

Nootan Vidarbha Shikshan Mandal's
MAHILA MAHAVIDYALAYA, JOG CHOWK, AMRAVATI
NAAC Accreditation Grade – B with CGPA 2.56
INTERNAL QUALITY ASSURANCE CELL (IQAC)
“Aapulki” Mentor- Mentee Project
Workshop on Stress Management
2019-2020



Introduction:-

In modern era stress has become very common but it becomes dangerous when level of stress increases beyond the limit. Common causes of stress include work, money, relationships, Studies and illness. To aware about the causes and consequences of Stress ‘Aapulki’ Mentor- Mentee Committee decided to organize ‘ Stress Management Workshop ‘for Students.

Objectives

- Understand the basic principles of stress management.
- To recognize stress triggers and how to manage them.
- Develop proactive responses to stressful situations

Activity in detail:-

During the season 2019-2020, ‘Aapulki’ Mentor - Mentee project committee organized one day workshop on Stress Management on 4th October 2019. Renowned psychologist Dr. Rohit Deshmukh and Dr.Vidyut Khandewale explained the reasons of stress and suggested ways for stress management by giving various examples and demonstration. They answered all the questions asked by students and cleared their

doubts. The workshop had organized under the guidance of Hon'ble Principal Dr. Sushma Deshmukh.

Dr. Rohit Deshmukh who was valuable contribution in psychological work, explained stress management through PowerPoint slide presentation. He said different individuals have different influences of mind of any incident. He provided practical guidance on how to deal with stress in any situation. He also guide the students on the causes, measures of stress, its effects on mind and body. He explained the concept of various psychological terms and characteristic of human nature in the scientific way. He gathered students and demonstrated a game on how psychological changes are occurring and explained psychological patterns through them. In the second session Dr. Vidut Khandewale psychologist explained stress management by analyzing various emotions, positive, negative thoughts. She advises 'Be positive and successful'.

Hon'able Principal Dr. Sushma Deshmukh chaired the session and addressed that, human being can certainly taste the fruits of success if they manage their stress. To reduce stress time management is important factor. She instructed students to put themselves in position to reduce stress and try to stay away from the stressful social media co-ordinator of 'Aapulki Mentor Mentee Project and whole committee. Prof. Wasnik, Prof. Meshram, Prof. Manisha Joshi, Prof. Sable, Prof. Sonparote took efforts for successful workshop.

Outcomes:-

- Participants learned to understand how stress works and develop sustainable behaviors.
- Recognize negative stress and its symptoms and identify the causes of unwanted stress.
- Avoid negative stress whilst enhancing positive experience develops a balanced lifestyle in order to control stress in the long term.
- Utilize effective realization and stress reduction techniques.

- Aapulki Mentor- Mentee Committee gets opportunity to organize Stress Management Workshop.
- Students could understand the reasons of stress, types of stress and adverse effects of stress on mind and body.


IQAC Co-ordinator
Mahila Mahavidyalaya
Amravati




PRINCIPAL
MAHILA MAHAVIDYALAYA
AMRAVATI.

Nootan Vidharbha Shikshan Mandal's

**Mahila
Mahavidyalaya**
JogChowk, Amravati

Principal : Dr.Sushma Deshmukh

Contact : 9765838115 MOB: 2564491 TRes: 2571704

Website: www.mmv.ac.in

E mail - mahilamahavidyalaya.amt@gmail.com

2075/19
Date 03/10/2019

Outward No.

To,
Dr. Vidyut Khandewale
Amravati

Subject: Invitation for the Workshop on Stress Management.

It Sir,

With reference to the subject cited above, we are glad to inform you that 'Apulid' Mentor-Mentee Project, Mahila Mahavidyalaya, Amravati is organizing Workshop on Stress Management for the junior and Senior College Students. You are kindly requested to grace the occasion as a Speaker, dated 4th October, 2019 at 11.00 A.M. Please accept our invitation and oblige.

Thanking you.

Sushma
Principal
Mahila Mahavidyalaya
Amravati

Nootan Vidharbha Shikshan Mandal's

**Mahila
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2075/19
Date : 03/10/2019

Outword No.


To,
Dr. Rohit Deshmukh
Manas Clinic
Amravati

R/Sir,

I would sincerely like to thank you for sparing your valuable time to grace the 'Stress Management Workshop' organized by 'Apulki' Mentor-Mentee Project, Mahila Mahavidyalaya, Amravati. Your guidance to the students created awareness and also provided us with valuable input. It was a great pleasure to host you at our college as the Inaugurator and Speaker. We hope this kindness and co-operation will remain and continue in the future.

