and Anger Management - 25.02.2023**

Sr.No.	Name	Session I	Session II	Session III
1	Shri. C.B.Dodmani	<i>Pod</i>	<i>Pod</i>	<i>Pod</i> 25/2/2023
2	Shri. R. B. Jog			
3	Shri. S. K. Dhanwade	<i>Shri</i>	<i>Shri</i>	<i>Shri</i>
4	Shri. B. R. Karape	<i>Shri</i>	<i>Shri</i>	<i>Shri</i>
5	Shri. H.S.Salunkhe	<i>Shri</i>	<i>Shri</i>	<i>Shri</i>
6	Shri. K. K. Salunkhe	<i>Shri</i>	<i>Shri</i>	<i>Shri</i>
7	Shri. S.V. Patil			
8	Mrs S. P. Patil	<i>Patil</i>	<i>Patil</i>	<i>Patil</i>
9	Shri. R. R. Salunkhe	<i>Shri</i>	<i>Shri</i>	<i>Shri</i>
10	Shri. A.D. Mahasvade	<i>Shri</i>	<i>Shri</i>	<i>Shri</i>
11	Shri. A. N. Jadhav	<i>Jadhav</i>	<i>Jadhav</i>	<i>Jadhav</i>
12	Ms. A. S. Shitole			
13	Shri. H.P.Suryawanshi	<i>Shri</i>	<i>Shri</i>	<i>Shri</i>
14	Shri. B. B. Vadrade			
15	Shri. V. A. Patil	<i>Patil</i>	<i>Patil</i>	<i>Patil</i>
16	Shri. J.S. Shinde	<i>Shri</i>	<i>Shri</i>	<i>Shri</i>
17	Shri. T D Nigave	<i>Shri</i>	<i>Shri</i>	<i>Shri</i>
18	Mrs. S.S.Desai	<i>Desai</i>	<i>Desai</i>	<i>Desai</i>
19	Shri. M. M. Nigade	<i>Shri</i>	<i>Shri</i>	<i>Shri</i>
20	Ms. P. P. Jadhav			
21	Shri. S. H. Durgule	<i>Shri</i>	<i>Shri</i>	<i>Shri</i>
22	Shri. N. S. Patil	<i>Patil</i>	<i>Patil</i>	<i>Patil</i>
23	Shri. Y. F. Shingare	<i>Shri</i>	<i>Shri</i>	<i>Shri</i>
24	Shri. G. B. Manded	<i>Shri</i>	<i>Shri</i>	<i>Shri</i>
25	Shri. A.N.Mohite	<i>Shri</i>	<i>Shri</i>	<i>Shri</i>
26	Shri. R.G.Rane	<i>Shri</i>	<i>Shri</i>	<i>Shri</i>
27	Shri. P. S. Mane			
28	Shri. S.V.Desai			
29	Shri. R. M. Bonge	<i>Shri</i>	<i>Shri</i>	<i>Shri</i>
30	Shri. R. G. Chougule	<i>Shri</i>	<i>Shri</i>	<i>Shri</i>
31	Shri. V. S. Khandare	<i>Shri</i>	<i>Shri</i>	<i>Shri</i>
32	Shri. S. K. Shivare			



Sr.No.	Name	Session I	Session II	Session III
33	Shri. B B Kagwade	<del>BBK</del>	<del>BBK</del>	<del>BBK</del>
34	Shri. S. G. Divale	SHD	SHD	SHD
35	Shri. S. P. Desai			
36	Shri. A. M. Bonge	AMB	AMB	AMB
37	Shri. P. B. Harer	PBH	PBH	PBH
38	Shri. S. P. Misal	S.P. Misal	S.P. Misal	S.P. Misal
39	Shri. R. T. More	Rm	Rm	Rm
40	Shri. S. S. Barawade	SBW	SBW	SBW
41	Shri. S. P. Mali			
42	Shri. S. V. Charapale	SVCh	SVCh	SVCh
43	Shri. S. V. Mane	<del>SM</del>	<del>SM</del>	<del>SM</del>
44	Shri. P. M. Patil	PM		
45	Shri. K. K. Tawade			
46	Shri. P.P.Patil	PP	PP	PP
47	Shri. N.V.Mane	NV	NV	NV
48	Shri. S. B Khot			
49	Shri. B. S. Khot	BS	BS	BS
50	Shri. R.D.Mane			
51	Shri. M.A. Walake	MAW	MAW	MAW
52	Shri. S.S.Patil			
53	Shri. S.S. Gaikwad	SSG	SSG	SSG
54	Shri. S B Maske			
55	Shri. D J Birnale	DB	DB	DB
56	Shri. S K Maskar	SK		
57	Shri. R B Dhavan	RB	RB	RB
58	Shri. R.A.Gavandi	RAG		
59	Shri. P.P.Karape	PK	PK	PK
60	Shri. R. A. Ekal			
61	Shri. E. G. Mangal			
62	Shri. S.H.Desai	SHD		
63	Shri. A. B. Khot	ABK	ABK	ABK
64	Shri. R.Y.Patil	RY	RY	RY
65	Shri. A. B. Jadhav			
66	Shri. S.N.Ingale			
67	Shri. B. A. Nare			
68	Shri. S.B.Topale	SBT	SBT	SBT

