



**KONKAN GYANPEETH  
RAHUL DHARKAR COLLEGE OF  
PHARMACY AND RESEARCH INSTITUTE,  
KARJAT**

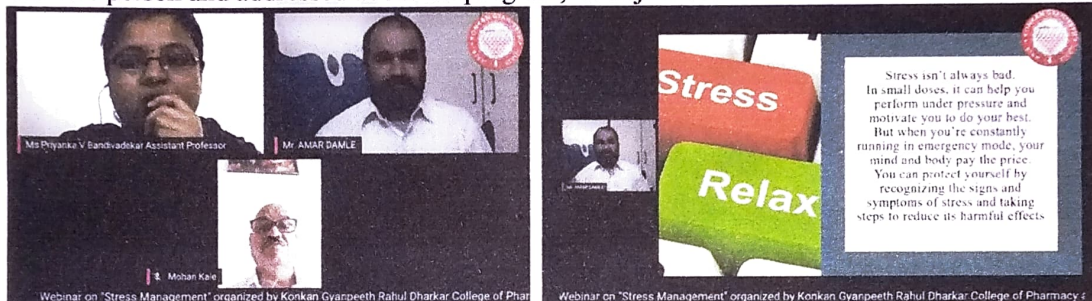
Konkan Gyanpeeth Shikshak Sanstha, Vengsani Road, Dahisar, Parole Post, Thane, Tal. Karjat, Dist. Raigad 410201, M.S.  
Approved by AICTE & P.C.T. (New Delhi), D.T.E. (Govt. of Maharashtra) and Affiliated to Mumbai University)  
Phone: 220315, 220312, Fax: (02148)220303, E-mail: [p.kgrdcp@gmail.com](mailto:p.kgrdcp@gmail.com), website: [www.kgrdcp.com](http://www.kgrdcp.com)

Date: 19/10/2020

**A Report on  
Managing stress  
17<sup>th</sup> Oct 2020**

Konkan Gyanpeeth Rahul Dharkar College of Pharmacy and Research Institute Karjat organized a webinar, entitled "Managing stress" on 17th Oct 2020. The session coordinated by Ms. Ajay Kharche. This online session was planned for all students, teaching, non-teaching and office staff. The objective of this session was to help to release stress and to make in charge and enhance self esteem, less likelihood of depression and an overall improvement in quality of life. sessions telecasted on KGRDCP & RI Youtube channel through live streaming using StreamYard software. Mr. Amol Borade handled technical department for smooth conduction and telecasting of sessions. Principal Dr. Mohan Kale welcomed all viewers, students and resource person and addressed about the program, its objectives and outcomes.

Man  
/ 17th



The Speaker delivered talk on following topics:

Date	Time	Speaker	Name of Organization	Topic
17/10/2020	9.30 Am - 11.00 Am	Mr. Amar Damle	Assistant Professor (Dept. of Psychology) SMT. Birzani Mahila Mahavidyalay, Nagpur	Managing stress

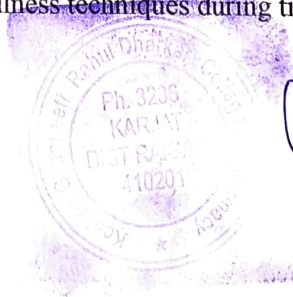
Total \_\_\_ participants attended the live session. Webinar concluded with vote of thanks given by Ms. Priyanka Bandiwadkar.

**Video URL:** <https://www.youtube.com/channel/UC6UnTClraetEkbDedr8d7DA>

**Outcomes:**

After Completion of webinar students should able to:

- Understand the mental and physical impact of stress
- Identify quick and easy methods to decrease stress using the StressStop Tool
- Learn the benefits of using relaxation and mindfulness techniques during times of stress and uncertainty.



Dr. Mohan Kale  
(Principal)



NAAC  
ACCREDITED

**KONKAN GYANPEETH  
RAHUL DHARKAR COLLEGE OF PHARMACY & RESEARCH  
INSTITUTE, KARJAT**

(Approved by AICTE & PCI (New Delhi), D.T.E. (Govt. of Maharashtra) and Affiliated to University of Mumbai & MSBTE.)

