

Chanda Shikshan Prasarak Mandal's

**Janata Mahavidyalaya,
Chandrapur**



**A Workshop on
“Personality Development”**

Organized by the Internal Quality Assurance Cell
(IQAC) in Association with Kalinga University,
Raipur

Under the Capability Enhancement Scheme

Venue: Seminar Hall Date 30/01/2019 Time: 10 a.m.

Chanda Shikshan Prasarak Mandal's

**Janata Mahavidyalaya,
Chandrapur**



**A Workshop on
“Stress Management”**

Organized by the Internal Quality Assurance Cell
(IQAC) in Association with Kalinga University,
Raipur

Under the Capability Enhancement Scheme

Venue: Seminar Hall Date 30/01/2019 Time: 11 a.m.

A

WORKSHOP

ON

PERSONALITY DEVELOPMENT AND STRESS

MANAGEMENT

A one day personality development and stress management program was organized by IQAC, Janata Mahavidyalaya, Chandrapur on 30th January 2019 in association with Kalinga University Raipur.

Objectives of PD:

1. To familiarize participants with the emerging trend and ideas on how to develop personality.
2. To enhance their soft skills.
3. To learn goal setting, time management and leadership skills.

Objectives of Stress management:

The program was organized as a part of personal counseling for Ist year students.

1. Learn what stress is and what its types are.
2. To Know Symptoms of stress.
3. Ways to tackle different stress in students' life.

With these objectives one day workshop was organized on 30th January 2019 at 10.00 am. In seminar Hall. Dr. M.Subhas inaugurated the workshop. Principal, vice principals of all faculties and IQAC coordinator were present on the dais.

In the inaugural address, Dr. M.Subhas briefly explained the areas where a student feels stressed and how he can develop his personality through stress management. Dr. N.R.Baig, focused on the importance of personality development through goal setting, communications skills and by developing leadership qualities.

The resource person from Kalinga University with his ICT presentation created a platform where students felt at ease in interaction with him. In his second session he elaborated on stress management.

Number of participants: 84

The program was conducted by Dr. N.R.Baig and vote of thanks was proposed by Dr. Vinayak Bodhale.





Nani
 Coordinator, IQAC
 Co-Ordinator-IQAC
 Janata Mahavidyalaya
 Chandrapur

Dr. M. Subhas
 (Principal)
 Janata Mahavidyalaya
 Chandrapur

Chanda Shikshan Prasarak Mandal's

Janata Mahavidyalaya, Chandrapur

Civil Lines, Nagpur Road, Chandrapur

Internal Quality Assurance Cell (IQAC)


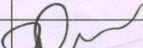
Academic Session 2018 -19

PROGRAMME PROFORMA

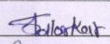
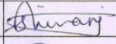
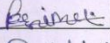
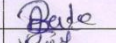
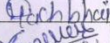
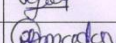
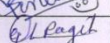
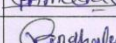
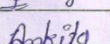
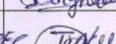
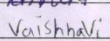
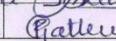
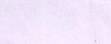
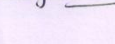
Place: Seminar Hall

Date: 30th January 2019

- Name of the Programme/Activity : A One Day Workshop
- Topic : "Stress Management"
- Objectives of the Programme/ Activity is to: 1) how to manage stress in difficult situation
- 2) develop self confidence
- 3) interaction with the participants
- 4) generate self motivation among the students

Sr. No.	Name of 1) Chairperson	Signature	Sr. No.	Name of the Academic Expert Guides	Signature
1	Dr. M. Subhas (Principal)		1	Dr. Rahul Kumar Chawda	

➤ **Beneficiaries**

Sr. No.	Name of Participant	Signature	Sr. No.	Name of Participant	Signature
1	Tejshwini D. Salunkar		8	Shirani Tivari	
2	Pashmina Tekam		9	Pragati Bobade	
3	Dipali Pachbhai		10	Arbhushti gedam	
4	Priyanka V. Sonewar		11	Priyanka Madavi	
5	Gayatri L. Rajit		12	Pooja P. Kungadkar	
6	Ankita Y. Meshram		13	Jayshree D. Kulkarni	
7	Vaishnavi S. Telange		14	Prayakta Gattewar	