“ज्ञान, विज्ञान आणि सुसंस्कार यांसाठी शिक्षण प्रसार” - शिक्षणमहर्षी डॉ. बापूजी साळुंखे

**Shri Swami Vivekanand Shikshan Sansthas**  
**Vivekanand College, Kolhapur (Autonomous)**

**One Day Workshop for Non-Teaching Staff organized by IQAC**  
(IQAC आयोजित प्रशासकीय कर्मचाऱ्यांसाठी एकदिवसीय कार्यशाळा)

**Title : Stress and Management**  
( विषय : ताण तणाव व्यवस्थापन )

**Date 25.02.2023**

**Feed Back Form**

**Name of the Employee ( कर्मचाऱ्याचे नांव ) :**

श्री कांबळे दशरथ मासुली

**Designation ( हुदा ) :**

शिपाई

Sr.No. अ. क्र.	Details तपशिल	Excellent अति उत्कृष्ट	Very Good खूप छान	Good छान	Poor सामान्य
1	<b>Theme of the workshop</b> ( कार्यशाळेचा उद्देश / कल्पना )	✓			
2	<b>Resource Person</b> ( तज्ञ मार्गदर्शकांचे मार्गदर्शन )	✓			
3	<b>Usefulness of workshop</b> ( कार्यशाळेची उपयुक्तता )	✓			
4	<b>Overall impression</b> ( कार्यशाळेचा तुमच्यावरील प्रभाव )	✓			

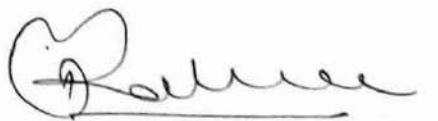
**What did you gain most from the workshop ?**

(कार्यशाळेमुळे तुम्हांस काय फायदा झाला ? )

ताण तणाव सुकून झाला

**Any other Suggestion ( कार्यशाळेबद्दल आणखी काही सूचना असल्यास )**

वर्षानुन एकदा कोनदा झाली कार्यशाळा आवश्यक आहे.

सही : 

**Signature:**

श्री कांबळे डी. एम.



“ज्ञान, विज्ञान आणि सुसंस्कार यांसाठी शिक्षण प्रसार” - शिक्षणमहर्षी डॉ. बापूजी साळुंखे

**Shri Swami Vivekanand Shikshan Sansthas**  
**Vivekanand College, Kolhapur (Autonomous)**

**One Day Workshop for Non-Teaching Staff organized by IQAC**  
(IQAC आयोजित प्रशासकीय कर्मचाऱ्यांसाठी एकदिवसीय कार्यशाळा)

**Title : Stress and Management**  
( विषय : ताण तणाव व्यवस्थापन )

**Date 25.02.2023**

### Feed Back Form

**Name of the Employee ( कर्मचाऱ्याचे नांव ):** श्री. माने शिवाजी विनायक  
**Designation ( हुदा ):** प्रयोगशाळा परिचर

Sr.No. अ. क्र.	Details तपशिल	Excellent अति उत्कृष्ट	Very Good खूप छान	Good छान	Poor सामान्य
1	<b>Theme of the workshop</b> ( कार्यशाळेचा उद्देश / कल्पना )	✓			
2	<b>Resource Person</b> ( तज्ञ मार्गदर्शकांचे मार्गदर्शन )	✓			
3	<b>Usefulness of workshop</b> ( कार्यशाळेची उपयुक्तता )	✓			
4	<b>Overall impression</b> ( कार्यशाळेचा तुमच्यावरील प्रभाव )	✓			

**What did you gain most from the workshop ?**

(कार्यशाळेमुळे तुम्हांस काय फायदा झाला ?)

