



Rayat Shikshan Sanstha's
Savitribai Phule Mahila Mahavidyalaya, Satara
Under Lead College Scheme
Department of B.Voc in Nursing & Psychology
One day Workshop



**Management of
Stress & Mental
Health**



Rayat Shikshan Sanstha's
Savitribai Phule Mahila Mahavidyalaya, Satara
Shivaji University Kolhapur
Under Lead College Scheme
Department of B.Voc in Nursing & Psychology
Jointly Organized
One day Workshop
On
Management of Stress & Mental Health

A one day workshop was conducted on 'Management of Stress & Mental Health'. This workshop was organized specially for the students and faculty members. The details of workshop are as given below. Workshop was conducted on 18th March, 2023, organized by department of B.Voc in Nursing & Psychology, under Shivaji University Kolhapur, Lead College Scheme. Introduction and welcome of the guest done by Ms. Srushti Ghadge, HOD, B.Voc Nursing, SPMM, Satara.

Physical comforts are increasing day by day but at the cost of increase in mental stress. Students spend most of their time in college. Due to continuous mental work, peer pressure and family problems mind becomes stressful. They may have headaches, they are tired, and they are so exhausted that they just want to crawl into bed and sleep. Yoga not only releases mental stress, but it also give strength to the body and mind. Relaxation & meditation brings sound sleep and calmness to the mind. Around these thoughts, One day session began with light exercise and some music for the participants. It helped the students and teachers to relax and concentrate which was the mantra for the day "Relaxing helps reduce stress and mental health".


Guest Speaker	Topic of Workshop	No. of Beneficiary	Remark
Dr. Ganesh Lokhande HoD Psychology Dept Asso.Professor Chh. Shivaji College, Satara	Management of Stress & Mental Health	88	The session gave the students and the faculty members an opportunity to learn how to manage stress & mental health in their daily lives.


Following are the tips given by Dr. Ganesh Lokhande Sir on how to maintain a healthier lifestyle and to prepare you to cope with the stress & mental health of everyday living.

- Structure each day to include a minimum of 20 minutes of exercise.
- Eat well-balanced meals
- Substitute fruits for desserts.

- Get at least 7 hours of sleep.
- Spend time each day with at least one relaxation technique – imagery, daydreaming, prayer, yoga or meditation.
- Take a warm bath or shower.
- Go for a walk. Get in touch! Hug someone, hold hands, or stroke a pet.

All of the above tips given in the session seemed very useful and efficient to reduce the stress. The participants of the workshop had a wonderful experience during various practice and exercises. There were discussions in between and at the end of the session sir has given Psychology well-being scale for students for solving and students are aware about their mental state. Also at the end doubts and queries of participants were resolved. At the end Dr.J.A.Aphale mam, IQAC Co-ordinator, SPMM gave presidential address and Mr.D.R.Pawar, HOD, Psychology delivered the Vote of Thanks.


Ms. S. C. Ghadge
HOD
B. Voc Nursing


Mr. D. R. Pawar
HOD
Psychology


Principal
Savitribai Phule Mahila Mahavidyalaya
SATARA



"Education through self-help is our motto"-KARMAVEER

RAYAT SHIKSHAN SANSTHA'S

Savitribai Phule Mahila Mahavidyalaya, Satara

(Arts-Commerce(UG&PG)-BCA-B.Voc in Nursing

Satara-415001 (Maharashtra)

Affiliated to Shivaji University, Kolhapur

Reaccredited at 'B++' Grade (CGPA:2.80) by NAAC, Bangalore

■ E-mail : savitribai_phule@yahoo.com ■ Web. - www.spmmsatara.com ■

Founder

Padmabhushan Dr.Karmaveer Bhaurao Patil, D.Litt

Estd. June 1989

Ph No. -(02162) 231705

Govt. Affi. No.: NGC 3589/

(1855) vishi 2/dt. 17/6/1989



Principal
Dr. Shivling Menkundale

M.A., M.Phil., Ph.D.

Reg. No. 982/2022-23

Date: 16/3/2023

To

Dr. Ganesh Lokhande
Associate Professor & Head,
Department of Psychology,
Chhatrapati Shivaji College,
Satara (Autonomous)

Subject: Resource Person for Workshop on "Management of Stress & Mental Health".

