

Regd. No. MH/4775/Satara

DTE Code : 6394, MSBTE Code : 2144



Shree Santkrupa Shikshan Sanstha's

SHREE SANTKRUPA COLLEGE OF PHARMACY

Ghogaon (Shivajinagar), Tal: Karad, Dist: Satara, (Maharashtra State) Pin-415111

Ph : (02164) 257374 | Email : principalsntk@rediffmail.com | Web : www.sscop.org



Academic Year: 2018-2019	
Activity Title	How to Manage Stress at the Workplace
Day & Date	04 Feb 2019 to 09 Feb 2019
Organized by	Shree Santkrupa College of Pharmacy, Ghogaon.
Collaboration	Shushrusha Salla and Margdarshan, Islampur.
Objective	Create Work Life Balance and Learn What Trigger Workplace Stress
Brief Description of Activity	This activity was carried out in college. The Faculty had arranged a lecture on Stress Management at workplace. The speaker addressed about maintains close workplace relationship. Importance of Stress management in workplace. Stress leads to break many good relationship and friendship. This activity would help in relieving the stress from life and lead a good life.
Co-ordinator	Mr P D Lade
No. of Participants	25
Outcome	To get basic knowledge about stress management at workplace.

Photos of Activity



Principal
Dr. Ramling G. Patrakar
Shree Santkrupa College of Pharmacy
Ghogaon, Tal. Karad, Dist. Satara



DTE Code: PH6394

Reg.No.MH/4775/Satara.F-4746(Satara) Est:22/6/1996
SHREE SANTKRUPA SHIKSHAN SANSTHA'S

SHREE SANTKRUPA COLLEGE OF PHARMACY
Approved by AICTE, PCI New Delhi, DTE Mumbai & Affiliated to Shivaji University, Kolhapur

PRESIDENT
SHRI. SHASHIKANT K. PATIL

SECRETARY
MR. PRASUN JOHARI

Ref: SSCOP/2018-19/42

Date: 21/01/2019

To,
Dr Kalidas Patil
M.A. (Psychology)
Psychologist/Child & Family Counselor,
Shushrusha Salla & Margdarshan,
Islampur Tal- Walwa Dist- Sangali.

Subject: Invitation as Guest Lecture on How to Manage Stress at the Workplace

Dear Sir,

I am inviting you as a resource person for Guest Lecture to be held on 04 Feb 2019 to 09 Feb 2019 on the topic "How to Manage Stress at the Workplace" For our Teaching and Non Teaching Faculty Members. It will be helpful to our Faculty Members.

Please accept our invitation and do the needful.

Thanking You.

Recind
Patil

Yours Truly



(Signature)
Principal
Dr. Vijayanand R. Aralelimath
Shree Santkrupa College of Pharmacy
Ghogaon, Tal. Karad, Dist. Satara

Ghogaon, Tal.-Karad, Dist.Satara Pin : 415 111 (Maharashtra), Ph: (02164) 257404/257374, Fax : 257404
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PRESIDENT
SHRI. SHASHIKANT K. PATIL

SECRETARY
MR. PRASUN JOHARI

Date: 30/01/2019

NOTICE

All the students, teaching & non-teaching staff members are hereby informed that we are going to organize "How to Manage Stress at the Workplace" on 04 Feb 2019 to 09 Feb 2019 at Shree Santkrupa College of Pharmacy, Ghogaon. All are informed to attend the same.

Name of organizing Committee: Shree Santkrupa College of Pharmacy, Ghogaon.

Date: 04 Feb 2019 to 09 Feb 2019

Time: 10.00 am


Mr. P. D. Lade
Co-ordinator




Dr. V. R. Aralelimath

Principal
Dr. Vijayanand R. Aralelimath
Shree Santkrupa College of Pharmacy
Ghogaon, Tal. Karad, Dist. Satara



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PRESIDENT
SHRI. SHASHIKANT K. PATIL

SECRETARY
MR. PRASUN JOHARI

Ref: SSCOP/2018-19/61

Date: 09/02/2019

To,
Dr Kalidas Patil
M.A. (Psychology)
Psychologist/Child & Family Counselor,
Shushrusha Salla & Margdarshan,
Islampur Tal- Walwa Dist- Sangali.

LETTER OF APPRECIATION

Dear Sir,

On the behalf of Shree Santkrupa College of Pharmacy, Ghogaon we are exceedingly pleased for accepting our invitation for "How to Manage Stress at the Workplace". Your presentation was very informative and was thoroughly enjoyed by everyone. We appreciate you for sharing your time, talent, and expertise with us and look forward to working with you in future endeavors.

I sincerely express my deep sense of appreciation for your valuable guidance.

Thanking You.

