

Mindfulness Workshop Report

Aim & Objective of the activity: The workshop aimed to help students develop a better understanding of mindfulness and learn techniques to practice mindfulness in their daily lives.

Date of the Activity: 21 Jun 2017

Organizing Unit/Department: Physical Education

Program Coordinator: Prof. M. A. Ware

Students Participated: 72

Report of the Activity

The college organized a workshop on mindfulness for students, which was held on the college campus on 21 Jun 2017. A mindfulness workshop was conducted by our college to help students cope with stress and anxiety. The workshop was conducted by a mindfulness expert, who started by explaining the concept of mindfulness and its benefits. The expert then guided the students through several mindfulness exercises.

The exercises evaluated the effectiveness of the mindfulness-based intervention among college students, and the results showed that it helped to attenuate stress and anxiety while improving focus and awareness.

The workshop also included a meditation program that made measurable changes in brain regions associated with memory, sense of self, empathy, and stress.

The students found the workshop to be very helpful in fostering better mental health and wellbeing.



Principal
Rajarshi Shahu Arts, Commerce
& Science College, Paradh,
Tq. Bhokardan, Dist. Jalna.

**Bhiladari Bahooudheshiya Sanstha's,
Rajarshi Shahu Arts, Commerce & Science College, Paradh**

Activity/Event Name :- mindfulness workshop.

Date :- 21 June 2017

Organizing Unit: Physical Education,

Sr. No.	PRN	Student Name	Sign
01	2017015200245551	BHAGIAT PRASHANT DADA	B.P.D
02	201701520019960	SHOLIKESHEV HANRENDYRAN	SHOLIKESHEV
03	2016015200227134	KOTWAL prashant subhash	Kotwal.
04	20170152002443722	APAR Ganesh Elkhath	Apar
05	2016015200536322	Bawaskar Akash Sanjay	Akash
06	2016015200160237	Bawaskar Milind Jadhav	Milind
07	20170152200243335	BEADKAR SHITAL ASHOK	D.S.A
08	2016015200483053	Bhusari Sagar Gajanan	Sagar
09	2016015200226405	MAHER PARU KALLAS	Kallas
10	2016015200535535	BILARI Ganesh Rameshwar	Ganesh
11	2017015200232612	Bhasle samadhan shaobray	ssal
12	201601520052481	Bhingare manish S.	ms
13	2017015200231984	KUTE SANTOSH AMBADAS	K.S.A
14	201701520019952	SURAR BHAGINAT KONDIRA	Surar
15	2016015200227207	more aparna hilalshing	more A.H
16	2016015200536376	TRATKAR Anjali VBHM	Aval
17	2016015200226997	Rauti Shubham Jitendra	Rauti
18	2016015200521923	Jadhao punam pandip	P.P.Jadhao
19	2017015200243173	Fare Gajanan chandrakhan	fare
20	2016015200551932	Ingle Dipali P.	D.P.I
21	2017015200245125	folane kalpana Ramash	Kalpana
22	2016015200655544	Miwale Shubham Shikhar	ssal
23	2017015200245671	Gadhe Shubham Ganesh	ssal
24	2016015200535522	Tabade Komal Arun	K.A.T.

**Bhiladari Bahooudheshiya Sanstha's,
Rajarshi Shahu Arts, Commerce & Science College, Paradh**

Activity/Event Name :- :

Date :-

Organizing Unit:

Sr. No.	PRN	Student Name	Sign
25	2017015200232747	GUDAR UNISHALI RAJU	G.D.D
26	2016015200521632	Shetke vaishali vilas	V.V.S
27	2015015200158567	Sapkal punam prakash	Sapkal
28	2016015200454320	Shiwankar Ram Ashok	R.A.S.
29	2016015200454504	Sontakke pooja parshuram	P.P.S.
30	2017015200246465	DANOGRE RAHUL VIKRAM	D.R.U
31	2017015200232867	MISAL OPOTI MAHADEV	M.J.M
32	2016015200649215	Tabade Parvan prabhakar	P.P.T
33	2014015200102882	Kale Pooja Atmaram	P.A.K.
34	2017015200231841	Qawari Manisha Bhimrao	MB MB
35	201701520019971	SHINDE ARTI CHAITANNA	ARTI ARTI
36	2015015200162414	Bansod Kishan Ramchandra	Bansod.
37	2015015200186157	Khandwe Vipar S.	V.S.K.
38	2015015200162082	Tabade Anuradha A.	A.A.T.
39	2017015200246691	Jadhao pooja Vishnu	P.V. P.V.
40	201701520014498	TATERAKH PRALADH	TRAKH TRAKH
41	201401520079815	Thorat Amol prabhakar	A.P.T.
42	2017015200503972	Jadhao Arun Dattatraya	ARUN ARUN
43	2015015200159853	wakode pramod prakash	P.P.W.
44	2017015200232786	Jadhao Akash samadhan	A.S.S.
45	2017015200232883	Jadhao Shyam Ambade	SHYAM SHYAM
46	2017015200232272	Gaire Ankita Bharat	A.B.G.
47	2017015200243233	Jadhao Ashwini vandikar	A.A.S.
48	2016015200227207	more Aparna hillal/na	more more

**Bhiladari Bahooudheshiya Sanstha's,
Rajarshi Shahu Arts, Commerce & Science College, Paradh**

Activity/Event Name :- :

Date :-

Organizing Unit:

Sr. No.	PRN	Student Name	Sign
49	PATIL AKASH RAMDAS	2017015200232732	P. A. P.
50	GUJAR DIPAK DEVIDAS	2017015200243745	G. V. D.
51	2017015200244555	Hiwale. v. .a.	v. a. e.
52	201401520078682	Jatte sunil Ramesh	SKR
53	2016015200227985	ADHAR SHUBHAM GARGANAN	A. D. H.
54	2017015200238005	Jadhav S. .V.	J. S. V.
55	2015015200156874	Suradkar Bhagyashri/ Suresh	B. S. S.
56	2016015200535334	Adhar Jayshri/ Bhagwan JBA.	J. B. A.
57	HALE VIKASH KUNDAS	2017015200232345	H. V. S.
58	2016015200283532	Bhargate A. D.	A. D. B.
59	2016015200454564	Borkar sunita Ramesh	S. R.
60	201601520051493	Bawale/Car monika pandey	M. P.
61	2017015200059436	Gawande Tushar Suresh	T. S.
62	2017015200059854	Gawate Akshay Dinkar	A. D. G.
63	2016015200227142	Bakshi Bhushan prakas	B. P.
64	2017015200059483	Varangaonkar e. M.	E. M.
65	2017015200059421	Tihile Dinesh Suresh	D. S.
66	2016015200535953	Ingle Swapnil Digambar	S. D.
67	2017015200051054	Varangaonkar mandar M.	M. M.
68	2016015200536666	Suradkar Akshay Bhargat	A. B.
69	2017015200060745	Gargol Vaibhav pandhar	
70	2016015200227053	Bhosle Akshay monan	B. M.
71	2017015200058715	Giri Vishal prakash	V. P. G.
72	2017015200051054	Wahurwagh Avinash Devadas	A. D.

Principal

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Listening Skills Workshop Report

Aim & Objective of the activity: The workshop aimed to help students improve their listening skills, which are essential for effective communication and building strong relationships and to help students improve their communication skills.

Date of the Activity: 17 Jan 2018

Organizing Unit/Department: English

Program Coordinator: Prof. L. S. Kharat

Students Participated: 87

Report of the Activity

On 17 Jan 2018, R. S. College conducted a workshop on listening skills for students. The workshop began with an introduction by Dr. **Jugal Tayde**, who explained the importance of listening skills in both personal and professional settings. The facilitator then went on to discuss the different types of listening, including active listening, empathetic listening, and critical listening.