Thanking you

Date: 4.10.2019


Principal
Mahila Mahavidyalaya
Jog Chowk, Amravati

Nootan Vidharbha Shikshan Mandal's

**Mahila
Mahavidyalaya**
JogChowk, Amravati

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Contact : 9765838115 | OIT : 2564491 | Res. 2571704

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E mail - mahilamahavidyalaya.amt@gmail.com

Date: 20/10/19
03/10/2019

Outword No.

To,
Dr. Vidyut Khandewale
Amravati

R/Sir,

I would sincerely like to thank you for sparing your valuable time to grace the 'Stress Management Workshop' organized by 'Apulki' Mentor-Mentee Project, Mahila Mahavidyalaya, Amravati. Your guidance to the students created awareness and also provided us with valuable input. It was a great pleasure to host you at our college as the Speaker. We hope this kindness and co-operation will remain and continue in the future.

Thanking you

Date: 04.10.2019

Sushma
Principal
Mahila Mahavidyalaya
Amravati
Amravati

श्री शिवाजी कला व वाणिज्य महाविद्यालय, अमरावती

सत गाडी बाबा अमरावती विद्यापीठ, अमरावती मालिका (स्थापना वर्ष 1946)

नैकद्वारा 'अ' दर्जा प्राप्त (मोजोपां 3.08)

संपर्क : 02210212589/0221021259

वेबसाईट : www.shrikrishna.ac.in



संस्थापक अध्यक्ष : डॉ. पंजाबराव उपाख्य भाऊसाहेब देशमुख

अध्यक्ष : मा. श्री हर्षवर्धन प्र. देशमुख

प्राचार्य : डॉ. रामेश्वर मा. भिसे

शिवाजी नगर, मोशी रोड,

अमरावती-444603, महाराष्ट्र

☎ 0721-2660510 (6)

जा.क्र. एसएससी २०२१/३०८१

दिनांक : १७.१२.२०२१

प्रांत.

मा. प्राचार्य

विषय: स्व. माणिकराव धवळे स्मृती राज्यस्तरीय वादविवाद स्पर्धेसाठी आपल्या महाविद्यालयाची चमू पाठविण्याबाबत.

महोदय,

श्री शिवाजी कला व वाणिज्य महाविद्यालय अमरावती व स्व. माणिकराव धवळे स्मृती प्रांतस्तान यांच्या संयुक्त विद्यमाने दरवर्षीप्रमाणे यावर्षीही स्व. माणिकराव धवळे स्मृती आंतरमहाविद्यालयीन राज्यस्तरीय वादविवाद स्पर्धेचे आयोजन कोरोना संदर्भात शासनाच्या नियमांच्या अधीन राहून करण्यात आले आहे. विद्यार्थ्यांमध्ये वक्तृत्व कौशल्य विकसित होण्यासाठी त्यांना व्यासपीठ उपलब्ध करून देण्याचा आमचा दरवर्षी प्रयत्न असतो. वादविवाद स्पर्धेचे हे २०वे वर्ष असून या स्पर्धेसाठी आपल्या महाविद्यालयाची एक चमू पाठवून उपकृत करावे, ही विनंती.

विषय : या सभागृहाच्या मते, 'खाजगीकरणाचे धोरण लोकहिताचे आहे'

इस सदनकी राय मे, 'निजीकरण की नीति जनहित मे है'

In the opinion of this house, 'Privatization Policy is in Public Interest'

स्थळ:

श्री शिवाजी कला व वाणिज्य महाविद्यालय, (डॉ. पंजाबराव देशमुख सीमनार हॉल)

शिवाजी नगर, मोशी रोड, अमरावती-४४४६०३

दिनांक व वेळ :

मंगळवार दिनांक ०४ जानेवारी २०२२ सकाळी १०.३० वाजता

पारितोषिके :

विजयी चमूस स्व. माणिकराव धवळे स्मृती फिरता चषक

वैयक्तिक पारितोषिके

: प्रथम रु. ७००१/- गौरवचिन्ह व प्रमाणपत्र

द्वितीय रु. ५००१/- गौरवचिन्ह व प्रमाणपत्र

तृतीय रु. ३००१/- गौरवचिन्ह व प्रमाणपत्र

प्रोत्साहनपर वैयक्तिक पुरस्कार

: प्रथम रु. २००१/- गौरवचिन्ह व प्रमाणपत्र

द्वितीय रु. १५०१/- गौरवचिन्ह व प्रमाणपत्र

स्पर्धेचे नियम:

१. कोरोना संसर्गामुळे स्पर्धेत फक्त ४० स्पर्धकांचीच नोंदणी करण्यात येईल.
२. स्पर्धकांनी <https://forms.gle/9zZWZNbQxUMxqn9G7> या लिंकवर स्पर्धेपूर्वी ऑनलाईन नोंदणी करावी.
३. ही स्पर्धा नि:शुल्क असून शासनाने कोरोना संदर्भात घालून दिलेले सर्व नियम स्पर्धकांना पाळावे लागतील. स्पर्धेचे Facebook/YouTube Account वरून Live प्रक्षेपण करण्यात येईल.
४. प्रत्येक स्पर्धकांना ४+२ = ६ मिनिटांची वेळ देण्यात येईल. परीक्षकांचा निर्णय अंतिम राहील.
५. पुढील स्पर्धेच्या १ महिन्यापूर्वी सदर चषक महाविद्यालयाला स्वखर्चाने परत करावा लागेल.
६. कार्यक्रमांमध्ये आवश्यकतेनुसार बदल करण्याचा अधिकार आयोजकांना राहील.
७. माहितीसाठी संपर्क क्र. डॉ. शितलबाबू तायडे : ९८२२५२७८०८, डॉ.कुमार बोबडे : ९४२२८५६९४४
मयूर चौधरी : ७७९८०६०५००, गौरव इंगळे : ८४०८९३२६४०

प्रफुल्ल धवळे

संयोजक

मा. ९३७०१०४२९३



प्राचार्य

श्री शिवाजी कला व वाणिज्य
महाविद्यालय, अमरावती

MAHILA MAHAVIDYALAYA, AMRAVATI
"Apulki" Mentor-Mentee Project

Program : Stress management workshop

Date : 4-October 2019

Sr.No.	Student Name	Class	Sign
1)	Ku Poonam A. Sangale	B.com III	P. Sangale
2)	Ku. Damini S. Tayade	B.com III	
3)	Ku. Divya J. Sharma	B.A I	D. Sharma
4)	Ku. Mukta D. Kale	B.A I	M. Kale
5)	Ku. Lochani P. Karale	B.A I	L. Karale
6)	Ku. Sonam S. Amzade	B.A I	S. Amzade
7)	Ku. Mukta R. Rajas	BA I	M. R. Rajas
8)	Ku. Pivati S. Wambale	B.com	P. S. Wambale
9)	Ku. Shivani S. Jagdale	B.com III	S. S. Jagdale
10)	Ku. Manisha T. Tike	B.com III	M. T. Tike
11)	Ku. Shivani S. Thawkar	B.com III	S. S. Thawkar
12)	Ku. Madhuri S. Jagdale	B.com III	M. S. Jagdale
13)	Ku. Rushali G. Sonpatote	B.com III	R. Sonpatote
14)	Ku. Nandini R. Barte	-11-	N. Barte
15)	Ku. Vaishnavi B. Dhumbar	-11-	V. Dhumbar
16)	Ku. Megha S. Tumram	-11-	M. S. Tumram
17)	Ku. Sayli Anduskar	-11-	S. Anduskar
18)	Ku. Vaishnavi P. Ronghe	-11-	V. Ronghe
19)	Ku. Ashwini P. Ronghe	-11-	A. Ronghe
20)	Ku. Manisha. Fik. Minjapure	-11-	M. Minjapure
21)	Ku. Gashwani M. Nichit	-11-	G. Nichit
22)	Ku. Vaishnavi. Bilbile	-11-	V. Bilbile
23)	Ku. Pooja. M. Shukla	-11-	P. Shukla