• Konkan Gyanpeeth Shaikshanik Sankul, Vengoon Road, Dahivali - Parade,  
Post- Tiwari, Tal- Karjat, Dist- Raigad-410201 (Maharashtra), India.

• Tel: 220315, 2030842727, 2030802727, 8805527979, 9970070562 Fax: (02148)220303

• E-mail: gkrdcp@gmail.com Website: www.kgrdcp.com

Smt. Anupama Dharkar Wargali  
Chairperson

Capt. Sariputta Wargali  
Vice-Chairman

Shri. P. V. Shringarpure  
Secretary & CEO

Shri Z. A. Dabhiya  
Treasurer

Dr. Mohan. K. Kale  
Principal

Outward no. KGRDCP/ webinar 87/dated 12th Oct 2020

To,  
**Mr. Amar Damle**  
Assistant Professor (Dept. of Psychology)  
SMT. Birzani Mahila Mahavidyalay,  
Nagpur

**Subject: Invitation letter as a Resource person for webinar dated on 17<sup>th</sup> Oct 2020**

Konkan Gyanpeeth Rahul Dharkar College of Pharmacy & Research Institute, Karjat, Dist. Raigad (Mumbai), is organizing a webinar entitled "Managing Stress" on 17<sup>th</sup> Oct 2020 on virtual platform.

As per the schedule, we solicit your presence as a Resource person to enlighten the participants.

Thanks for your consent, please confirm your schedule as below:

**Date: 17<sup>th</sup> Oct 2020**

**Time: 9:30am - 11:00am**

**Topic: Managing stress**

**Audience: Student, Academicians, Research scholars, Post-graduates, Industrial professionals and pharmacists.**

Kindly acknowledge and send your resume in brief.

Thanking you.

Dr. Mohan Kale  
(Principal & Convener)







Konkan Gyanpeeth Rahul Dharkar College of Pharmacy and  
Research Institute, Karjat

Managing stress

Dated

on 17/10/2020

Sr. No.	Roll No.	Name of Student	Attendance
Second Year B. Pharm			
1	701	PAWAR SUDARSHAN UTTAM USHATAI	P
2	820	CHAVAN PANKAJ NARENDRA LATTA	P
3	841	/JADHAV SWATI KAILAS TYOTI	P
4	859	MHASHELKAR VINAY UMAKANT POURNIMA	P
5	863	/MOKAL BHAKTI GOPINATH LAXMI	P
6	864	/MORE PRATIKSHA PRAKASH URMILA	P
7	870	/PANDEY SONAL KUMARTI UDHAV SHAMLI	P
8	883	SANAP SURAJ UMAKANT MEENA	P
9	887	SHELAKHE RANJIT PRAKASH PRATIBHA	P
10	894	/THAKARE ARCHANA MALHARI MANDA	P
11	912	AHIRE PRATIKSHA VILAS	P
12	913	ATKARI SONAM SUNIL	P
13	914	BADE ADITI JANARDAN	P
14	915	BAYAS VIRENDRA YOGESH SINGH	P
15	916	BHALEKAR SHRUTI SANTOSH	P
16	917	BHANGRE SURAJ RAMDAS	P
17	918	BHANUSHALI DIVYA HARIRAM	P
18	919	BHOGALE RITIKA JAIWANT	P
19	920	BHOIR SAKSHI SHANTARAM	P
20	921	BHOIR YASHASHRI VISHNU	P
21	922	BHOPATRAO AMISHA MAHESH	P
22	923	CHAUDHARI PRAVIN JAYRAM	P
23	924	CHAVAN HRITISHA KAILAS	P
24	925	CHAVAN POOJA SHIVMANGAL	P
25	926	DADAN ZAHRA ALTAF	P
26	927	DESHMUKH MAYURI NARESH	P
27	928	DESHMUKH SAKSHI	P
28	929	DESHMUKH SRUSHTI SUHAS	P
29	930	DHAKATE SHRUTI RAJENDRA	P
30	931	DHANGAR TEJAL SANJAY	P
31	932	DHUMAL UNNATI VILAS	P
32	933	DIVATE SAKSHI RAGHUNATH	P
33	934	GAMARE DIPESH ADESH	P
34	935	GANGAVANE JANVI SANJAY	P
35	936	GAVANKAR MANSI DILIP	P
36	937	GHARAT VIVEK JAYWANT	P
37	938	GHAVAT VARUN TULSHIRAM	P
38	939	GHOSALKAR AYUSH RAJESH	P
39	940	GHOSALKAR SHRUTIKA NILESH	P



