

**Rayat Shikshan Sanstha's
C. D. Jain College of Commerce, Shrirampur
Training Program
On
"Time and Stress Management"
Report**

Date: 30th Aug. 2017

Time: 3:00PM

Staff Training Program on "**Time and Stress Management**" was organised by Rayat Shikshan Sanstha's C. D. Jain College of Commerce, Shrirampur on 30th Aug. 2017. Total 33 staff participants were present for this training programme.

• **Inaugural Function**

The Inaugural session of this training programme was chaired by Mr. Uday Wani (Instructor, Art of Living) and IQAC Chairman Principal Dr.L.D.Bhor.

Principal Dr.L.D.Bhor has felicitated Mr. Uday Wani, and introduced the today's trainer.

IQAC Co-ordinator Dr. G.H.Barhate delivered introductory speech for need of "Time and Stress management".

• **Technical Session:**

Mr. Uday Wani (Instructor, Art of Living) has given many interesting example showing stress prone tendency of human beings.

He has guided on the human psychology and responses towards the stress and impact of the same on mental and physical health of the human being.

He has shown many illustrative videos about how we can avoid stress with help of proper time management.

He has elaborated many causes of stress and he guided on how we can avoid these causes to avoid the stress. He said if we control causes of the stress then we can avoid stress.

He guided the staff how to identify whether we are in stress or not with help on symptoms of stress.

He said the major reason behind the stress is mismanagement of time, so he has given many ideas and suggestions to bring change in the work habits to finish the work before the deadlines to avoid stress.

He has demonstrated many yoga and meditation practices which help to remain stress free.

Dr. D. B. Ghotekar moved vote of thanks.



Dr. Bhor L. D
Principal,
C. D. Jain College of Commerce,
Shrirampur

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On**

“Time and Stress Management”

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S.N.	Name of the Participant Staff-Member	Signature
1.	Ghotelkar D.B.	
2.	Waghmare B.S.	
3.	Dr. Ture B.G.	
4.	Dandekar	
5.	Mrs. Gujar P.S.	
6.	Dr. Bawake. B. B.	
7.	Jagtap M.B.	
8.	Lande R.D.	
9.	Joshi P.D.	
10.	Mr. S.B. Sayyed	
11.	Prof. Juggal G.A.	
12.	Vivek M more	
13.	Salve S.K.	
14.	Prof. Ghodake B.G.	
15.	Prof. Bhawar B.S.	
16.	Chandratre Y.V.	
17.	Kalamkar R.P.	
18.	Wadankar D.S.	
19.	Rawl B.B.	
20.	Kawar S.S.	



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S.N.	Name of the Participant Staff-Member	Signature
21.	Kulkarni S.V.	
22.	Sayyed A.K.	
23.	Gangarde B.R.	
24.	Dr. Tupe B.G.	
25.	M.B phatangare	
26.	Ravindra V. Klate	
27.	SATALKAR P.P	
28.	GUNJAL S.V.	
29.	Sarane S.D	
30.	Patel S.P	
31.	S.Y. Deshmukh	
32.	Shri Bhingrahe R.D	
33.	" Hase S.Y	
34.	Gawali SN	
35.		
36.	Karje M.A.	
37.		
38.		
39.		
40.		



PRINCIPAL
C D Jain College of Commerce
Shrirampur