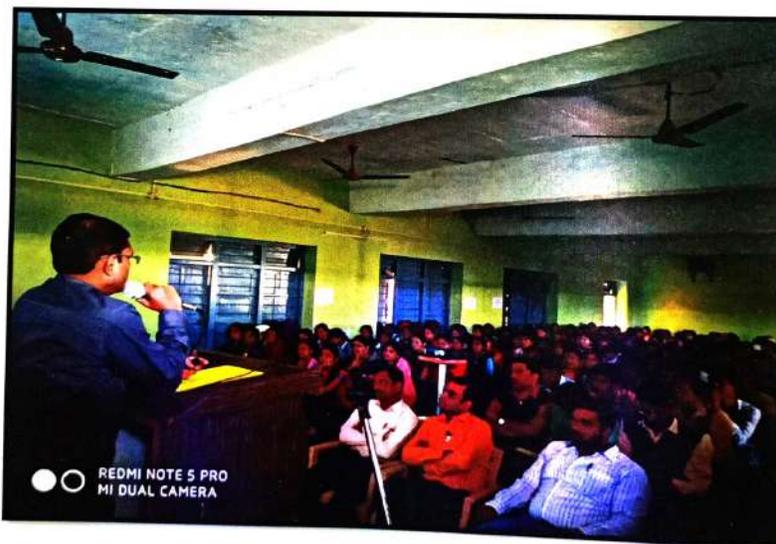


**Shri Vyankatesh Arts, Commerce & Science College, D. Raja Dist: Buldana  
Department of Physical Education**

**A Report on  
One Day Workshop on ‘Study Skills and Stress Management’**

As the students of the college will have to face the annual exams soon, the principal suggested that a one-day workshop on stress management should be organized in the college. For this workshop, decided to take the guidance of psychiatrist Dr. Prakash Ambekar of Manas Hospital Jalna. This workshop was organized on 27th December 2018. In this workshop, Dr. Ambekar explained the causes of stress and explained the remedies in detail. He gave detailed information about how to study, what study skills to acquire for what to do. Dr. Anant Awti, Head of the Department of Political Science, was present as the President of the program. At this time psychiatrist Dr, Ambekar gave answers to the Students’ questions.



  
**Coordinator, IQAC**  
Shri Vyankatesh Arts, Commerce &  
Science College, Deulgaon Raja  
Dist. Buldhana-443204 (MS)



  
**PRINCIPAL**  
Shri Vyankatesh Art's Commerce &  
Science College, Deulgaon Raja  
Dist. Buldhana, Pin-443204



**Shri Vyankatesh Arts, Commerce and Science College,  
Deulgaon Raja, Dist. Buldhana**  
**Department Of Sports & Physical Education**  
**One day Workshop on**  
**'Study Skills and Stress Management'**