Respected Sir,

Greetings from SPMM, Satara

It gives us immense pleasure to invite you as the Resource Person for Workshop on "Management of Stress & Mental Health" organized by the Department of B.Voc. in Nursing & Psychology, on 18th March, 2023 at 10:00 AM, under Shivaji University Kolhapur, Lead College Scheme. We hope your co-operation and acceptance. Your guidance will enrich our students and will be helpful to update their participant's knowledge.

Thank You.


Principal
Savitribai Phule Mahila Mahavidyalaya
SATARA



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Founder

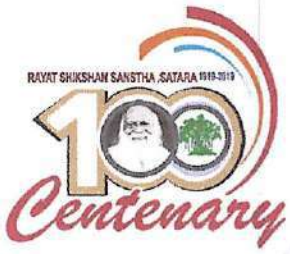
Padmabhushan Dr.Karmaveer Bhaurao Patil, D.Litt

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Principal
Dr.Shivling Menkundale

M.A., M.Phil., Ph.D.

Reg. No. 983 /2022-23

Date: 16/3/2022

To
The Principal,
All Colleges under the Lead College
Satara.

**Subject: About deputing the Teacher and Students of your college for
Workshop on "Management of Stress & Mental Health".**

Respected Sir/Madam,

Greetings from SPM, Satara

With reference to above mentioned subject we request you to depute 01 Teacher and 05 Students of your college for workshop on "**Management of Stress & Mental Health**" organized by the Department of B.Voc. in Nursing & Psychology, on 18th March, 2023 at 10:00 AM, under Shivaji University Kolhapur, Lead College Scheme. We hope your co-operation.

Thank You.


Principal
Savitribai Phule Mahila Mahavidyalaya
SATARA.



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Founder

Padmabhushan Dr.Karmaveer Bhaurao Patil, D.Litt

Estd. June 1989

Ph.No.-(02162) 231705

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(1855) vishi 2/dt.17/6/1989



Principal
Dr. Shivling Menkundale

M.A., M.Phil., Ph.D.

Reg.No. ⁹⁹² 983/2022-23

Date: 18/3/2023

To
Dr. Ganesh Lokhande
Associate Professor & Head,
Department of Psychology,
Chhatrapati Shivaji College,
Satara (Autonomous)

Respected Sir,

We express our sincere gratitude to you for sharing the knowledge & experience being the Resource Person in the workshop on "Management of Stress & Mental Health" organized by the Department of B.Voc. in Nursing & Psychology, on 18th March, 2023 at 10:00 AM, under Shivaji University Kolhapur, Lead College Scheme. Thank you for sparing your time from busy schedule. All thanks to your enlightening words that inspired so many participant's out there. Your cooperation was really helpful for us in the successful organization of the said workshop. Wishing you all the best for your future endeavors. Hope the same co-operation.

Thanking You.


Principal
Savitribai Phule Mahila Mahavidyalaya
SATARA.





Rayat Shikshan Sanstha's
Savitribai Phule Mahila Mahavidyalaya, Satara

Shivaji University Kolhapur

Under Lead College Scheme

Department of B.Voc in Nursing & Psychology

Jointly Organized

One day Workshop

On

Management of Stress & Mental Health

Registration

Day - Saturday

Date :- 18/3/2023

Sr. No.	Name of Participant Faculty	Name of College	Mobile No.	Signature
1)	Patil Latika Subhash. Asst. Prof. SPM, Satara	Prof. SPM, Satara	8698608862	
2)	Dr. Mrs. Jayashri Ajay Aphale	Asst. Prof. S.P.M.M, Satara	9767556405	
3)	Ms. Sneha C. Ghadge	Asst. Prof. SPM, Satara	8830582441	
4)	Ms. Jayashree Baabar	Asst. Prof. SPM, Satara	7276025179	
5)	Ms. Kadambari Lad	Asst. Prof. Y.C.I.S. Satara	8381057162	
6)	Mr. Dilip R. Pawar	Asst. Prof. SPM, Satara	9970971231	
7)	Ms. Sneha Dhanawade	SPM Satara	9960578082	
8)	Mrs. Smita Kumbhar	Psy Div. SPM, Satara	9096819960	
9)	Mr. N. D. Bhorsole,	Asst. Prof. SPM, Satara	989053326	
10)	Mrs. Ashwariya, Kishorwagar	Asst. Prof. SPM, Satara	7387839521	

STUDENTS.