माझ्या वर्तनानुसार सकारात्मकता मिळते

**Any other Suggestion ( कार्यशाळेबद्दल आणखी काही सूचना असल्यास )**

आम्ही पर्यायाने एक - दोन वेळा  
कार्यशाळा घ्यावी

सही :

[Signature]

**Signature:**

“ज्ञान, विज्ञान आणि सुसंस्कार यांसाठी शिक्षण प्रसार” - शिक्षणमहर्षी डॉ. वापूजी साळुंखे

**Shri Swami Vivekanand Shikshan Sansthas**  
**Vivekanand College, Kolhapur (Autonomous)**

**One Day Workshop for Non-Teaching Staff organized by IQAC**  
**(IQAC आयोजित प्रशासकीय कर्मचाऱ्यांसाठी एकदिवसीय कार्यशाळा)**

**Title : Stress and Management**  
( विषय : ताण तणाव व्यवस्थापन )

**Date 25.02.2023**

### Feed Back Form

Name of the Employee ( कर्मचाऱ्याचे नांव ) : \_\_\_\_\_

Designation ( हुदा ) : \_\_\_\_\_

Sr.No. अ. क्र.	Details तपशिल	Excellent अति उत्कृष्ट	Very Good खूप छान	Good छान	Poor सामान्य
1	Theme of the workshop ( कार्यशाळेचा उद्देश / कल्पना )		✓		
2	Resource Person ( तज्ञ मार्गदर्शकांचे मार्गदर्शन )		✓		
3	Usefulness of workshop ( कार्यशाळेची उपयुक्तता )	✓			
4	Overall impression ( कार्यशाळेचा तुमच्यावरील प्रभाव )			✓	

**What did you gain most from the workshop ?**

( कार्यशाळेमुळे तुम्हांस काय फायदा झाला ? )

स्वकारात्मक विचार करण्यासाठी माहिती  
मिळाली. रुई भासि.

**Any other Suggestion** ( कार्यशाळेबद्दल आणखी काही सूचना असल्यास )

आणि उत्कृष्ट.

सही :

Signature:





“ज्ञान, विज्ञान आणि सुसंस्कार यांसाठी शिक्षण प्रसार” - शिक्षणमहर्षी डॉ. बापूजी साळुंखे

**Shri Swami Vivekanand Shikshan Sansthas**  
**Vivekanand College, Kolhapur (Autonomous)**

**One Day Workshop for Non-Teaching Staff organized by IQAC**  
(IQAC आयोजित प्रशासकीय कर्मचाऱ्यांसाठी एकदिवसीय कार्यशाळा)

**Title : Stress and Management**  
( विषय : ताण तणाव व्यवस्थापन )

**Date 25.02.2023**

### Feed Back Form

**Name of the Employee ( कर्मचाऱ्याचे नांव ) :** कु. प्रियांका सदानंद दुर्गळे  
**Designation ( हुदा ) :** शाखालय लिपिक

Sr.No. अ. क्र.	Details तपशिल	Excellent अति उत्कृष्ट	Very Good खूप छान	Good छान	Poor सामान्य
1	<b>Theme of the workshop</b> ( कार्यशाळेचा उद्देश / कल्पना )	✓			
2	<b>Resource Person</b> ( तज्ञ मार्गदर्शकांचे मार्गदर्शन )	✓			
3	<b>Usefulness of workshop</b> ( कार्यशाळेची उपयुक्तता )	✓			
4	<b>Overall impression</b> ( कार्यशाळेचा तुमच्यावरील प्रभाव )	✓			

**What did you gain most from the workshop ?**

(कार्यशाळेमुळे तुम्हांस काय फायदा झाला ?)

कार्यशाळेमुळे आमचे मन खूप प्रसन्न झाले. दिवस रोज कसा चालू करावा. हे कसा कार्यक्रमातुळे कळाले.

**Any other Suggestion ( कार्यशाळेबद्दल आणखी काही सूचना असल्यास )**

असे कार्यक्रम वरचे वर घ्यावेत.

सही : Pinguly

**Signature:**

" Education for Knowledge, Science and Culture."  
- Shikshanmaharshi Dr. Bapuji Salunkhe

Shri Swami Vivekanand Shikshan Sanstha's

**VIVEKANAND COLLEGE , KOLHAPUR (Autonomous)**


**RUSA sponsored  
Faculty Development Programme on ' Stress and Anger Management '  
Organised by IQAC**

### **R E P O R T**

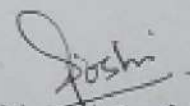
In order to help the teaching and non-teaching staff to learn to cope with the stress which they face in college or at personal fronts . Internal Assurance Cell organised RUSA sponsored Two days Faculty Development Programme was held in the Library hall of the college on 28<sup>th</sup>-29<sup>th</sup> 2021 .The Resource persons for the programme were Shri Virsen Salhokhe and Mrs Amruta Joshi ( Manspandan Foundation). The main highlights of the programme were various types of the stress by people ,relaxation therapy of stress that could be followed and different stress management techniques.

Addressing the gathering , Prin. Dr. R. R Kumbhar said that ,stress and anxiety are an internal part of human nature and it is imperative to know to deal with it and ultimately overcome it .He further said such kind of Faculty Development Programmes help to increase confidence of teaching and non-teaching staff. There were more than 250 participants participated in this programme.