The workshop included counselling exercises and activities, such as practicing active listening with a partner. The workshop emphasized the importance of attitude, attention, and adjustment in building good listening skills, also known as triple-A listening. The workshop focused on active listening strategies and the competencies required for effective communication in academic and professional settings.

The college expects its graduates to possess basic and advanced speaking and listening competencies, which are essential communication skills for success in the workplace and society.


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**Bhiladari Bahooudheshiya Sanstha's,
Rajarshi Shahu Arts, Commerce & Science College, Paradh**

Activity/Event Name :- Listening Skill Workshop.

Date :- 17 Jan. 2018.

Organizing Unit: Eng English

Sr. No.	PRN	Student Name	Sign
01	201701520059003	Adhao shivaji punnaji	<u>S.P. Adhao</u>
02	2017015200246352 2017015200246352	Bramkare Dipak Ramesh	<u>BRamkare</u>
03	2017015200358154	Dandage sagar Baburao	<u>S.Dandage</u>
04	2017015200246024	SHELKE SUMIL KRUSHNA	<u>S.S.K</u>
05	201610520054444	KADAM Chandra PRADIP	<u>Kadam</u>
06	2016015200557573	Kothalkar shital Raju	<u>Shital</u>
07	2017015200243335	DEOKAR Shital Ashok	<u>ADeokar</u>
08	2015015200155051	Lokhande Rajesh Ramesh	<u>Rajesh</u>
09	2017015200245937	BORSE AKSHAY SANJAY	<u>B.A.S</u>
10	2017015200232821	SHINDE AMOL MOHAN	<u>S.A.M</u>
11	2016015200610531	Mokasare Vishal Keshav	<u>Mokasare</u>
12	2015015200244390 2015015200244390	Devare Gopal VINAY	<u>Devare</u>
13	2017015200232086	THYDEARIBET SANTOSH	<u>T.A.S</u>
14	2017015200952802	Bhatkar Priya Dingar	<u>Priya</u>
15	2017015200245992	More mayur Chandan	<u>MMMore</u>
16	2017015200725215	Dhandar Jay Arun	<u>J.Dhandar</u>
17	20170152001988965	Chavan Komal Ramu	<u>K.Chavan</u>
18	201601520055104	Kadam Deepak Hitendra	<u>Deekadam</u>
19	2017015200243335	DEOKAR shital Ashok	<u>SAD.</u>
20	2017015200246612	Kulsange Madhura Babanrao	<u>M.Kulsange</u>
21	2017015200602027	Zope Rohit Anil	<u>R.A.Zope</u>
22	2017015200245984	More mahesh Ravindra	<u>MRMore</u>
23	2017015200243424	More Mahesh Ravindra	<u>MRMore</u>
24	2017015200952373	Dongre Ajay Bhaskar	<u>Ajay</u>

**Bhiladari Bahooudheshiya Sanstha's,
Rajarshi Shahu Arts, Commerce & Science College, Paradh**

Activity/Event Name :- :

Date :-

Organizing Unit:

Sr. No.	PRN	Student Name	Sign
25	2016015200551782	Muley Atish Baburao	<u>Amuls</u>
26	2017015200244137	TEKALE VITTHAL SAHEB	<u>T. V. S</u>
27	201601520055718	Kadam Pankaj Jhabarao	<u>KPam</u>
28	2016015200454125	AGIHOKIRAN PRALHAD	<u>A. K. P</u>
29	2016015200551607	Nannavare Gopal popat	<u>Gopal</u>
30	2015015200157154	Deokar manish Rama	<u>mp</u>
31	2017015200231744	Magare Mangesh M.	<u>M. M. M</u>
32	2017015200060053	Bagal Jitendra Ravindra	<u>Bagale J. R.</u>
33	2016015200543144	Patthame Pawan Sudar Kew	<u>Patthame</u>
34	2016015200782287	Payghan Kishor Laxman	<u>K. Payghan</u>
35	20160152000228722	MCHARE AMILKADHAN	<u>M. A. G</u>
36	2017015200952357	Jadhao Sagar shambho	<u>SSJ</u>
37	2015015200160195	Dale Abhishek Gopal	<u>ABD</u>
38	2016015200536411	Khadke Rekha Dinkar	<u>RDK</u>
39	2017015200952833	Kedar Santosh Ramesh	<u>SR Kedar</u>
40	2017015200199535	Ingale Sayali vijay	<u>S. Ingale</u>
41	201601520055144	Kalola Chaiti Ravindra	<u>Chaiti</u>
42	2017015200059997	Wishhe Amal Pralhad	<u>AP Wishhe</u>
43	2017015200199075	Khansare Swapnil C.	<u>S. K.</u>
44	2017015200232867	Misal Jyoti Mahadev	<u>M. M.</u>
45	2017015200199141	Lande Ajay Prakash	<u>AP Lande</u>
46	2017015200952713	Jaiswal Kanhaiya Prakash	<u>K. P. J.</u>
47	2017015200952817	Kadar Avinash Ramesh	<u>ARK</u>
48	2017015200232732	Patil Akash Ramdas	<u>AK Patil</u>


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Interpersonal Skills Workshop Report

Aim & Objective of the activity: The workshop aimed to enhance the awareness of the role of communication skills in doctor-patient interaction and other areas.

Date of the Activity: 01 Dec 2017

Organizing Unit/Department: Zoology

Program Coordinator: Prof. A. D. Bandge

Students Participated: 87

Report of the Activity

The workshop on interpersonal skills training was organized by the college on 01 Dec 2017 with the aim of enhancing the interpersonal skills of the participants to improve the communication skills of the participants. The workshop was attended by 87 participants who were from different departments of the college.

Content:

The workshop was conducted in a very interactive manner, with the facilitator using a variety of teaching methods such as group discussions, role-playing, and presentations. The workshop was successful in providing insights into effective communication and interpersonal skills. The facilitator emphasized the importance of good interpersonal skills in both personal and professional settings.

The participants learned about the importance of inspiring teachers in student achievement. The literature reviews conducted for the broad area of interpersonal skills training were discussed in the report.

Overall, the workshop was a great success in improving the interpersonal skills of the participants.


Principal
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**Bhiladari Bahooudheshiya Sanstha's,
Rajarshi Shahu Arts, Commerce & Science College, Paradh**

Activity/Event Name :- Interpersonal Skills Workshop.

Date :- 01- Dec. 2017

Organizing Unit: 2006914

Sr. No.	PRN	Student Name	Sign
01	201501520015286 Prat	mante manishg ramder	manE
02	2017015200199477	Alhat Swaraj Dilip	gpr.
03	2017015200061122	Lawande Vinayak. S.	Lawande
04	2017015200246481	Chavan Pradip Gajanan	Pradip
05	2015015200156916	Sonune Manoj Gajanan	Manoj
06	2017015200231752	Surwade Gajanan Bhiksh	Surwade
07	2017015200233004	Mahale Amol Shriyans	Amol
08	2015015200246635 Aakash	Aakash Swapnil Ananta	Aakash
09	201701520020005	TALE PRAMOD PRALHAD	Tale P
10	2017015200059525	Ingle Ashish, Shik	Ingle
11	201701520024802	Jadhao Vaishali P.	Vaishali
12	201501520015947	SAPKAL SHAM VISHWAS	Sham
13	201701520095229	SHINDE GANESH BHASKAR	Shinde
14	2017015200952825	Borkhe Dipali Smrati	Dipali
15	2017015200059057	Waskar Sumit M.	Waskar
16	2015015200157297	Tayde Shubham Arjun	Shubham
17	2017015200195193	SONUNEDHANANATH DEHOK	Dehok
18	201701520024551	Bhagat Prashant Dayal	Prashant
19	201701520095222	SUSAR AKAASH RAMESH	Akash
20	201401520010717	Ugle KRISHNA ASHOK	Ugle
21	2017015200952456	Chavan Rushikesh H.	Rushikesh
22	2017015200245984	More Vishwanath Smrati	More
23	2017015200245462	Jadhao Pravin Siddham	Pravin
24	201701520006067	wakikar prashant m	wakikar