Sr. No.	Name of Participant	Name of College	Mobile No.	Signature
1]	Namrata Mukund Sonawane.	S.P.M.M., satara.	8082353142	Namratay.
2]	Swati Digmabar Mahamuni	S.P.M.M. satara	9921100317	S.D. Mahamuni
3]	Anuja Ajay Kamble	S.P.M.M. Satara	8087933107	Akamble
4]	Sanika Iahu Sonawane	S.P.M.M. Satara	9665286285	Sonawane
5]	Vaishnavi Anil Pawar	S.P.M.M. Satara ^{B.COM-I}	7720086265	V.A. Pawar
6]	Arijali Mohan Letekar	S.P.M.M. satara	9075848563	Amlatekar
7]	diya sh. Sachin Awarie	S.P.M.M. Satara.	9011241357	D. S. Awarie
8]	pallavi dashrath Kadam	S.P.M.M. Satara	9561854609	P.Kadam
9]	Siya Siya Rajaram shinde	S.P.M.M. Satara	8830982441	Shinde
10]	Pragati Navnath Sabale	S.P.M.M. Satara. B.COM I	8468937738	P.Sabale
11]	Vaishnavi Hement Pawar	S.P.M.M. satara. B.COM I	9322906608	Pawar
12]	Tanuja sunil Dorekar	S.P.M.M. Satara B.COM I	7517040865	T.Dorekar
13]	Amisha Dhondiba Gawade	S.P.M.M. Satara B.COM I	8459118055	Gawade
14]	Shrawani sayaji Chhadge	S.P.M.M. Satara B.COM I	8680462120	Chhadge
15]	Shinde Shivanjali LAXMAN	S.P.M.M. Satara B.COM I	9603025525	Shinde
16]	Nigade Pratiksha Satish	S.P.M.M. Satara B.COM I	9049847734	P.S. Nigade
17]	Komal parshuram Sabale	S.P.M.M. Satara (B.A.I)	8263018070	K.Sabale

18] Divya Aabaji Jadhav S.P.M.M. Satara [B.A.I] 8080034232 D.A. Jadhav,

19] Sonawale Vaishnavi Jagannath S.P.M.M. Satara (B.A.I) 8483994026. V.J. Sonawale

20] YADAV MANSI RATU S.P.M.M. Satara (B.A.I) 8767925625 M. R. Yadav.

Sr. No.	Name of Participant	Name of College	Mobile No.	Signature
58)	shinde Aramta Gulab	S.P.M.M Satara	9356059397	<u>Arshinde</u>
59)	shinde Mamata Dattatray	S.P.M.M. Satara	8880061457	<u>Mamata</u>
60)	nikita Satish Ghospade	S.P.M.M. Satara	8975701427	<u>Ghospade</u>
61)	sofiya Javed shaikh	S.P.M.M. Satara	7499620774	<u>Shaikh</u>
62)	damini Dattatray chikane	S.P.M.M Satara	9146402354	<u>Chikane</u>
63)	Rutuja Narayan Gurav	SPMM Satara	-	<u>Gurav</u>
64)	Apeksha sunil Gore	SPMM, Satara	8483915215	<u>Akro</u>
65)	Pimpale Bhakti Navnath	SPMM, Satara	8767020316	<u>Pimpale</u>
66)	Nandini Sham Jagtap	SPMM, Satara	-	<u>Jagtap</u>
67)	Barge Sanika Hindurao	SPMM, Satara	-	<u>Barge</u>
68)	Chaudhari Pritee Rajendra	SPMM, Satara	-	<u>Pritee</u>
69)	Vadar Neha Anil	SPMM, Satara	-	<u>Vadar</u>
70)	Bhagle Pallavi Dawlat	SPMM, Satara	-	<u>Dawlat</u>
71)	sakshi Ravindra Mohite	SPMM, Satara	-	<u>S. Mohite</u>
72)	Ingale shirani Ashok	SPMM, Satara	-	<u>S. Ingale</u>
73)	Babar Sneha Gautam	SPMM, Satara	-	<u>Babar</u>
74)	Pratiksha Narayan Gore	SPMM, Satara	-	<u>P. Gore</u>
75)	Reshma dadaso Mane	SPMM, Satara	-	<u>R. Mane</u>
76)	Gore Ankita Suresh	SPMM, Satara	-	<u>A. Gore</u>
77)	Rutuja Ganjay Shelar	SPMM, Satara	-	<u>Shelar</u>
78)	Vaishnavi Wagh	SPMM, Satara	-	<u>Wagh</u>