-11-

Principal
Mahila Mahavidyalaya, Amravati

MAHILA MAHAVIDYALAYA, AMRAVATI
"Apulki" Mentor-Mentee Project

Program : Stress Management Workshop

Date : 4 Oct 2019

Sr.No.	Student Name	Class	Sign
24	Ku. Rinku H. Meshram	B.com III	R.H. Meshram
25	Ku. Aarti S. Bhongade	B.com III	A.S. Bhongade
26	Ku. Manisha M. Surdar	B.com III	M. Surdar
27	Ku. Prachi P. Pranjale	B.com I	P. Pranjale
28	Ku. Sakshi B. Sarode	B.com I	Sarode
29	Ku. Rohini O. Usarete	B.A III rd	Rohini
30	Ku. Gayatri A. Shahakare	B.A II	G. Shahakare
31	Ku. Namrata R. Mahalkar	B.A II	N. Mahalkar
32	Ku. Sonali S. Wankhade	B.com I	Sonali
33	Ku. Priyanka M. Chopade	B.com I	P.M. Chopade
34	Ku. Vaishnavi S. Udape	B.A I	V.S. Udape
35	Ku. Vaishnavi V. Dhok	B.A I	Dhok
36	Ku. Yogita T. Patise	B.A I	Y.T. Patise
37	Ku. Radini S. Gaikwad	B.A I	Radini
38	Ku. Reetika R. Gaikwad	B.A I	P. R. Gaikwad
39	Ku. Komal K. Gaikwad	B.A I	K. K. Gaikwad
40	Ku. Pooja R. Nandaredhane	B.com I	Nandaredhane
41	Ku. Bhavana S. Badhaye	B.A I	B. Badhaye
42	Ku. Khushboo G. Yadav	BA-I	K. Yadav
43	Ku. Komal S. Mesheam	B.com I	K. Mesheam
44	Ku. Vaishnavi D. Mankar	B.com III	V. Mankar
45	Ku. Manisha S. Abek	B.com II	M. Abek
46	Ku. Ankita S. Sanke	B.com I	A. Sanke

A.K.

Principal

Mahil. M. V. A.

MAHILA MAHAVIDYALAYA, AMRAVATI
"Apulki" Mentor-Mentee Project

Program : Stress Management Workshop

Date : 4 oct 2019

Sr.No.	Student Name	Class	Sign
47	Riya Vinod Yadav	BA I st	<u>Riya</u>
48	Samiksha E. Thawale	B.A II year	<u>Samiksha</u>
49	Sangharsha G. Lonare	B.A. II year	<u>Sangharsha</u>
50	Divya K. Sonpate	B.A II year	<u>Divya</u>
51	Mehepai G. Gulhane	B.A II year	<u>M. Gulhane</u>
52	Aarti M. Dhamele	B.A II	<u>A. Dhamele</u>
53	Kirti P. Gupta	B.A - I	<u>K. Gupta</u>
54	Ravani P. Harsane	BA - I	<u>Ravani</u>
55	Rani M. Thorat	BA - I	<u>Rani</u>
56	Harshali S. Sukhadeve	B.A - I	<u>Harshali</u>
57	Namrata K. Khambare	B.A. II	<u>N. Khambare</u>
58	Priiti Diliprao Deshmukh	B.A. II	<u>P. Deshmukh</u>
59	Ku. Ranchor. R. Kushwaha	B.A I	<u>K.R. Kushwaha</u>
60	K. Priyanka D. Thakare	B.A I	<u>Priyanka</u>
61	Ku. Arati D. Gutmale	B.A I	<u>Arati</u>
62	Ku. Simran V. Jami	B.A I	<u>Simran</u>
63	Ku. Sakshi P. Waghmare	B. II	<u>Sakshi</u>
64	Ku. Shubha S. Raut	B. II	<u>Shubha</u>
65	Ku. Manisha P. Nandgaonwale	B.Com II	<u>M. Nandgaonwale</u>
66	Ku. Vaishnavi R. Khoscham	B.Com II	<u>V. Khoscham</u>
67	Ku. Mahima A. Shevane	B.Com III	<u>M. Shevane</u>
68	Ku. Diksha P. Bhange	<u>---</u>	<u>D. Bhange</u>
69	Ku. Monika. Prateki	<u>---</u>	<u>M. Prateki</u>