Outcome :- Use practical tools for stress management for stress management in educational environments ; Foster resilience and cope with stressful situations at the workplace to increase their well-being; Improve their emotional intelligence to better deal with stress ; Removing yourself from the situation ,Changing the subject of a conversation , slowing , relaxation Mr. D.M. Panhalkar thanked the resource persons for their informative and engrossing programme. The programme was organised by Dr. Shruti Joshi ( IQAC Coordinator), Prof D. M. Panhalkar (RUSA Coordinator )



Dr. K.D. Tiwade  
Programme Coordinator



Dr. Shruti Joshi  
IQAC , Coordinator



" Education for Knowledge, Science & Culture "

-Shikshanimaharshi Dr. Bapuji Salunkhe

Shri Swami Vivekanand Shikshan Sanstha's

**VIVEKANAND COLLEGE , KOLHAPUR ( AUTONOMOUS )**



NAAC Accredited 'A' Grade with CGPA 3.34, College with Potential for Excellence  
by UGC, Star College by DBT, Govt. of India, ISO 9001:2015 Certified.



**RUSA Sponsored**

**Two days Faculty Development Programme**

**"Stress and Anger Management"**

Organized by

**Internal Quality Assurance Cell**

**28<sup>th</sup> & 29<sup>th</sup> January 2021**

**CERTIFICATE**

This is to certify that Prof./Dr./Mr./Smt.....  
has participated in Faculty Development Programme on "Stress and Anger Management"  
held on 28<sup>th</sup> - 29<sup>th</sup> January 2021 at Vivekanand College, Kolhapur (Autonomous)

*Shruti Joshi*

**Dr. Shruti Joshi**  
IQAC, Co-ordinator

*Kavita Tiwade*

**Dr. Kavita Tiwade**  
Co-ordinator

*D. M. Panhalkar*

**Mr. D. M. Panhalkar**  
RUSA, Co-ordinator

*R. R. Kumbhar*

**Dr. R. R. Kumbhar**  
Principal

"Dissemination of Education for knowledge, Science and Culture"

-Shikshanmaharshi Dr. BapujiSalunkhe

Shri Swami Vivekanand Shikshan Sanstha Kolhapur.

Vivekanand College ,Kolhapur (Autonomous)

Two days Faculty Development Programme

Organized by

IQAC

On

Stress and Anger Management

28<sup>th</sup> – 29<sup>th</sup> Jan 2021

## **PROGRAMME SCHEDULE**

**DATE 28<sup>th</sup> JAN 2021**

---

Registration	:-	10.30 a.m. to 11.00 a.m.
Inauguration	:-	11.00 a.m. to 11.30 a.m.
Session I	:-	11.30 a.m. to 1.00 p.m.
Resource Person	:-	Mrs. Amruta Joshi , Manspandan Foundation ,Kolhapur
Topic	:-	Dealing with stress
Lunch Break	:-	1.00 p.m. to 2.00 p.m.
Session II	:-	2.00 p.m. to 3.30 p.m.
Resource Person	:-	Mr.VeersenSalhokhe Coordinator ,Railway Childline ,Kolhapur
Topic :-		Dealing with Anger
Session III :- pm		Stress and Anger Management techniques 3.30 p.m. to 4

---

**Venue :- Library Hall ,**



"Dissemination of Education for knowledge, Science and Culture"  
-Shikshanmaharshi Dr. Bapuji Salunkhe

Vivekanand College ,( Autonomous ) Kolhapur

**FACULTY DEVELOPMENT**

**PROGRAMME ON STRESS AND ANGER MANAGEMENT**

**PROGRAMME SCHEDULE**

**DAY AND DATE :** , 29<sup>th</sup> Jan 2021

Session I

Time : 11.00am to 12.15 am

Resource Person :- Mrs Amruta Joshi  
Topic :- Learn to say " No" Gracefully ,Effectively and Easily

Session II

Time : 12.15 am to 1.30pm

Resource Person :- Mr .Veersen Salhokhe  
Topic :- Stress Management and Coping Skills