*Received
Shri. Patil*



Yours Truly

Aravind

Principal
Dr. Vijayanand R. Aralelimath
Shree Santkrupa College of Pharmacy
Ghogaon Tal. Karad, Dist. Satara

Ghogaon, Tal.-Karad, Dist.Satara Pin : 415 111 (Maharashtra), Ph: (0206) 2510425
Website:www.sscop.org Email:-principalsnk@rediffmail.com


CERTIFICATE

This is to certify

Mr.Prashant D.shewale

From Shree Santkrupa College of Pharmacy, Ghogaon
has attended training for How to Manage Stress at the
Workplace on 04-02-2019 to 09-02-2019




Counsellor
Mr. Kalidas Patil
M.A.(Psychology) D.C.F.C
Psychologist/Child & Family Counselor
R.C.I.Reg. No.- A06638


CERTIFICATE

This is to certify


Mr.Santosh R.Kolekar

From Shree Santkrupa College of Pharmacy, Ghogaon
has attended training for How to Manage Stress at the
Workplace on 04-02-2019 to 09-02-2019




Counsellor
Mr. Kalidas Patil
M.A.(Psychology) D.C.F.C
Psychologist/Child & Family Counselor
R.C.I.Reg. No.- A06638




Principal
Dr. Ramling G. Patrakar
Shree Santkrupa College of Pharmacy
Ghogaon, Tal. Karad, Dist. Satara

Regd. No. MH/4775/Satara

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Shree Santkrupa Shikshan Sanstha's

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ACTIVITY REPORT SHEET

Academic Year: 2020-2021	
Activity Title	Stress Management
Day & Date	Friday 23/07/2021
Organized by	NSS of SSCOP Ghogaon
Collaboration	Shivaji University Kolhapur
Objective	To Relieve the students using this therapy.
Brief Description of Activity	This activity was carried out in Ghogaon village; the students had arranged a lecture on Stress Management. The speaker addressed about the importance of Stress management in the life of all people. Stress leads to many diseases in life like heart attack. This activity would help in relieving the stress from life and lead a good life.
Co-ordinator	Mr. Lade P D
No. of Participants	40
Outcome	This activity helped the students in relieving the stress.

Photos of Activity



Principal
Dr. Ramling G. Patrakar
Shree Santkrupa College of Pharmacy
Ghogaon, Tal. Karad, Dist. Satara



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PRESIDENT
SHRI. SHASHIKANT K. PATIL

SECRETARY
MR. PRASUN JOHARI

Date: 16/07/2021

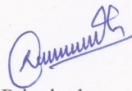
NOTICE

All the NSS Volunteers are hereby informed that Stress Management activity will be organized on Friday, 23th July, 2021 at 11.00 am

Attendance is Compulsory.

All should take note of this.




Principal
Principal
Dr. Vijayanand R. Aralelimath
Shree Santkrupa College of Pharmacy
Ghogaon, Tal. Karad, Dist. Satara



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PRESIDENT
SHRI. SHASHIKANT K. PATIL

SECRETARY
MR. PRASUN JOHARI

Ref:- SSCOPI/2020-21/89

Date: 15/07/2021

To,
Mr. Kalidas Patil
Incharge, SHUSHRUSHA consultancy
Mumbai.

Subject: Invitation as a Speaker to conduct workshop on Stress management.

Dear Sir,

I am inviting you as a resource person to conduct workshop to be held on 23rd July, 2021 on the topic "Stress Management" for our students. It will be helpful to our students.

Please accept our invitation and do the needful.

Thanking You.



Yours Truly

Principal

Principal

Dr. Vijayanand R. Aralemmath
Shree Santkrupa College of Pharmacy
Ghogaon, Tal. Karad, Dist. Satara

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PRESIDENT
SHRI. SHASHIKANT K. PATIL

SECRETARY
MR. PRASUN JOHARI

Ref :- SSCOPI/2020-21/89

Date: 23/07/2021

To,
Mr. Kalidas Patil
Incharge, SHUSHRUSHA consultancy
Mumbai.

LETTER OF APPRECIATION

Dear Sir,

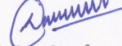
On the behalf of Shree Santkrupa College of Pharmacy, Ghogaon we are exceedingly pleased for accepting our invitation for to to conduct workshop on "Stress Management". Your presentation was very informative and was thoroughly enjoyed by everyone. We appreciate you for sharing your time, talent, and expertise with us and look forward to working with you in future endeavors.

I sincerely express my deep sense of appreciation for your valuable guidance.

Thanking You.