40	941	GOND POOJA DHARAMRAJ	P
41	942	GURAV PRATHAM MAHESH	P
42	943	GURAV SHWETA SANTOSH	P
43	944	HAKE OMKAR SURESH	P
44	945	HARAD TEJASHRI SUDAM	P
45	946	HUBLIKAR HARSHADA	P
46	947	IRALE NAMRATA PRABHAKAR	P
47	948	JADHAV HEMANGI PRAKASH	
48	949	JADHAV KARISHMA KASHINATH	
49	950	JADHAV RUSHIKESH SHRIHARI	
50	951	JAWALKAR RUTUJA KISHOR	P
51	952	JOREWAR DIPAK CHHAGAN	P
52	953	KAKADE AMEY DAYANAND	P
53	954	KALE RAJENDRA LAXMAN	P
54	955	KAMBLE RIYA RAJESH	P
55	956	KHADE VISHAL SANJAY	P
56	957	KHEDEKAR PALLAVI SHANKAR	P
57	958	KOKARE SHRADDHA NANA	P
58	959	KONDAKE NEHAL PRAMOD	P
59	960	KURUP SHRUTI VRAJANATHAN	P
60	961	LABDE SAKSHI DATTATRAY	P
61	962	LAD JANHAVI MUKUND	P
62	963	LAD PRERANA SANJAY	P
63	964	LONE VICKY GOVIND	P
64	965	MAHAJAN KANCHAN KISHOR	
65	966	MANE PAYAL MADHUKAR	P
66	967	MERLIN BABU	P
67	968	MHARSE JAYDEEP DATTATRAYA	P
68	969	MORE ESHA JAYDAS	P
69	970	MORE SAMIDHA SUDHIR	P
70	971	MUSALE PANKAJ RAVINDRA	
71	972	NAGAR SAMRIDHI	
72	973	NAIK HARSHAL MILIND	P
73	974	NIPURTE RAKSHITA KASHINATH	P
74	975	PAKHARE PRATIKSHA PRAMOD	P
75	976	PATHAN MOHD ABID HARUN	P
76	977	PATHARE SIDDHI GHANSHYAM	P
77	978	PATIL KRUTIKA YOGESH	P
78	979	PATIL PRATIKSHA MAHESH	
79	980	PATIL RAHUL RAJAN	P
80	981	PATIL SAKSHI VINOD	P
81	982	PATIL SAMIKSHA VILAS	P
82	983	PATIL SATYAM DHANAJI	P
83	984	PATIL SHRADDHA GORAKHANATH	P
84	985	PATIL SHUBHAM KAILAS	
85	986	PATIL SNEHAL SUNIL	P
86	987	PAWAR KARTAVYA DATTATRAY	P
83	988	/PAWAR SHRUTI MAHADEV MINAL	P



84	989	/PRADHAN SOMALI SUBHANKAR SUPARNA	P
85	990	PRAJAPATI ARJUN NIKESHKUMAR PUSHPA	P
86	992	/NACHAN SANIYA SHAHBAZ SHABNOOR	
87	993	/SHELKE SHWETA NARENDRA SULABHA	P
88	994	/TELANG GAUTAMI RAJENDRA SMITA	P
89	995	THAKKAR BINDESH PRAKASH PRERNA	P
90	996	THORAT KSHITIJ VIJAY SAVITA	P
91	997	THORVE SATISH FULAJI ANITA	
92	998	THORVE UTKARSHA SADANAND SAVITA	P
93	999	UTPALWAD SAINATH MAROTI PADMINBAI	P
94	1000	WAGH SHASHANK SANTOSH SANGEETA	P
95	1001	/WAGHMARE SAYALI RAMPRASAD PRAGATI	P
96	1002	YEOLE PRATHMESH ANIL SUNITA	P
97	1003	ZIMBAL SIDDHANT DADA SANDHYA	P
98	1017	/WAGHMARE VARSHA RAVINDRA	P