Lunch Break :- 1.30 pm to 2.30pm

Group Discussion :- 2.30pm to 3.30pm

Valedictory Function : 3.30pm to 4. 15 pm

Non-Teaching Staff List : 2020-21

Faculty Development Program on Stress and Anger

Management Date : 28.1.2021 Time : 3 to 5 Pm

Sr. No.	Name	Post	Refreshment	Sign
1	Shri. C.B.Dodmani	Registrar		
2	Shri. A. S. Pawar	O.S.		
3	Shri. B. R. Karape	Steno.	✓	(2)
4	Shri. S.P.Dalavi	Sr. Clerk	✓	→
5	Shri. K. K. Salunkhe	Sr. Clerk	✓	kar
6	Shri. S.V. Patil	Sr. Clerk	✓	SP
7	Shri. H.S.Salunkhe	Ass.Libn.	✓	HS
8	Shri. R. R. Salunkhe	Jr. Clerk	✓	RR
9	Shri. A.D. Mahasvade	Jr. Clerk	✓	AD
10	Shri. A. N. Jadhav	Jr. Clerk	✓	AN
11	Ms. A. S. Shitole	Jr. Clerk	✓	AS
12	Mrs. S P. Patil	Lib. Clerk	✓	SP
13	Shri. M. M. Nigade	Lib. Clerk	✓	MM
14	Ms. P P Jadhav	Lib. Clerk		
15	Shri. S. H. Durgule	Lab. Ass.	✓	SH
16	Shri. R. B. Patil	Lab. Ass.		
17	Shri. R. V. Sadaphule	Lab. Ass.	✓	RV
18	Shri. N. S. Patil	Lab. Ass.	✓	NS
19	Shri. Y. F. Shingare	Lab. Ass.		
20	Shri. G. B. Manded	Lab. Ass.	✓	GB
21	Shri. A. S. Dhamanekar	Lab. Ass.		
22	Shri. A.N.Mohite	Lab. Ass.	✓	AN
23	Shri. S.B.Pawar	Lab. Ass.	✓	SB
<b>Lab. Attendent</b>				
24	Shri. R.L.Kamble	Lab. At.	✓	RL
25	Shri. P. S. Mane	Lab. At.	✓	PS
26	Shri. S. V. Bhosale	Lab. At.	✓	SV
27	Shri. K T Ubale	Lab. Att	✓	KT
28	Shri. S.V.Desai	Lab. At.	✓	SV
29	Shri. R. M. Bonge	Lab. At.	✓	RM
30	Shri. R. G. Chougule	Lab. At.	✓	RG


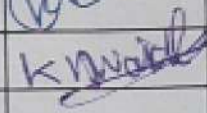
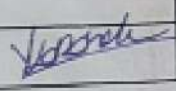



Sr. No.	Name	Post		Sign
31	Shri. H.P.Suryawanshi	Lab. At.	✓	
32	Shri. V. S. Khandare	Lab. At.	✓	
33	Shri. S. K. Shivare	Lab. At.	✓	
34	Shri. M D Yedage	Lab. At.	✓	
35	Shri. S. G. Divale	Lab. At.	✓	
36	Shri. S. P. Desai	Lab. At.	✓	
37	Shri. A. M. Bonge	Lab. At.	✓	
38	Shri. P. B. Harer	Lab. At.	✓	
39	Shri. B. B. Vadrale	Lab. At.	✓	
40	Shri. S. P. Misal	Lab. At.	✓	
41	Shri. V. A. Patil	Lab. At.	✓	
42	Shri. R. T. More	Lab. At.	✓	
43	Shri. S. S. Barawade	Lab. At.	✓	
44	Shri. S. P. Mali	Lab. At.	✓	
45	Shri. S. V. Charapale	Lab. At.	✓	
46	Shri. S. V. Mane	Lab. At.	✓	
47	Shri. P. M. Patil	Lab. At.	✓	
48	Shri. J.S. Shinde	Lab. At.	✓	
49	Shri. K. K. Tawade	Lab. At.	✓	
50	Shri. P.P.Patil	Lab. At.		
51	Shri. N.V.Mane	Lab. Att	✓	
52	Shri. S. B Khot	Lab. At.	✓	
53	Shri. B. S. Khot	Lab. Att	✓	
54	Shri. M. A. Ghorpade	Lab. Att	✓	
55	Shri. R.D.Mane	Lab. At.	✓	
56	Shri. M.A. Walake	Lab. At.	✓	
57	Shri. S.S.Patil	Lab. At.	✓	
58	Shri. S B Maske	Lab. At.	✓	
59	Shri. D J Birnale	Lab. At.	✓	
60	Shri. S K Maskar	Lab. At.	✓	
61	Shri. R B Dhavan	Lab. At.	✓	
62	Shri. T D Nigave	Lab. At.	✓	
63	Shri. R.A.Gavandi	Lab. At.	✓	
64	Shri. E. G. Mangal	Lib.At.	✓	
65	Shri. R. S. Dinde	Lib.At.	✓	
66	Shri. S.H.Desai	Lib.At.	✓	
67	Shri. A. B. Khot	Lib.At.		