Sr. No.	Name of Participant	Name of College	Mobile No.	Signature
401	Pathan Saba Sikan dae	SPMM Satara	7887694386	Saba
4#1	Pratiksha Narayan GuraV-	SPMM Satara	8010896977	Pratiksha
4B)	Vaishnavi Tukaram wagh.	S.P.M.M Satara	7499854390	Vaishnavi
44)	Reshma dadaso mane	S.P.M.M. Satara	8390988540	Reshma
45)	Rutuja sanjay skelar	S.P.M.M. Satara	229630524	Rutuja
46)	Ankita Arjun Kadam.	S.P.M.M. Satara	-	A.A. Kadam
47)	Samiksha Pradip Rajeshinke	S.P.M.M. Satara	7499184536	S.S. Rajeshinke.
48)	Nandini Sham Jagtap	S.P.M.M. Satara	7276401467	Nandini
49)	Snehal Kamalakar Babar	S.P.M.M. Satara	7498274802	Snehal
50)	Sneha Gautam Rajguru	S.P.M.M. Satara	7507816487	Sneha Rajguru
51)	Sakshi Nitin Jagtap	S.P.M.M. Satara	7796547684	Sakshi
52)	Neha Anil Vedar	S.P.M.M. Satara	8956411027	Neha
53)	Bhakti Navnath Pimpale	S.P.M.M. Satara	8767020316	Bhakti
54)	Shivani Ashok Ingwale	S.P.M.M. Satara	9112316701	S.A. Ingwale
55)	Pallavi Daulat Bhagle	S.P.M.M. Satara	7899106449	Pallavi
56)	Sakshi Ravindra monite	S.P.M.M. Satara		S.R.M.
57)	ANKITA NEHARSO SHIRKE	S.P.M.M. Satara	-	A.N. Shirke





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Savitribai Phule Mahila Mahavidyalaya, Satara

Shivaji University Kolhapur

Under Lead College Scheme

Department of B.Voc in Nursing & Psychology

Jointly Organized

One day Workshop

On

Management of Stress & Mental Health

Date: 18/03/2023

Time: 10:00 am onwards

Day: Saturday

Table Programme

- | | |
|---|--|
| ❖ Welcome & Introduction of Guest /Speaker | Ms. Srushti Ghadge
HOD, B.Voc in Nursing,
SPMM, Satara |
| ❖ Resource Person | Dr. Ganesh Lokhande
Associate Professor & Head,
Department of Psychology,
Chhatrapati Shivaji College, Satara.
(Autonomous) |
| ❖ Presidential Address | Prin.Dr. Shivling Menkudale
Joint Secretary (H.Edu)
Rayat Shikshan Sanstha's, Satara |
| ❖ Special Appearance | Prof. Dr. Sunita Gharge, Vice Principal (Arts)
Dr. Sarjerao Pawar, Vice Principal (Commerce)
Dr. Jayshree Aphale, IQAC Co-ordinator |
| ❖ Vote of Thanks | Mr. Dilip Pawar
HOD, Psychology,
SPMM, Satara |
| ❖ Anchoring | Ms. Darshana Borge
Ms. Dakshata Patil
Student, B.Voc in Nursing Dept,
SPMM, Satara. |



Rayat Shikshan Sanstha's
Savitribai Phule Mahila Mahavidyalaya, Satara

Shivaji University Kolhapur
Under Lead College Scheme

Department of B.Voc in Nursing & Psychology

Jointly Organize One-day Workshop on

Management of Stress & Mental Health



Date: 18/03/2023

Time: 10:00 am onwards

- ❖ **Welcome & Introduction** : **Ms. Srushti Ghadge**
(HOD, B.Voc in Nursing, SPMM, Satara)
- ❖ **Resource Person** : **Dr. Ganesh Lokhande**
(Head, Dept of Psychology, Chh.Shivaji College, Satara.)
(Autonomous)
- ❖ **Presidential Address** : **Prin. Dr. Shivling Menkudale**
(Joint Secretary (H.Edu) Rayat Shikshan Sanstha ,Satara)
- ❖ **Vote of Thanks** : **Mr.Dilip Pawar**
(Head, Dept of Psychology, SPMM, Satara)