Yours Truly


Principal

Principal

Dr. Vijayanand R. Aralelimath
Shree Santkrupa College of Pharmacy
Ghogaon, Tal. Karad, Dist. Satara

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Academic Year: 2022-2023	
Activity Title	Mental Health Wellness and Stress Management
Day & Date	06-02-2023 to 11-02-2023
Organized by	Shree Santkrupa College of Pharmacy, Ghogaon.
Collaboration	Shushrusha Salla and Margdarshan, Islampur.
Objective	Identify the causes of stress and how to reduce mental stress
Brief Description of Activity	This activity was carried out in college. The Faculty had arranged a lecture on Stress management starts with identifying the sources of stress in your life. Relaxation exercise is a fantastic mental stress reliever that can work in minutes. Take a mindfulness break. Stress leads to break many good relationship. This activity would help in relieving the stress from life and lead a good life.
Co-ordinator	Ms P A Thorat
No. of Participants	25
Outcome	To get basic knowledge about how to reduce mental stress

Photos of Activity



Principal

Dr. Ramling G. Patrakar
Shree Santkrupa College of Pharmacy
Ghogaon, Tal. Karad, Dist. Satara

Regd. No. MH/4775/Satara

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Dr. Usha A. Johari
President

Mr. Prasun Johari
Secretary

Dr. V. R. Aralelimath
Principal

Ref: SSCOP/2022-23/20

Date: 30/01/2023

To,
Dr Kalidas Patil
M.A. (Psychology)
Psychologist/Child & Family Counselor,
Shushrusha Salla & Margdarshan,
Islampur Tal- Walwa Dist- Sangali.

Subject: Invitation as Guest Lecture on Mental Health Wellness and Stress Management

Dear Sir,

I am inviting you as a resource person for Guest Lecture to be held on 06-02-2023 to 11-02-2023 on the topic "Mental Health Wellness and Stress Management" for our Teaching and Non Teaching Faculty Members. It will be helpful to our Faculty Members.

Please accept our invitation and do the needful.

Thanking You.

Yours Truly



[Signature]
Principal
Dr. Vijayanand R. Aralelimath
Shree Santkrupa College of Pharmacy
Ghogaon, Tal. Karad, Dist. Satara

Approved by AICTE, PCI, New Delhi, Reco. by Govt. of Maharashtra & Affiliated to Shivaji University, Kolhapur, MSBTE Mumbai

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Ph : (02164) 257374 Email : principalsntk@rediffmail.com Web : www.sscop.org



Dr. Usha A. Johari
President

Mr. Prasun Johari
Secretary

Dr. V. R. Aralelimath
Principal

Date: 02/02/2023

NOTICE

All the students, teaching & non-teaching staff members are hereby informed that we are going to organize "Mental Health Wellness and Stress Management" on 06-02-2023 to 11-02-2023 at Shree Santkrupa College of Pharmacy, Ghogaon. All are informed to attend the same.

Name of organizing Committee: Shree Santkrupa College of Pharmacy, Ghogaon.

Date: 06-02-2023 to 11-02-2023

Time: 10.00 am

Ms P A Thorat
Co-ordinator



Dr. V. R. Aralelimath
Principal
Dr. Vijayanand R. Aralelimath
Shree Santkrupa College of Pharmacy
Ghogaon, Tal. Karad, Dist. Satara

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Dr. Usha A. Johari
President

Mr. Prasun Johari
Secretary

Dr. V. R. Aralemath
Principal

Ref: SSCOP/2022-23/23

Date: 11/02/2023

To,
Dr Kalidas Patil
M.A. (Psychology)
Psychologist/Child & Family Counselor,
Shushrusha Salla & Margdarshan,
Islampur Tal- Walwa Dist- Sangali.

LETTER OF APPRECIATION

Dear Sir,

On the behalf of Shree Santkrupa College of Pharmacy, Ghogaon we are exceedingly pleased for accepting our invitation for "Mental Health Wellness and Stress management". Your presentation was very informative and was thoroughly enjoyed by everyone. We appreciate you for sharing your time, talent, and expertise with us and look forward to working with you in future endeavors.

I sincerely express my deep sense of appreciation for your valuable guidance.

Thanking You.

Received
Chaudhary



Yours Truly

Principal
Dr. Vijayanand R. Aralemath
Shree Santkrupa College of Pharmacy
Ghogaon, Tal. Karad, Dist. Satara

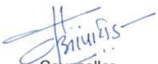
Approved by AICTE, PCI, New Delhi, Reco. by Govt. of Maharashtra & Affiliated to Shivaji University, Kolhapur, MSBTE Mumbai

CERTIFICATE

THIS CERTIFICATE IS AWARDED TO

Dr Jameel S Mulla

From Shree Santkrupa College of Pharmacy Ghogaon
has attended training for **Mental Health wellness and
stress management** on 06-02-2023 to 11-02-2023




Counsellor
Mr. Kalidas Patil
M.A.(Psychology) D.C.F.C
Psychologist/Child & Family Counselor
R.C.I.Reg. No.- A06638

CERTIFICATE


THIS CERTIFICATE IS AWARDED TO

Ms Vidya A Kheradkar

From Shree Santkrupa College of Pharmacy Ghogaon
has attended training for **Mental Health wellness and
stress management** on 06-02-2023 to 11-02-2023



Counsellor
Mr. Kalidas Patil
M.A.(Psychology) D.C.F.C
Psychologist/Child & Family Counselor
R.C.I.Reg. No.- A06638



Principal
Dr. Ramling G. Patrakar
Shree Santkrupa College of Pharmacy
Ghogaon, Tal. Karad, Dist. Satara