Konkan Gyanpeeth Rahul Dharkar College of  
Pharmacy and Research Institute, Karjat

**Managing stress**

Dated on 17/10/2020

Sr. No.	Roll No.	Name of Student	Attendance
Final Year B. Pharm			
1	666	BIRAJDAR DATTA CHANDRAKANT	P
2	690	KUMAVAT RAJESHKUMAR PRABHU	P
3	736	ANDRE SHIVANI SUNIL	
4	737	BADE ANKITA JANARDAN	P
5	738	BHARITKAR PRIYANKA SOMNATH	P
6	739	BHOIR AISHWARYA JANARDAN	P
7	740	BHOIR SWARALI MILIND	
8	741	BHUWAD PRATIK DILIP	P
9	742	CHAUHAN MAYA ONKARNATH	P
10	743	CHAVAN AJIT SHRIRAM	P
11	744	DADILWAR AYUSH AJAY	P
12	745	DESALE ASAWARI UMAKANT	P
13	746	DESHMUKH OMKAR PRADIP	
14	747	DHULE HITESH SHIVAJI	P
15	748	GAIKWAD PRANALI PRADEEP	P
16	749	GANDHE SHIVANI VIJAY	P
17	750	GANGARKAR OMKAR RAMCHANDRA	P
18	751	GUPTA VINAY SHARAD	
19	752	HANDORE PRACHI RAJAN	P
20	753	JADHAV PRAJWAL SUDAM	P
21	754	JAGADALE SRUSHTI SANJAY	P
22	755	KACHARE KOMAL ANIL	P
23	756	KAMBLE SHRAVANI BALIRAJ	
24	757	KASARE NAYAN ASHOK	P
25	759	LAHANE ASHISH PARSHURAM	P
26	760	LOKHANDE DIKSHA NILKANTH	
27	761	MALI MAYURI MADAN	
28	762	MANE YOGESH KIRAN	
29	763	MODHALE NAMRATA VITTHAL	P
30	764	MULE JASRAJ VISHWANATH	P
31	765	PARMAR PRUTHA SURYAKANT	
32	766	PASHTE DIKSHA MOHAN	P
33	768	PATIL BHAKTI BHALCHANDRA	P
34	769	PATIL CHAITALI VILAS	P
35	770	PATIL DARSHAN ASHOK	
36	771	PATIL LAXMIKANT VINAYAK	P
37	772	PATIL MANSI RAJENDRA	P
38	773	PATIL SAMIKSHA MADHUKAR	P



39	775	PAWAR HARSHA RAJENDRA	P
40	776	PISEKAR SALONI SANTOSH	P
41	777	POTE MUGDHA MANGESH	P
42	778	RATHOD NIKITA BANDU	P
43	779	SAPKAL RACHNA SUNIL	
44	780	SARANGE DAKSHATA VILAS	P
45	781	SAWANT HARSHADA LALCHAND	P
46	782	SHEWADE KIRTI MAHESH	P
47	783	SHINDE MEGHANA CHANDRAKANT	P
48	784	SHINDE SHRADDHA MAHENDRA	P
49	785	SINGH KAJALKUMARI SUDHIRKUMAR	P
50	787	TAWDE BHARVI SHAILESH	
51	788	THORAT VAIBHAV ASHOK	
52	789	TUYEKAR SHAMAL NARAYAN	P
53	790	VIDHATE PRASAD KACHARU	P
54	791	WAGH VIDULA SUNIL	
55	792	WALEKAR CHAITANYA MUNIYAPPA	P
56	794	ZORE SAPANA JANARDAN	P
57	904	ATTAR SADAF JAVED	
58	905	DALVI SHWETA PRABHAKAR	P
59	906	GHUDE VRUSHALI JANARDAN	
60	907	LAVHALE RUPALI KASHINATH	P
61	909	MANE TEJASVI KISHOR	P
62	910	MAHADIK UJJWALA ANANDA	





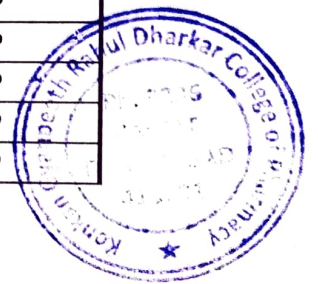
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Managing stress