A. K.

Principal
Mahila Mahavidyalaya

MAHILA MAHAVIDYALAYA, AMRAVATI
"Apulki" Mentor-Mentee Project

Program : Stress management Workshop

Date : 04 oct. 2019

Sr.No.	Student Name	Class	Sign
70)	Vaishnavi. G. Panchwate.	B.A I	<u>Panchwate</u>
71)	Neha S. Yevafikar	B.A. I	<u>Yevafikar</u>
72)	Samruddhi S. Chaudhary.	B.A. I	<u>S. Chaudhary</u>
73)	Pratibha P. Sargodekar	B.com III	<u>Sargodekar</u>
74)	Vaishnavi R Ingole	B.A II	<u>Ingole</u>
75)	Pratibha D. Tijumbe	B.A I	<u>Pratibha</u>
76)	Urmila sh. Gujar	B.A II	<u>Gujar</u>
77)	Ashwini S. Meshram	B.A II	<u>A. S. Meshram</u>
78)	Taniya A. Patade	B.A I	<u>T. A. Patade</u>
79)	Nidhi R. Gupta	B.A-I	<u>Nidhi R. Gupta</u>
80)	Ashvini m. Kamadi	B.A. II	<u>Kamadi</u>
81)	Aakanksha malikar	B.A I	<u>Aakanksha</u>
82)	Ashwini G. Chaudhary	B.com III	<u>A. Chaudhary</u>
83)	Shivani S. Tute	B.com I	<u>Tute</u>
84)	Vaishnavi J. Rorone	B.A II	<u>Rorone</u>
85)	Garabai K. Pande	B.com I	<u>Pande</u>
86)	Pratibha Vinchurkar	B.com I	<u>Vinchurkar</u>
87)	Rakhi Rajulchavhan	B.A III	<u>Rajulchavhan</u>
88)	Monica Gajjar Chavhan	B.A III	<u>M. G. Chavhan</u>
89)	Vaishnavi Kishor Raut	B.A - II	<u>K. Raut</u>
90)	Nikita G. Sonawane	B.com I	<u>N. Sonawane</u>
91)	Megha G. Wankhade	B.A. II	<u>M. G. Wankhade</u>
92)	Megha L. Pandey	B.A. II	<u>M. L. Pandey</u>
93)	Nikita K. More	B.A. I	<u>More</u>

MAHILA MAHAVIDYALAYA, AMRAVATI
"Apulki" Mentor-Mentee Project

Program : Stress management Workshop

Date : 4 oct 2019

Sr.No.	Student Name	Class	Sign
94	Komal Dhananjay Gadhave	B.A.II	<u>Komalgadhave</u>
95	Minal S. S. S. S.	B.A.II	<u>M. S. S. S.</u>
96	Sukeshani B. Waghade	B.C-mj	<u>S. Waghade</u>
97	Vaishree A. Mulgami	B.com.I	<u>V. Mulgami</u>
98)	Kiran S. Solanke	B.A.T	<u>K. S. Solanke</u>
99)	Hrushika G. Pingde	B.A.I	<u>H. G. Pingde</u>
100	Ratna S. Jadhav	B.A.I	<u>R. S. Jadhav</u>
101	Kalyani R. Nandurkar	B.A.II	<u>K. R. Nandurkar</u>
102	Vaidehi K. Tidke	B.A.II	<u>V. Tidke</u>
103	Shivani S. Shukla	B.III	<u>S. Shukla</u>
104	Namrata R. Shinde	B.III	<u>N. Shinde</u>
105	Smriti S. More	B. Com.II	<u>S. More</u>
106	Rupali S. Aikare	B. Com.II	<u>R. Aikare</u>
107	Nandini M. Sawu	B.A.I	<u>N. Sawu</u>
108	Sankeerti S. Nimbharkar	B.A.I.	<u>S. Nimbharkar</u>
109	Anita K. Bhandari	B. Com	<u>A. Bhandari</u>