Sr. No.	Name	Post		Sign
68	Shri. D R Gosavi	Lib.At.	✓	<i>[Signature]</i>
69	Shri. R.Y.Patil	Lib.At.	✓	<i>[Signature]</i>
70	Shri. A. B. Jadhav	Lib.At.	✓	<i>[Signature]</i>
71	Shri. S.N.Ingale	Lib.At.	✓	<i>[Signature]</i>
72	Shri. B. A. Nare	Lib.At.	✓	<i>[Signature]</i>
73	Shri. S.B.Topale	Peon	✓	<i>[Signature]</i>
74	Shri. V. U. Kate	Peon	✓	<i>[Signature]</i>
75	Shri. S. E. Pawar	Peon	✓	<i>[Signature]</i>
76	Shri. A. M. Gosavi	Peon	✓	<i>[Signature]</i>
77	Shri. M. D. Hiremath	Peon	✓	<i>[Signature]</i>
78	Shri. D.M. Kamble	Peon	✓	<i>[Signature]</i>
79	Shri. V.G.Jadhav	Peon	✓	<i>[Signature]</i>
80	Shri. M. B. Kamble	Peon	✓	<i>[Signature]</i>
81	Mrs. M.D.Gurav	Peon	✓	<i>[Signature]</i>
82	Mr. S.V.Kamble	Peon	✓	<i>[Signature]</i>
83	Shri. A. A. Shelake	Peon	✓	<i>[Signature]</i>
84	Shri. S. S. Kamble	Peon	✓	<i>[Signature]</i>
85	Shri. N.B.Naik	Peon	✓	<i>[Signature]</i>
<b>Non Grant Staff</b>				
86	Miss Sharyu S. Patil	Jr Clerk	✓	<i>[Signature]</i>
87	Ms. R N More	Jr Clerk	✓	<i>[Signature]</i>
88	Ms. P.S.Durgule	Lib. Clerk	✓	<i>[Signature]</i>
89	Shri S.V.Ingle	Lab.Assistant	✓	<i>[Signature]</i>
90	Shri S. N. Pawar	Lab. Asst.	✓	<i>[Signature]</i>
91	Shri K. B. Karke	Lab. Asst.	✓	<i>[Signature]</i>
92	Shri V.R.Ghatage	Lab. Asst.	✓	<i>[Signature]</i>
93	Shri Rohit R Rane	Lab. Asst.	✓	<i>[Signature]</i>
94	Shri B. M. Patil	Lab. Asst.		
95	Shri M. H. Ghatge - Micro	Lab. Asst.		
96	Shri R. S. Sarnaik - M.Sc.	Lab. Asst.		<i>[Signature]</i>
97	Mrs. P.V.Koparde - B.Voc	Lab. Asst.	✓	<i>[Signature]</i>
98	Mr. A.V.Salunkhe - B.Voc.	Lab. Asst.	✓	<i>[Signature]</i>
99	Mr. S.M.Jadhav - B.Voc.	Lab. Atte.	✓	<i>[Signature]</i>
100	Shri V. B. Patil	Peon	✓	<i>[Signature]</i>
101	Shri Vishal Buchade	Peon	✓	<i>[Signature]</i>
102	Mrs S. J. Patil	Peon		
103	Shri A. B.Chougule	Peon	✓	<i>[Signature]</i>



Sr. No.	Name	Post		Sign
104	Shri K R Bhosale	Peon		✓
105	Shri A K Naidu	Peon		✓
106	Shri K P Jadhav	Peon		
107	Shri Mangesh Khole	Peon		
108	Shri V B Ubale	Peon		
109	Shri Yogesh Karande	Peon	✓	

  
 Dr. K.D. Tiwade  
 C Programme Coor


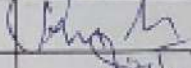
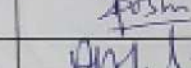
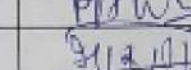
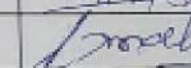
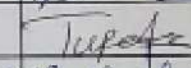
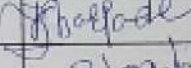
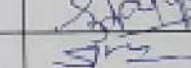
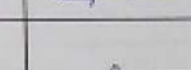
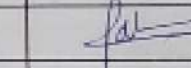
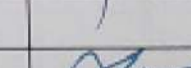
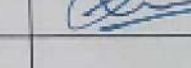
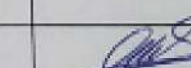

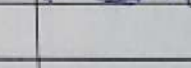
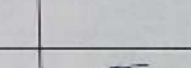

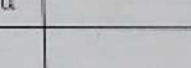
Vivekanand College, Kolhapur (Autonomous)