Dated

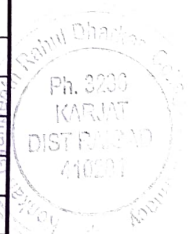
on 17/10/2020

Sr. No.	Roll No.	Name of Student	Attendance
Third Year B. Pharm			
1	758	/KEKAN KALYANI SHIVAJI VAISHALI	P
2	774	/PATIL SUPRIYA SURESH PRITI	P
3	786	TADVI SHAKIL KHATIN SHARIFA	
4	804	/AINKAR KOMAL CHANDRAKANT BHARATI	P
5	805	/ASWALE MEGHA PRABHAKAR LATA	P
6	806	AWASKAR HRITIK PRAKASH KAMINI	P
7	807	/BADEKAR DARSHANA JANARDAN MAI	P
8	808	/BADEKAR MANSI PRAKASH KARUNA	
9	809	/BAGADE ANKITA BABAN SUGANDHA	P
10	810	BAROLE SACHIN SHAMKANT JAYASHREE	P
11	811	/BHABAL SANJYOT SANJAY SANJANA	
12	812	/BHANGRE AKSHADA DATTATREY DIPTI	P
13	813	/BHOIR KANCHAN RAVINDRA SUGANDHA	P
14	814	BHOIR RAJ KISHOR KAMAL	P
15	815	BHOR OMKAR PRADIP SUNITA	P
16	816	BHOR SAURABH SANDEEP MANGAL	P
17	817	/BORSE TANVI CHANDRAKANT PUSHPALATA	P
18	818	CHASKAR OMKAR SHIVAJI MANISHA	P
19	819	/CHAUDHARI PRAJAKTA DNYANESHWAR KIRTIMALA	P
20	821	/CHAVAN SHIVANI DEVIDAS MANISHA	P
21	822	/DAMSE UJWALA RAMESH SHAKUNTALA	P
22	823	DESALE GAURAV LAXMAN KUSUM	P
23	824	/DHANGER POOJA DEEPAK KALYANI	P
24	825	/DHARANE SAYALI SUBHASH SUVARNA	
25	826	DHOBAL ISHANT LALITKUMAR JYOTI	P
26	827	/DHOKE SWATI BHANUDAS SANGITA	P
27	828	/DHULE JYOTI RAJARAM ROHINI	P
28	830	/DUBHELE SHRUTI PREMANATH PRANALI	P
29	831	DUBHELE SHUBHAM PREMANATH PRANALI	P
30	832	/DUKARE MAYURI SURESH SUREKHA	P
31	833	/EDANE PORNIMA SANJAY SHUBHANGI	P
32	834	/GHODVINDE AKSHADA SHARAD RINA	P
33	835	/GHUDE SWARUPA PANDHARINATH ANITA	
34	836	JADHAV AKHILESH HEMKANT HARSHALI	P
35	837	/JADHAV ANUJA ASHOK SUNITA	P
36	838	JADHAV ANURAG ARVIND ARTI	P
37	839	/JADHAV PRIYANKA RAGHUNATH SUJATA	P
38	840	/JADHAV REVATHI VINOD PADMA	P