Rayat Shikshan Sanstha's
Savitribai Phule Mahila Mahavidyalaya, Satara

Shivaji University Kolhapur
Under Lead College Scheme

Department of B.Voc in Nursing & Psychology Jointly Organized
One day Workshop

On

Management of Stress & Mental Health

Student Attendance

Day & Date: Saturday, 18.03.2023

Sr.No	Participant Name	Class	Mobile No	Signature
1.	Pawar Gayatri Rahul	B.VOC III	9373977563	G.R. Pawar
2.	Katkar Saijanya Umesh	B.VOC III	7198691873	Saijanya
3.	Mahamulkar Ankita Rajaram	B.VOC III	9767284635	AM
4.	Dhanawade Sakshi Shashikant	B. voc III	8010969016	S.Dhanawade
5.	Devane Pradnya Shankar	B. Voc III	8080693697	Pradnya
6.	Tilkar Aditi Balasaheb	B.VOC III	8275037890	Aditi
7.	Borge Parshana Jalindar	B.VOC III	9881120415	D.J. Borge
8.	Patil Dakshata Deepak	B.VOC III	9146554878	D.Patil
9.	Bansode sakshi shankar.	B.VOC II	8830410835	S.Bansode
10.	Mulla Meher Shapur.	B. VOC II	9665076887	Mulla
11.	Kadam Mrudali Dipak.	B. VOC II	9527536089	M.Kadam
12.	Gade Shivani Pradip.	B. VOC II	9021445087	S.Gade
13.	Shedge Pratiksha Aranda.	B. VOC II	7577369282	P.Shedge
14.	Lahigude Aarati Kishor.	B. VOC II	8855039423	A.K. Lahigude
15.	Bhosale Kiran Pandurang	B. VOC II	8369616166	K.P. Bhosale
16.	Yadav Nidhi Ravindra	B-VOC I	9561183200	Nidhi
17.	Kharat Shraddha Dipak	B-VOC I	8378018210	S.Kharat
18.	Dhavan Tanuja Sunil	B.VOC I	9767429845	T.Dhavan
19.	Bhilare Siddhi Arvind	B. VOC-1	9209092921	S.Bhilare
20.	Atale Poonam Narayan	B. VOC-1	9028297258	P.Atale
21.	Ankita Bandu Yaddv.	B. A. I	9603835945	A.Bandu
22.	Sanika Ramchandra Ghorpade	B. A. I	9503835945	S.Ghorpade

Sr.No	Participant Name	Class	Mobile No	Signature
23	Shelar Nikita Dhondiba	B.com III	9405048233	
24	Shelar Bhrooli Yashwanth	B.com III	9672812962	
25	Mulani Najaya Iqbal	B.com III	-	
26	Pawar Asmita sarjeras	B.com III	-	
27	Pawar suetali Ekanath	B.com III	-	
28	Borge sanika Hindurao	B.com III	-	
29	sutar Rukaiya taurfik	B.com III	-	
30	shinde Nikita smajit	B.com III	-	
31	Barade Anuja Jitendra	B.com III	-	A.T. Barade
32	Chaudhari Pritee Rajendra	B.com III	-	
33	Ghaduge Sukanya Rajendra	B.com III	-	
34	More Rutuja Bhimrao	B.com III	-	
35	Nikam Esha pandurang	B.com III	-	
36	Sabale pavonima Rajendra	B.com III	-	
37	Gore Ankita Suresh	B.com III	-	A.S. Gore
38	Bebale Harshada santosh	B.com III	-	
39	Vaishnavi Tukaram wagh.	B.A - II	-	
40	Balikesha Narayan Ganesh	B.A - II	-	
41	Rutuja sanjay shelar	B.A. II	-	
42	Reshma dadaso mane.	B.A. II	-	
43	Ankita Anjun kadam	B.A. I	-	A.A. Kadam
44	Jamilchee Pradi P Rajeshika	B.A. I	-	J.P. Rajeshika
45	Neendini Shem Jagtap	B.A. II	7276401467	
46	Babar snehal Kamalakar	B.A. II	-	S.K. Babar
47	Rajguru sneha Gautam	B.A. II	-	
48	Jagtap sakshi Nitin	B.A. II	-	
49	Vadav Ncha Anil	B.A. II	-	
50	Pimpale Bhakti Navnath	B.A - II	8767020316	
51	Ingwale Shivani Ashok	B.A - II	-	S.A. Ingwale
52	Bhagle Pallavi Daulat	B.A - II	-	
53	A.V. Shinde Ankita Shinde	B.A. I	-	A.V. Shinde
54	sakshi Ravindra mohite	B.A. I	-	
55	Apeksha Sunil Gore	B.A. I	8483916215	A.S. Gore