➤ Beneficiaries

Sr. No.	Name of Participant	Signature	Sr. No.	Name of Participant	Signature
(15)	Ashwini G. Tiwari	Ashwini	(38)	Divya K. Kulkarni	Divya
16.	Taigya N. Shukla	Taigya	(39)	Shivani S. Gadge	Shivani
17.	Laxmibai G. Shinde	Laxmibai	40	Vaibhavi S. Bhatnagar	Vaibhavi
18.	Sejal R. Taware	S.R. Taware	(41)	Shubham B. Babade	Shubham
19.	Kajal R. Pokale	Kajal	(42)	Sonali K. Mahabalkar	S. Mahabalkar
20.	Vaishnavi Choudhary	Vaishnavi	(43)	Khushbu R. Chilke	Khushbu
21.	Pallavi Choudhary	Pallavi	(44)	Bhagyashree N. Nimkar	Bhagyashree
22.	Monu K. Vaidya	Monu	(45)	Rupa A. Phasat	Rupa
23.	Mayuri D. Bhathe	Mayuri	(46)	Ritu P. Chaudhary	Ritu
24.	Komal R. Tamwar	Komal	(47)	Vaishali H. Nannaware	Vaishali
25.	Dhanashri P. Dandekar	Dhanashri	(48)	Swati A. Kandothar	Swati
26.	Swarna S. Walekar	Swarna	(49)	Tegashree L. Fating	Tegashree
27.	Nita S. More	N.S. More	50.	Shweta K. Suryawanshi	Shweta
28.	Pooja Jayant Gajjar	Pooja	51.	Pranjali S. Bedam	Pranjali
29.	Pooja B. Mandade	Pooja	52.	Vaishali L. Mule	Vaishali
30.	Aimaz S. Sheikh	Aimaz	53.	Ankita K. Khadke	Ankita
31.	Rohini A. Abulkar	Rohini	54.	Swarna K. Warkade	Swarna
32.	Pratiksha S. Hirale	P.S. Hirale	55.	Kajal M. Gohane	Kajal
33.	Neha B. Karlekar	Neha	56.	Surksha S. Dhanaki	Surksha
34.	Nisha A. Vaidya	Nisha	57.	Naidanaghi N. Sheikh	Nisha
35.	Shubhangi V. Tawale	Shubhangi	58.	Vaishnavi R. Karkade	Vaishnavi
36.	Snehal Shinde	Snehal	59.	Swati R. Gange	Swati
37.	Vaishnavi. Tungdhar	Vaishnavi	60.	Charvi R. Zating	Charvi
38.	Shital S. Vasambae	Shital	61.	Aarti D. Wavre	Aarti
39.	Pooja M. Ganpade	Pooja	62.	Priyanka A. Toduse	Priyanka
40.	Aika C. Childe	Aika	63.	Swati B. Thakre	Swati
41.	Vijaya V. Shende	Vijaya	64.	Siddhant B. Bhat	Siddhant
42.	Savitri P. Truhane	S.P. Truhane	65.	Tushar B. Gaurkar	Tushar
43.	Shubhangi M. Satpute	S.M. Satpute	66.	Harshal S. Pekar	Harshal

➤ Beneficiaries

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Chanda Shikshan Prasarak Mandal's
Janata Mahavidyalaya, Chandrapur
 Civil Lines, Nagpur Road, Chandrapur

Internal Quality Assurance Cell (IQAC)



Academic Session 2018 -19

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











Place: Seminar Hall

Date: 30th January 2019

- Name of the Programme/Activity : A One Day Workshop
- Topic : "Personality Development"
- Objectives of the Programme/ Activity is to: 1) thorough discussion about the factors influencing Human Personality
 2) highlight the importance of soft skills
 3) interaction with the participants
 4) generate self motivation among the students

Sr. No.	Name of 1) Chairperson	Signature	Sr. No.	Name of the Academic Expert Guides	Signature
1	Dr. M. Subhas (Principal)		1	Dr. Rahul Kumar Chawda	

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Sr. No.	Name of Participant	Signature	Sr. No.	Name of Participant	Signature
1)	Shubhangi Babade		7)	Sushma K. Borewar	
2)	Varbhavi Borewar		8)	Nikita B. Sonawane	
3)	Ashwini Gadgil		9)	Daineta S. Karpachi	
4)	Deepthi Dhanu		10)	Pallavi A. Meshram	
5)	Ashwini Wankhade		11)	Kajal P. Chaudhari	
6)	Sonika Deshpande		12)	Anjali S. Munaswar	