Principal

Principal

MAHILA MAHAVIDYALAYA, AMRAVATI
"Apulki" Mentor-Mentee Project

Program : Stress management workshop
Date : 04 october 2019

Sr.No.	Teachers Student Name	Class- Dept.	Sign
1)	Prof. Dr. A. S. Wadekar	commerce	<i>[Signature]</i> 02/10/19
2)	Prof. S. A. Deshmukh	music	<i>[Signature]</i> 04/10/19
3)	Prof. Dr. Nisha Shende	Marathi	<i>[Signature]</i>
4)	Prof. Dr. Pallavi Ambhore	English	<i>[Signature]</i>
5)	Dr. Ankush A. Gisi	Music	<i>[Signature]</i>
6)	Prof. Dr. Ashvini A. Warhakar	Marathi	<i>[Signature]</i>
7)	Prof. Dr. Jayshree M. Vaishnav	Music	<i>[Signature]</i>
8)	Varsha P. Sable	Science	<i>[Signature]</i>
9)	Prof. Manjiri Walse	Arts	<i>[Signature]</i>
10)	Prof. Dr. R. K. Pande	Comm.	<i>[Signature]</i>
11)	Prof. G. G. Deshmukh	Comm.	<i>[Signature]</i>
12)	Shubhangee S. Borkar	com	<i>[Signature]</i>
13)	Dhanashei S. Waghade	com	<i>[Signature]</i>
14)	Prof. Nikita M. Gade	comm.	<i>[Signature]</i>
15)	Prof. Porrima S. Koram	Comm.	<i>[Signature]</i>
16)	Prof. Dr. Sonali Dhande	H. Eco	<i>[Signature]</i>
17)	Prof. S. S. Bhandorajkar	Comm.	<i>[Signature]</i>
18)	Prof. Amruta Ashtikan	Music	<i>[Signature]</i>
19)	Prof. Rajash Sapariya	Hindi	<i>[Signature]</i>

[Signature]

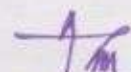
MAHILA MAHAVIDYALAYA, AMRAVATI

"Apulki" Mentor-Mentee Project

Program : Stress management workshop

Date : 04 October 2019

Sr. No.	Name	Class
1)	Dipika Zadkhande Zadkhande	44 th Science
2)	Patiksha Jadhav Patiksha	11 th Science
3)	Vaishnavi R. Chavhan Chavhan	11 th Science
4)	Ayushi Raju Ganarkar Ayushi	11 th Science
5)	Vaishnavi D. Nandane Nandane	12 th Commerce
6)	Prityanka A. Waghare Waghare	12 th Commerce
7)	Sakshi S. Patise S. S. Patise	12 th Commerce
8)	Anjali A. Khandekar Khandekar	12 th Commerce
9)	Karisha G. Patise Patise	12 th Commerce
10)	Amisha S. Wasnik Wasnik	12 th Commerce
11)	Isha S. Pawar Pawar	12 th Com.
12)	Sakshi N. Parule N. Parule	12 th Commerce
13)	Taguti P. Kapile Kapile	12 th Commerce
14)	Aparita R. Mangrulkar Aparita R.M.	12 th Commerce
15)	Ashwini M. Subhedar Subhedar	12 th Commerce
16)	Avani A. Kulkarni Kulkarni	11 th Science
17)	Ku. Payal Vijay Bagde P.V. Bagde	11 th Science
18)	Ku. Renuka R. Sonwane Sonwane	11 th Science
19)	Ku. Bhumnika R. Patil Patil	11 th D Science
20)	Ku. Shejal A. Borikar Borikar	11 th Science
21)	Ku. Sakshi R. Udinkar S.R. Udinkar	12 th Commerce
22)	Ku. Shivani Umesh Shinde Shinde	12 th Commerce
23)	Ku. Vaishnavi Shiv Waghmare Waghmare	12 th Commerce
24)	Prerna Gorakha. Bhagat	11 th Arts



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"Apulki" Mentor-Mentee Project

Program : Stress Management workshop

Date : 04/10/2019

Sr. No.	Name	Class
	Ku. Rutika Chawande R.P. Chawande	11 th
	Ku. Tina Naktole	11 th
	Ku. Gauri Lokhande	11 th Class
	Ku. Harshada Bati H.G. Bati	11 th
	Ku. Gauri Gayatri Jawalkar	11 th Gawalkar's
	Ku. Aditi P. Dake	11 th
	Ku. Lakshi K. Wankhade	12 th Okhankhede
	Ku. Megha D. Wanve	12 th Wanve
	Ku. Roshani S. Jadhav	11 th R.S. Jadhav
	Ku. Neha V. Raghunwanshi	12 th Neha
	Ku. Gauri S. Jadhav	12 th Gajadhav
	Ku. Siya D. Deshmukh	12 th S.D. Deshmukh
	Ku. Vaishnavi M. Billewar	12 th com. V.M. Billewar
	Ku. SANGAM V. GHULE	11 th S.V. Ghule
	Ku. Alisha A. Chavhan	11 th Chavhan
	Ku. Gauri S. Hastak	12 th G.Hastak
	Ku. Pooja A. Kadao	12 th Art Pooja Kadao
	Ku. Nikita M. Kurwadkar	12 th Arts Nikita
	Ku. Gauri R. Dadas	12 th Arts Gauri
	Ku. Nikita B. Khadse	11 th Arts Nikita
	Ku. Vedika S. Bondre	12 th Com. Bondre
	Ku. Vedanti D. Mahulkar	12 th Arts Vedanti
	Ku. Divya D. Irole	12 th comm Divya Irole
	Ku. Gayatri V. Dhepe	12 th com. G.V. Dhepe