Sr.No	Participant Name	Class	Mobile No	Signature
56	Jadhav Vajshnavi Sandip	B.VOC - I	8237619218	V.Jadhav
57	Rathod Kulpana Mansing	B.VOC - I	8660943018	Rathod
58	Jadhav Jayshri Ramchandra	B.VOC II	8010755305	Jadhav
59	Kumbhar Mayuri Mahesh	B.VOC I	8530548476	Kumbhar
60	Kumbhar Pratiksha Prashant	B.VOC I	8275749202	P.R.Kumbhar
61	Chavan Mukta Ramesh	B.VOC I	8767951902	Chavan
62	Ravidhone Aarti Anil	B.VOC - I	9270000998	Ravidhone
63	Pawar Sanika Shamkar	B.VOC - I	8329912134	SPawar
64	Pawar Poonam Gorakh	B.VOC 2	9410909550	Pawar
65	Kadam Prachi Pratap	B.VOC 2	9172905532	Kadam
66	Gholap Shradha Arvind	B.VOC - I	7276248465	Gholap
67	Yadav Prajakta Shobaji	B.VOC - I	9545419739	P.Yadav
68	Phadtare Payal Rahul	B.VOC - I	9356840808	Phadtare
69	Yadav Gayatri Dhanaji	B.VOC - I	7385628312	GDYadav
70	Parekar Tulasi Vitthal	B.VOC I	7972804145	Tulasi
71	Neshmukhvaishnavi vijay	B.com III	8530220546	V.V.Neshmukh
72	Jadhav vaishnavi sachin	B.com III	7820977440	V.Jadhav
73	Kadankush Sneha Gamadhan	B.com III	7558433581	Shradankush
74	Kade Anushka Satish	B.com III	9022565140	Kade
75	Ghadage Arati vilas	B.com III	9136856076	Ghadage
76	Jadhav Priyanka vijay	B.com III	9356392029	Priyanka
77	Jamdar Nikita Dilip	B.com III	9809200712	Jamdar
78	siya Sandip Kamble	B.A - I	9766965753	SKamble
79	payal Anil pawar	B.A - I	9405315466	P.A.Pawar
80	pooja sandip Nikam	B.A - I	7276608495	P.S.Nikam
81	pranali shaflesh Randive	B.A - I	8149564024	P.S.Randive
82	Asavari Suhar Randive	B.A - I	9028763789	Asavari
83	Tanvi Sunil Agunde	B.A - I	9359129304	Agunde
84	shreya Anil Rasal	B.A - I	9890313298	Shreya
85	Anjali Mohan Letekar	B.A I	9075848563	Anletekar
86	Diya Sachin Awale	B.A - I	9011241357	D.S.Awale
87	Pallavi Dashrath Kadam	B.A - I	9960591306	P.D.Kadam
88	Prachi vijay shinde	B.A - I	779694200	P.V.Shinde



Principal
Savitribai Phule Mahila Mahavidyalaya
SATARA.

PHOTO'S OF WORKSHOP



GUEST SPEAKER :- DR. GANESH LOKHANDE



PRESIDENTIAL ADDRESSER :- DR. J. A - APHALE.





SAVITRIBAI PHULE MAHILA MAHAVIDYALAYA, SATARA

(NAAC Reaccredited in 3rd Cycle : Grade B ++, CGPA : 2.80)

Lead College Programme

2022 - 2023

CERTIFICATE

This is to certify that *Mr / Miss / Dr.* Kadambari Mahesh Lad
of Yashwantrao Institute of Science, Satara has
participated in the one day Workshop OF management OF stress & mental health
under the auspices of Lead College Programme, organised by Department, B.VOC in nursing & Psychology,
Savitribai Phule Mahila Mahavidyalaya, Satara on 18th march 2023

Co-ordinator

Co-ordinator

Lead College Programme

Principal

S.P.M. Mahavidyalaya, Satara