Date : 27/12/2018

List of participant students

Sr. No.	Name Of Participant Students	Class
1	Mr. Asefhan Mustak Ahemadkhan Pathan	B.A.1
2	Mr. Ravi Madhukar Edake	B.A.1
3	Mr. Samadhan Suresh Kakad	B.A.1
4	Mr. Parmeshwar Karbhari Kakad	B.A.1
5	Mr. Ajay Maroti Waghmare	B.A.1
6	Mr. Mohan Sopan Garud	B.A.1
7	Mr. Abhishek Manohar Tidke	B.A.1
8	Mr. Mule Kashinath Santosh	B.A.1*
9	Mr. Akshay Shivaji Nagre	B.A.1
10	Mr. Vinayak Dipak Jaybhaye	B.A.1
11	Mr. Rushikesh Karbhari Kharde	B.A.1
12	Mr. Akash Shivhari Kakad	B.A.1
13	Mr. Ashish Vishnu Kakad	B.A.1
14	Mr. Vaibhav Jagannath Mante	B.A.1
15	Ku. Radhika Sunil Joshi	B.A.1
16	Mr. Sameer Jalaikha Pathan	B.A.1
17	Ku. Shamal Vishnu Kshirsagar	B.A.1
18	Mr. Badrinath Prabhhu Sahare	B.A.1
19	Mr. Ambadas Pralhad Jaival	B.A.1
20	Mr. Ganesh Krushna Pithore	B.A.1
21	Ku. Mahin Begum Aziz Shaikh	B.A.1
22	Mr. Ajay Rajendra Khandare	B.A.1
23	Ku. Ashvini Gajanan Sarde	B.A.2*
24	Mr. Vishal Rameshwar Sakhare	B.A.2
25	Mr. Rajendra Narayan Jadhav	B.A.2
26	Mr. Shivrulal Bhagwan Dongare	B.A.2
27	Mr. Ishwar Balchand Dongre	B.A.2
28	Ku. Swati Prakash Kakad	B.A.2
29	Ku. Pooja Sunil Ugale	B.A.2
30	Mr. Sainath Arun Salve	B.A.2
31	Mr. Ajay Subhash Borhade	B.A.2
32	Mr. Dinesh Vitthal Falke	B.A.2
33	Mr. Pravin Nandkishor Mahajan	B.A.2
34	Mr. Pradip Mahadu Awasarmol	B.A.2
35	Mr. Suraj Nanasaheb Jadhao	B.A.2
36	Mr. Gajanan Prabhakar Dungahu	B.A.2
37	Mr. Balasaheb Baban Dungahu	B.A.2
38	Ku. Urmila Gulabrao Mane	B.A.2*
39	Ku. Nanda Bhimrao Waghmare	B.A.2



40	Mr. Mitesh Dilip Pawar	B.A.2
41	Mr. Sachin Shivanand Kute	B.A.2
42	Mr. Sharad Gajanan Khandebharad	B.A.2
43	Mr. Vishal Haribhau Ghode	B.A.3
44	Mr. Vishal Hiralal Pimple	B.A.3
45	Mr. Gajanan Namdeo Lokhande	B.A.3
46	Mr. Swapnil Prakash Bhagyawant	B.A.3
47	Mr. Amol Pandurang Talekar	B.A.3
48	Ku. Puja Prakash Gawai	B.A.3*
49	Ku. Shivani Khushalrao Ugle	B.A.3
50	Ku. Sonu Panditrao Pandav	B.A.3
51	Ku. Bhagyashri Bhagwan Sasane	B.A.3
52	Mr. Raju Ishwar Satkar	B.A.3
53	Mr. Akshay Mahendra Pakhare	B.A.3
54	Ku. Shital Gulabrao Pakhare	B.A.3
55	Ku. Pooja Dadasaheb Garud	B.A.3
56	Mr. Shubham Balu Fulzade	B.A.3
57	Mr. Ambadas Ramesh Bachhire	B.A.3
58	Mr. Rameshwar Kashinath Ticke	B.A.3
59	Ku. Vaishali Gajanan Parihar	B.A.3
60	Mr. Sominath Suryabhan Sawade	B.A.3
61	Mr. Abhimanyu Arjun Gore	B.A.3
62	Ku. Ambika Prakash Bhosale	B. Com. 1
63	Mr. Pavan Santosh Shere	B. Com. 1
64	Mr. Bhagwat Bharat Ghonge	B. Com. 1
65	Mr. Sarthak Moresh Minase	B. Com. 1
66	Mr. Kedar Rajesh Upadhye	B. Com. 1
67	Ku. Komal Ganesh Mhaske	B. Com. 1
68	Ku. Ashivini Vijay Chavan	B. Com. 1
69	Mr. Shreyash Sushil Khawade	B. Com. 1
70	Mr. Abhishek Dipak Pimple	B. Com. 1
71	Ku. Pragati Malhari Darkonde	B. Com. 1
72	Ku. Vaishnavi Kailas Poulkar	B. Com. 1
73	Ku. Ujwala Sudhakar Dhekale	B. Com. 1
74	Ku. Meena Raju Pawar	B. Com. 1
75	Ku. Madhuri Rameshwar Shingne	B. Com. 1
76	Ku. Mangal Uttam Kharat	B. Com. 1
77	Ku. Sneha Rajendra Kasare	B. Com. 1
78	Mr. Abhishek Vardhaman Purwat	B. Com. 1
79	Ku. Swati Jankiram Jadhav	B. Com. 1
80	Ku. Rutuja Shivaji Sawde	B. Com. 1
81	Ku. Sanskruti Uttam Pimple	B. Com. 1
82	Mr. Yogesh Arjun Ghonge	B. Com. 1
83	Mr. Pavan Ramesh Ghonge	B. Com. 1
84	Ku. Vaishnavi Ramdas Bhalerao	B. Com. 1
85	Ku. Sabiha Rani Mobin Shaikh	B. Com. 1
86	Mr. Akash Rajendra Bansile	B. Com. 1
87	Ku. Pooja Rushindhar Zore	B. Com. 2