Senior College Staff List 2020-21

Internal Quality Assurance Cell orgained

Faculty Development Program - Date 29.1.2021 - Time 11.00 to 1.00

Sub. Stress and Anger Management - Attendance List

Sr. No.	Name	Subject	Designation	Sign
<b>Sr. Arts Comm. (Grantable)</b>				
1	Mr. Ruikar Shrikant Mahadeo	English	Asso.Prof	
2	Dr Tiwade Kavita Daniel	English	Asst.Prof.	
3	Dr. Joshi Shruti Meghnad	English	Asst.Prof.	
4	Dr.Patil Prabhavati Arvind	English	Asst.Prof.	
5	Mr Gosavi Bhau Kashinath	Marathi	Asso.Prof	
6	Dr.Mahat Arif Shoukat	Hindi	Asst.Prof.	
7	Dr.Rama Tupe Dipak	Hindi	Asst.Prof.	
8	Dr.Ghorpade Manjushri Shivajirao	History	Asso. Prof	
9	Dr.Kattimani Siddheshwar Rajkumar	History	Asst.Prof.	
10	Mr.Kale Somnath Vishnu	Economics	Asst.Prof.	
11	Dr Hartale Yashwant Dhariappa	Economics	Asst.Prof.	
12	Dr.Patil Kailas Sunil	Economics	Asst.Prof.	
13	Mr Chame Harishchandra Vankatrao	Sociology	Asst.Prof.	
14	Mr Pawar Dilipkumar Annaso	Pol. Sci.	Asst.Prof.	
15	Ms Farakate Samiksha Annaso	Pol. Sci.	Asst.Prof.	
16	Mr Ubale Govardhan Subhash	Geography	Asso.Prof	
17	Dr.Kale Shubhangi Suresh	Geography	Asst.Prof.	
18	Joshi Sanjiv Dattaray	Geography	Asst.Prof.	
19	Patil Harishchandra Pandurang	Geography	Asst.Prof.	
20	Kale Sunny Shrirang	Commerce	Asst.Prof.	
21	Patil Kiran Bajirao	Phy.Edu	Dir. of Phy.Edu	
<b>Sr. Science (Grantable)</b>				
22	Dr.Patil Dilip Baburao	Chemistry	Asso.Prof	
23	Dr.Karanjkar Milind Manohar	Physics	Asso.Prof	
24	Shri.Kamble Chandrakant Jaywant	Physics	Asso.Prof	
25	Malgaonkar Sunil Vasant	Physics	Asso.Prof	
26	Navathe Ganesh Janardan	Physics	Asst.Prof.	
27	Dr.Inamdar Sumayya Isak	Physics	Asst.Prof.	



Sr. No.	Name	Subject	Designation	Sign
28	Dr. Shirke Sunita Digambar	Chemistry	Asst. Prof.	
29	Dr. Ankushrao Sanjay Shivrarn	Chemistry	Asst. Prof.	
30	Kadam Satish Suresh	Chemistry	Asst. Prof.	
31	Dr. Undale Kedar Ashok	Chemistry	Asst. Prof.	
32	Dr. Shinde Sarita Dattajirao	Chemistry	Asst. Prof.	
33	Kalel Rahul Agnu	Chemistry	Asst. Prof.	
34	Patankar Sanjay Pandurang	Mathematics	Asso. Prof	
35	Sutar Sagar Tanaji	Mathematics	Asst. Prof.	
36	Pawar Varsha Vijayrao	Statistics	Asso. Prof	
37	Panhalkar Dattatray Manohar	Electronics	Asst. Prof.	
38	Bagade Pravin Ramchandra	Electronics	Asst. Prof.	
39	Dr. Waghmare Vishal Bansi	Comp. Sci.	Asst. Prof.	
40	Patil Rajashri Yashwant	Comp. Sci.	Asst. Prof.	
41	Salokhe Satish Pundalik	Botany	Asso. Prof	
42	Dr. Shinde Kiran Pandurang	Zoology	Asso. Prof	
43	Dr. Gaupale Tekchand Chetanlal	Zoology	Asst. Prof.	
<b>Non Grant</b>				
44	Dr. Patil Pradip Yashwant	Marathi	Asst. Prof. CHB	
45	Shri. Mulla Inamulhak Mahmadhanif	Physics	Asst. Prof. CHB	
46	Dr. Gaikwad Deepak Subhash	Chemistry	Asst. Prof. CHB	
47	Shri. Mujawar Irfan Kamaruddin	Comp. Science	Asst. Prof. CHB	
48	Ms. Patil Supriya Mohan	English	Asst. Prof. CHB	
49	Dr. Maner Salama Isak	English	Asst. Prof. CHB	
50	Ms. Misal Vrushali Vishwasrao	Microbiology	Asstt. Prof. (NG)	
51	Ms. Jadhav Snehal V.	Microbiology	Asstt. Prof. (NG)	
52	Ms. Pise Shweta Arvind	Microbiology	Asstt. Prof. (NG)	
53	Ms. Nadaf Salama Harun	Biotechnoogy (Cont.)	Asstt. Prof. (NG)	
54	Ms. Ulape Mrunal Dattatraya	Biotechnoogy (Cont.)	Asstt. Prof. (NG)	
55	Ms. Sanmukh A. B.	Biotechnoogy	Asstt. Prof. (NG)	
56	Shri. Kulkarni Shrihari Ganesh	Biotechnoogy (Cont.)	Asstt. Prof. (NG)	
57	Shri. Upadhye Ashutosh Laxman	Biotechnoogy (Cont.)	Asstt. Prof. (NG)	
58	Ms. More Vinaya Namdev	Biotechnoogy (Cont.)	Asstt. Prof. (NG)	
59	Ms. Sarnaik S. V	Biotechnoogy (Cont.)	Asstt. Prof. (NG)	
60	Ms. Patil Priya Dhananjay	Biotechnoogy (Cont.)	Asstt. Prof. (NG)	
61	Ms. Desai Pallavi Mahadeo	BCS	Asstt. Prof.	
62	Shri. Mane Rajesh Ramchandra	BCS	Asstt. Prof.	