➤ Beneficiaries

Sr. No.	Name of Participant	Signature	Sr. No.	Name of Participant	Signature
13)	Chhaya A. Morey	Amorey	42	Munali V. Vairavade	Amr
14)	Shivani S. Kasengatthumma	Shivani	43	Vishal A. Kambhe	Vishal
15)	Prachi D. Deskar	Prachi	44)	Ankit A. Bairagi	Ankit
16)	Diksha S. Chauhan	D. S. Chauhan	45)	Akash M. Dupare	Akash
17)	Sheeti M. Tongue	Sheeti	46)	Sachin Mangi Thakre	S. Thakre
18)	Chaitali E. Desai	Chaitali	47)	Sadim B. Pindole	Sadim
19)	Meeta S. Akram	Meeta	48)	Yogendra W. Pawar	Yogendra
20)	Shubhagani Bhargava	Shubhagani	49)	Arubhan R. Pal	Arubhan
21)	Kulvish B. Kulkarni	Kulkarni	50)	Saurav M. Ware	Saurav
22)	Sneha C. Meshram	Sneha	51)	Chetan S. Sontakke	Chetan
23)	Swathi S. Baki	Swathi	52)	Sevakram D. Pal	Sevakram
24)	Sejal B. Chaudhary	Sejal	53)	HARSHAL S. PECHHE	Harshal
25)	Shruti A. Mandawar	Shruti	54)	Aniruddh P. Dhote	Aniruddh
26)	Ashwini A. Tadam	Ashwini	55)	Tushar B. Gaurkar	Tushar
27)	Kalyani A. Akram	Akram	56)	Aniket B. Thakre	Aniket
28)	Pallavi A. Gajghisye	Gajghisye	57)	Siddharth D. Borkar	Siddharth
29)	Vaishali P. Rantke	Rantke	58)	Prachi A. Zang	Prachi
30)	Ekavali G. Devangan	Ekavali	59)	Aarti D. Wadke	Aarti
31)	Seema S. Kambale	Seema	60)	Priyanka A. Todase	Priyanka
32)	Vaishnavi V. Rantke	Vaishnavi	61)	Naidanoozi N. Sheikh	N. Sheikh
33)	Tejal S. Bajpai	T. Bajpai	62)	Vaishnavi R. Karkade	V. Karkade
34)	Arati P. Dhote	Arati	63)	Swati R. Gargale	Swati
35)	Khushboo R. Pachhale	Khushboo	70)	Rajat M. Bhoirane	Rajat
36)	Nandini Upadhyay	Nandini	71)	Swarna K. Wakode	Swarna
37)	Munali Dhoke	Munali	72)	Surksha S. Dhanki	Surksha
38)	Pragati D. Thakre	Pragati	73)	Tarusha M. Gaurkar	Tarusha
39)	Kajal S. Shende	Kajal	74)	Alka B. Bhatkar	Alka
40)	Shankar N. Purohit	Shankar	75)	Anjali C. Prasad	Anjali
41)	Sahil A. Upare	Sahil	76)	Ankita K. Khadke	Ankita

➤ Beneficiaries

Sr. No.	Name of Participant	Signature	Sr. No.	Name of Participant	Signature
42	Teishwini D. Salbkar	Salbkar	70	Payal B. Mandade	Mandade
43	Pasrima m. Tekam	Besimeu	71	Puwa P. Gujarlawar	Tejasa lawar
44	Dipali V. Pachbhaj	Pachbhaj	72	Shubhangi V. Temedi	Temedi
45	Prityanku V. Jemekar	Jemekar	73	Nisha A. Vaidya	Vaidya
46	Gayatri L. Ragi	Ragi	74	Neha B. Kalekar	Kalekar
47	Ankita Y. Meshram	Meshram	75	Pratiksha S. Tiwale	P.S. Tiwale
48	Vaishnavi S. Telange	Vaishnavi	76	Prati M. Ganfale	Ganfale
49	Shivani S. Tiwari	Tiwari	77	Shital S. Yeshambare	Shital
50	Pragati Babude	Babude	78	Alka C. Chode	A. Chode
51	Vibhushki gedam	Gedam	79	Snehal B. Hude	Hude
52	Priyanku Madan	Madan	80	Vaishnavi Turgutkar	Turgutkar
53	Puja P. Karghude	Karghude	81	Vijaya V. Shinde	Shinde
54	Jyothi D. Phansikar	Phansikar	82	Savita P. Mohane	S.P. Mohane
55	Pratapa G. Golewari	Golewari	83	Shubhangi M. Satpute	S.M. Satpute
56	Laxmeshwari G. Awarale	Awarale	84	Divya K. Kewade	Kewade
57	Kaunag S. Waze	Kaunag			
58	Manisha M. Bhargava	Bhargava			
59	Pallavi R. Tambhulke	Tambhulke			
60	Taigyaba N. Sheikh	Sheikh			
61	Ashwini G. Tiwari	Tiwari			
62	Vaishnavi Choudhari	Choudhari			
63	Kajal R. Pokale	Pokale			
64	Sejal R. Tajane	S.R. Tajane			
65	Pallavi A. Choudhary	Choudhary			
66	Mayuri D. Badhe	Badhe			
67	Monu K. Vaidya	Vaidya			
68	Rohini A. Asutkar	Rohini			
69	Almaz S. Sheikh	Sheikh			

(ESTABLISHED, MAY 1958)



Ph. : (07172) 251794 (Offi.)
255823 (Campus)
Fax : (07172) 276852

Chanda Shikshan Prasarak Mandal's

JANATA MAHAVIDYALAYA, CHANDRAPUR.

NACC Re-accredited Institution Grade 'B' with 2.67 CGPA

(Affiliated to Gondwana University, Gadchiroli.)

(Arts, Commerce & Science : P.G., Sr. & Jr. Courses)

POST BOX No. 137, CIVIL LINES, CHANDRAPUR - 442 401 (MAHARASHTRA)

E-mail : prijmvchd@gmail.com

Website : janatamhvcha.org.

Dr. M. Subhas M.Sc., Ph.D.

Principal

Ref No. : JMV/1524/2018-19

Date : 30/01/2019

Appreciation Letter

Internal Quality Assurance Cell, Janata Mahavidyalaya,

Chandrapur extends sincere appreciation to **Dr. Rahulkumar**

Chawda for Conducting Workshops for the students on

"Personality Development and Stress management" at our

Institution on 30/01/2019.

We are very thankful to you and hope that you would extend
your help in future too.

Dr. M. Subhas
Principal
Janata Mahavidyalaya
Chandrapur