88	Ku. Pooja Ganesh Sonune	B. Com. 2
89	Ku. Mansi Rajesh Sapate	B. Com. 2
90	Ku. Swati Ankushrao Dungalhu	B. Com. 2
91	Mr. Rushikesh Vilasrao Sawade	B. Com. 2
92	Mr. Sharad Baban Thombre	B. Com. 2
93	Mr. Akash Radhakisan Borkar	B. Com. 3
94	Mr. Pankaj Mansing Jadhav	B. Com. 3
95	Mr. Premkumar Harishwar Khandebharad	B. Com. 3
96	Ku. Pooja Sunil Jain	B. Com. 3
97	Mr. Samadhan Shankar Mante	B. Com. 3
98	Mr. Vishal Sunil Parihar	B. Com. 3
99	Mr. Amol Atmaram Hiwale	B. Com. 3
100	Mr. Abhishek Anil Girisa	B. Com. 3
101	Mr. Sanjay Rajesh Dongre	B.SC.1
102	Mr. Nakul Navnath Kawhale	B.SC.1
103	Mr. Akash Atmaram Ugale	B.SC.1
104	Ku. Supriya Praful Dahile	B.SC.1
105	Ku. Geeta Anil Wagh	B.SC.1
106	Ku. Rohini Devidas Shiralkar	B.SC.1
107	Ku. Taza Parveen Roshan Khan	B.SC.1
108	Ku. Manisha Karbhari Sawade	B.SC.1
109	Ku. Aishwarya Sandip Jaybhaye	B.SC.1
110	Mr. Akash Gajanan Mante	B.SC.1
111	Ku. Manisha Shivaji Shiralkar	B.SC.1
112	Ku. Pooja Santosh Khupse	B.SC.1
113	Mr. Sachin Dipak Kharat	B.SC.1
114	Mr. Avinash Suhas Kharat	B.SC.1
115	Ku. Bhagyashri Anil Ghayal	B.SC.1
116	Mr. Sk. Faridoddin Farhan Gayas Shaikh	B.SC.1
117	Ku. Dipali Gajanan Tidke	B.SC.2
118	Ku. Akshada Sanjay Jadhav	B.SC.2
119	Ku. Pooja Sunil Mandalkar	B.SC.2
120	Ku. Mahejbinkhatun Samirkhan Khan	B.SC.2
121	Ku. Jyoti Sakharam Padghan	B.SC.2
122	Mr. Om Dipak Lanke	B.SC.2
123	Ku. Pranali Padamkumar Girniwale	B.SC.2
124	Ku. Rajni Fakirba Bawaskar	B.SC.2
125	Mr. Balaji Shivaji Bakal	B.SC.3
126	Mr. Yuvraj Sarjerao Nagre	B.SC.3
127	Mr. Asif Jabbar Shah	B.SC.3
128	Ku. Gayatri Girishrao Sabde	B.SC.3



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