विवेकानंद कॉलेज, कोल्हापूर

सूचना

( प्रशासकीय कर्मचाऱ्यांसाठी )

No.NB/ /2020-21

दिनांक : 23.01.2021

महाविद्यालयातील सर्व प्रशासकीय कर्मचाऱ्यांना सूचित करणेत येते की, इंग्रजी विभाग तसेच अंतर्गत गुणवत्ता हमी कक्ष आयोजित आणि राष्ट्रीय उच्चतर शिक्षा अभियान पुरस्कृत Faculty Development Programme , तणाव व राग व्यवस्थापन या विषयावर गुरुवार दिनांक 28.1.2021 रोजी दुपारी 3.00 ते 5.00 या वेळेत ग्रंथालय हॉल येथे कार्यक्रम आयोजित केला आहे. तरी सवानी या कार्यक्रमात सहभागी होणे आवश्यक आहे.

( डॉ. आर. आर. कुंभार )

*Peru*

प्राचार्य

विवेकानंद कॉलेज

कोल्हापूर



**विवेकानंद कॉलेज, कोल्हापूर**

**सूचना**

(वरिष्ठ महाविद्यालय प्राध्यापकांसाठी)

No.NB/bymh09/2020-21

दिनांक : 23.01.2021

वरिष्ठ महाविद्यालयातील सर्व प्राध्यापक बंधू भगिनींना सूचित करण्यात येते की, अंतर्गत गुणवत्ता हमी कक्ष आयोजित आणि राष्ट्रीय उच्चतर शिक्षा अभियान पुरस्कृत Faculty Development Training Programme , तणाव व राग व्यवस्थापन या विषयावर शुक्रवार दिनांक 29.1.2021 रोजी सकाळी 11.00 ते 1.00 या वेळेत ग्रंथालय हॉल येथे कार्यक्रम आयोजित केला आहे. तरी सर्वांनी या कार्यक्रमात सहभागी होणे आवश्यक आहे.

( डॉ. आर. आर. कुंभार)

**प्राचार्य**

**विवेकानंद कॉलेज**  
**कोल्हापूर**

"Education for Knowledge, Science and Culture."  
- Shikshanmaharshi Dr. Bapuji Salunkhe  
Shri Swami Vivekanand Shikshan Sanstha's



VIVEKANAND COLLEGE, KOLHAPUR (Autonomous)

RUSA Sponsored

Faculty Development Training Programme

on

"Stress and Anger Management"

Organized by

Internal Quality Assurance Cell

On

28<sup>th</sup> 29<sup>th</sup> January 2021

**Feedback Form**

1. Name of the Participant : Dr. Kailas S. Patil
2. Teaching / Non teaching Staff/ : Teaching
3. Name of the University: Vivekanand College, Kolhapur
4. Address for correspondence: Kolhapur.
5. Contact no: 9503379489 Email Id: ecakailasvita@gmail.com
6. Express your views on following points

Sr. No.	Points	Best	Good	Average	Below Average
i)	Theme of the FDP		✓		
ii)	Activities		✓		
iii)	Resource persons	✓			
iv)	Participants spontaneous involvement			✓	
v)	Interaction of Knowledge		✓		
vi)	Meals and other facilities		✓		
	<b>Total</b>		✓		

Further suggestions:-

\_\_\_\_\_

  
(Signature)





“Education for Knowledge, Science, and Culture”  
- Shikshanmaharshi Dr. Bapuji Salunkhe  
**Shri Swami Vivekanand Shikshan Sanstha's**  
**Vivekanand College, Kolhapur**  
**(Autonomous)**