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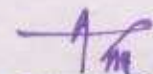
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"Apulki" Mentor-Mentee Project

Program : Stress Management Workshop

Date : 04/10/2019

Sr. No.	Name	Class
	Nandini R. Barte	B.COM - III year
	Kaishnavi B. Dumbre	— 11 —
	Sayali R. Andurkar	— 11 —
	Ku. Rushali Gajanan Sonparote	— 11 —
	Poonam Bhatkulakar	— 11 —
	Shilpa Mhalga	— 11 —
	Sayli Annu Megha Tumnam	— 11 —
	and Shah	— 11 —
	Saloni Wasekar	B.A - III year
	Sakshi S. Kholapute	12th
	Sapna S. Dalmaj	12th
	Bhagyashri D. Mhalga	12th
	Ku:- Komal P. Pihul	11th (com)
	MUSTHAN K. shewar	11th (Arts)
	Ku. Pratiksha P. Meshram	12th (Art's)
	Ku. Isha G. Pasare	12th (Arts)
	Ku:- Bhavana G. Jakade @ Jakade	12th [A] Art's
	Ku:- Samiksha V. Chavhan Samiksha	12th Arts
	Ku. Priyanka P. Dhamankar	12th Arts
	Ku. Priya Mohan Kuril	11th Arts
	Ku. Anshika Khairu Waghmare	11th (Arts)
	Ky Yukta Sunil Kabte	12th (Arts)
	Ku Rohini Rajesh Surve	11th (Arts)
	Gayatri G. Bari	12th



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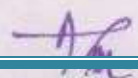
MAHILA MAHAVIDYALAYA, AMRAVATI

"Apulki" Mentor-Mentee Project

Program : Stress management Workshop

Date : 04/10/2019

Sr. No.	Name	Class
	Shreya R. Mahure. Shreya	11 th (Science)
	Vidhina V. Ramteke Ramteke	11 th (Arts)
	Laxmi R. Shekokar. Shekokar	11 th (Science)
	Tanaya N. Ghodeswar Ghodeswar	12 th (Art's)
	Aarfiya K. Patham A.K. Patham	12 th (Art's)
	Sakshi V. Rodge Rodge	12 th [commerce]
	Vaishnavi P. Buzade Buzade	12 th [commerce]
	Samiksha D. Ghodeswar Ghodeswar	11 th (Science)
	Mamta M. Gajbhaye Gajbhaye	11 th (Science)
	Pooja S. Kalambe Kalambe	11 th Science
	Payal D. Kamble P.K. Kamble	11 th Arts.
	Gauri S. Kale G.Kale	11 th Science
	Sakshi B. Waghmare Waghmare	11 th (G. Sci)
	Samiksha S. Bhangre Bhangre	12 th (Art's)
	Pratiksha P. Athor Athor	12 th (commerce)
	Sakshi R. Raut Raut	12 th [commerce]
	Sonal S. Athor S.S. Athor	12 th [commerce]
	Akanksha Sonawane A.K. Sonawane	12 th (Arts)
	Pallavi D. Dabholkar P.D. Dabholkar	12 th (Commerce)
	Ku. Deepali S. Dhote Dhote	12 th (commerce)
	Ku. Sakshi A. Bhage Bhage	12 th (commerce)
	Ku. Manisha B. Bhangre. Bhangre	12 th (commerce)
	Ku. Radha Rajesh Maradwar	11 th (Science)
	Ku. Nayana Bhayawan Meshram	11 th (Science)