39	842	JANKAR NIKHIL VISHWAS RANI	P
40	843	/KADAM SHARAYU ANAND SHILPA	P
41	844	KADAV PRATIK BHUSHAN BHAKTI	P
42	845	KALEBAG SURAJ KAKASAHEB SHAKUNTALA	
43	846	KAMBLE CHETAN KAMALAKAR SUKUMAR	P
44	847	KANADE KRUSHNA DEVRAO ASHABAI	P
45	848	/KATYARMAL ANSHURI DINESH RUPALI	P
46	849	/KELKAR ANKITA VIJAY VAIJAYANTI	P
47	850	KHADE SUYOG RAJENDRA RATNAMALA	P
48	851	/KHANDAGALE SHWETA SHARAD SHARAYU	P
49	852	KHARAT AKASH NARAYAN MEENA	P
50	853	/KOKARE SHWETA RAJENDRA RUPALI	P
51	854	/KULKARNI SHRIYA PRAKASH SMITA	P
52	855	/MAJMUDAR POOJA OMPRAKASH SEEMA	P
53	856	/MANE PRIYANKA CHANDRAKANTH MEENAKSHI	P
54	857	/MASKE POOJA JAGANNATH ANITA	P
55	858	/MAYEKAR SHIVANI SANDESH SAMRUDDHI	P
56	860	/MHATRE AISHWARYA SHRIKANT SAVITA	
57	861	MHATRE SHAILESH DATTA SEEMA	
58	862	MISAL KUNAL VILAS USHA	P
59	865	MORE SUMIT SUDHAKAR CHHAYA	P
60	866	/NIKAM KAVITA DEEPAK SEEMA	P
61	867	/NIKAM PRANJAL YOGENDRANATH SHUBHANGI	P
62	868	NIMBALKAR ASHUTOSH VIJAY POOJA	P
63	869	/PAL ANJU RAMESHCHANDRA KAMAL	P
64	871	/PATIL DISHA KISHOR SWATI	P
65	872	/PATIL PRIYA CHANDRASHEKHAR ARCHANA	P
66	873	/PATIL RUTUJA RAVINDRA ROSHANI	P
67	874	/PATIL VRUSHALI DHANAJI SUSHILA	P
68	875	PAWAR CHINMAY RAJENDRA ARATI	P
69	876	/PULEKAR UPASANA PRAMOD PRADNYA	
70	877	/QURESHI AAFREEN WASIUDDIN ASMA	P
71	878	RATHOD PIYUSH BHIDAS VARSHA	P
72	879	/RATHOD REENA INDRASING KAMALA	P
73	880	/ROHONDIA AKSHATA JITENDRA NANDINI	P
74	881	/SALUNKE RUTUJA ASHOKKUMAR YOGITA	P
75	882	/SALVI RUTUJA RAJENDRA PRIYANKA	P
76	884	/SAPATE PRATIKSHA SHIVAJI SUREKHA	P
77	885	SATAV GAURAV DINKAR PUSHPA	P
78	886	/SAWANT PRACHI SANDIP SANIKA	P
79	888	SHIKALGAR ARBAJ SAMIR SHAMA	P
80	889	/SHINDE TANUJA MAHADEO SUNITA	P
81	890	/SHIRKE VAISHNAVI MADHUKAR MANSI	P
82	891	/SURYARAO PRANALI ARJUN SUCHITA	P
83	892	/TELE VIBHA DEELIP MANGALA	P
84	893	/TELE VIDHI DEELIP MANGALA	P
85	895	/THAKUR MANASI MEGHSHYAM PRAMODINI	P



86	896	THAKUR SHRUTI PRAVIN SADHANA	P
87	897	THAKUR TANVI CHANDRAKANT ARATI	P
88	898	THOMBARE KOMAL KESHAV NEETA	P
89	899	THOMBARE SUSHANT SANTOSH KUNDA	P
90	900	TITKARE JAYESH RAVINDRA KALPANA	P
91	901	/VISHE DIPTI AVIRAJ RENUKA	P
92	902	/VISHE ROSHANI ROHIDAS PRAMILA	P
93	903	ZAMBARE OMKAR MANOHAR SUJATA	P
94	908	LAVATE SANTOSH SITARAM TAI	P
95	911	VICHARE RUTURAJ MANGESH SHITAL	P
96	1004	CHAUDHARI AJINKYA RAVINDRA SUREKHA	P
97	1005	DHONDGE SOURABH VIJAY REKHA	P
98	1006	DIGHE NILAM BALASAHEB SUSHILA	P
99	1007	JAWARE SHUBHAM RAVINDRA MANISHA	P
100	1008	KALE SNEHAL NATHABHAU ASHA	P
101	1009	KAMBLE HITAKSHI SHRIRAM SMITA	P
102	1010	KOLI PRIYANKA MADHUKAR JYOTI	P
103	1011	MASANE HARSHADA SANJAY RATNA	P
104	1012	MOHITE SHREYA KIRAN VAISHALI	
105	1013	RAUT PRATIKSHA RAGHUNATH MANISHA	P
106	1014	SYED ABDURRAHMAN SYED RIYASAT ALI SHAFIYAPARVEEN	P
107	1015	THAKARE NALINI DATTU GULAB	P
108	1016	VIDHATE SIDDHESH VIJAYKUMAR SUVARNA	P