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Date : 04/10/2019

Sr. No.	Name	Class
	Achal Ramkeshna Shende Achande	12 th (Sci)
	Rahani Prakash Chavale	12 th Science -
	Manasi Gangadhar Deshmukh Deshmukh	12 th Science -
	Pooja Umesh Kapile Kapile	12 th Comm
	Ket. Ketki. P. Amte. Akette	12 th Com
	Ket. Nandini. Dongare Dongare	12 th Com.
	Tejasvini N. Praghani Praghani	11 th (Sci)
	Pratiksha R. Tayde P.R. Tayde	11 th (Sci)
	Divyani R. Sadafale D. Sadafale	11 th (Sci)
	Rasika G. Maske R.G. Maske	11 th (Sci)
	Jawariya Shaukh Jawariya	11 th (Sci)
	Aryani V. Uke Amte	12 th (Arts)
	chanchal. Masotkar Ymasotkar.	12 th (Arts)
	Shraddha p. Gujar S. p. Gujar	12 th [Arts]
	Anushka Sanjay Sonawane Ahas	12 th (Arts)
	Tejasvini v. Barghate Barghate	12 th (com)
	Neha Suresh Puri NSPuri	12 th (Arts)
	Dhanashree Kishor Thakare	12 th (Arts)
	Shreya Vineel Bhalekar Shir	12 th (Arts)
	Prerana Pilip Kurde P. Kurde	12 th Arts
	shivani Gajanan Dairat Sairat	11 th (Arts)
	Lakshi Sanjay Zambarkar Sambarkar	12 th (Arts)
	Khushi Premod Uke - to	12 th (Arts)
	Rakshi Tribhuvan Shukla R. Shukla	12 th Art.

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"Apulki" Mentor-Mentee Project

Program : Stress management Workshop

Date : 04/10/2019

Sr.No.	Student Name	Class	Sign
	APURVA GANDVISO	12 th	<u>APURVA</u>
	Tejaswini Thakare	12 th	<u>Tejaswini</u>
	Radhika Bhugat	12 th	<u>Rbhugat</u>
	Alkita Khadse	12 th	<u>Alkita</u>
	Pallavi S. Vighne	12 th	<u>PVighne</u>
	Prachiya Teyde	12 th	<u>Prachiya</u>
	Nandini Bhatkar	12 th	<u>N.Bhatkar</u>
	Sakshi Patil	12 th	<u>S.S. Patil</u>
	Pallavi G. More	12 th	<u>Pallavi</u>
	Shravani E. Gattane	12 th	<u>S.E. Gattane</u>
	Neha S. Adsulkar	12 th	<u>N.S. Adsulkar</u>
	Pranjita Gajikwad	12 th	<u>Pranjita</u>
	Pallavi Acharye	12 th	<u>PAcharye</u>
	Isha Sanjay Waghare	12 th	<u>I.Waghare</u>
	Achal Dnyodhan	12 th	<u>Achal</u>
	Aarti Gauran Vighe	12 th	<u>Aarti</u>
	Sakshi Kholapur	12 th	<u>S.Kholapur</u>

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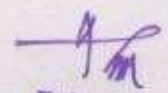
MAHILA MAHAVIDYALAYA, AMRAVATI


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Date : 04/10/2019

Sr. No.	Name	Class
	Vaidehi Nandkishor Kapile.	11 th Commerce.
	Poojali Satish Tidke	11 th Commerce.
	Sakshi Rajash Chandan	11 th Commerce.
	Rannu Shrinivas Kulkarni	12 th Arts
	Ku. Priyanka Dharmaj Wagnik	12 th Arts
	Ku. Diksha Varant Lonare	12 th Arts
	Ku. Sakshi S. Pachore	12 th Commerce
	Ku. Nikith. D. Sawale.	11 th Arts.
	Ku. Pratiksha B. Maheshwar	12 th Arts
	Ku. Kajal S. Athawale	11 th Commerce
	Ku. Pranjali V. Shinde	11 th Arts
	Ku. Dipali Gunvant Borekar	12 th Commerce.
	Ku. Gauti Ramdas Zukande	12 th Commerce
	Ku. Sapna. Anil Chaurbagade	12 th Arts
	Ku. Nikita Dnyaneshwar Bandaburhe	11 th Commerce
	Ku. Maria Thomas. Detha	11 th Science
	Ku. Priyanka Vinayak Rahgar	12 th Science.
	Ku. Sanskruti. P. Mandape	11 th Art
	Ku. Aarti P. Bhojan	12 th (Sci)
	Ku. Sakshi S. Bandal.	11 th Science
	Ku. Tanaya J. Bhujade	11 th Science
	Ku. Vaishnavi R. Dabhand	12 th Arts
	Ku. Anamika Prakash Thakur	12 th Arts
	Ku. Anjali Mahadev Tirotode	12 th Arts


Principal


IQAC Co-ordinator
Mahila Mahavidyalaya
Amravati




PRINCIPAL
MAHILA MAHAVIDYALAYA
AMRAVATI.