**Bhiladari Bahooudheshiya Sanstha's,
Rajarshi Shahu Arts, Commerce & Science College, Paradh**

Activity/Event Name :- :

Date :-

Organizing Unit:

Sr. No.	PRN	Student Name	Sign
25	2017015200952067	Fuse Yogeshwan Amil	
26	2017015200245976	Patil Nikhamsing D	
27	2015015200157564	mangale Laxman Vijay	
28	2015015200155816	Dhruvne Manidam Singh J	
29	2017015200246434	Kolte Kavita Vitthal	
30	2017015200199326	ASWAR VISHNU SURESH	
31	2017015200060377	Vagan' shrikprakash J.	
32	2016015200960112	KHAPARDE VITTHAL MUKESH	
33	2015015200160133	shyriwas Pankaj Ajay	
34	2016015200180742	KHAPARDE MIKHIL SANJAY	
35	2017015200059107	wgh Kanchan Bhanu	
36	2017015200199303	Fuse Avinash Dnyanesh	
37	2017015200199736	Bhatkar Suchit Dnyanesh	
38	2016015200227401	LATHODHAR VISHAL SURESH	
39	2017015200952415	Fuse Vilash Samadhan	
40	2017015200952783	Mhaske Dhammadip G.	
41	2017015200051587	Yadav Nikhil Rajesh	
42	2017015200123413	Borde Shital Ratan	
43	2017015200951965	Chinchole Vijay Sanjay	
44	2017015200232353	Bobade Ganesh Pandhar	
45	2017015200051127	Zine Hrushikesh B.	
46	2017015200232152	Rindhe Rahul Bhagwan	
47	2017015200244145	Ubharhande Sunil Madhukar	
48	2017015200232105	Maghade Gajanan Haribha	

**Bhiladari Bahooudheshiya Sanstha's,
Rajarshi Shahu Arts, Commerce & Science College, Paradh**

Activity/Event Name :- :

Date :-

Organizing Unit:

Sr. No.	PRN	Student Name	Sign
49	201701520094507	Sapkal Pash Bahuro	Jash
50	2016015200228153	LOKHANDE PRAMODRAJ	L. P. G
51	2016015200227915	MHASKE RAUSHNATARAJI	M. J. R.
52	201501520041944	BAHADKAR NAINDAKISHA	BAHADKAR
53	2016015200226332	KSHIRSAGAR SACHINRAJ	K. S. G
54	2016015200726191	SINHAAR VISHAL RAJENDRA	S. V. R.
55	2016015200228903	SODWALSWATI ASHOK	S. S. A
56	2016015200227277	SOMNKE SHRIKANT ASHOK	S. S. A
57	2017015200905194	wagh Sumon Dhakar	Suman Wagh
58	2016015200228095	Ahirmao Rohit Anil	Ahirmao
59	201501520015458	MANHALE KULDIP SANTOSH	Kundip
60	2016015200227327	SOMUNE ARASH VIJAY	S. A. U
61	2016015200180765	SOMUNE AKAHAKRANTULY	S. A. K
62	2017015200952253	Sirsat Komal Manikrao	Sirsat
63	2016015200228242	Bagate manish Dipik	Bagate
64	2016015200226877	SOMUNE VAIBHAV RAJES	S. V. R.
65	2016015200226893	SHEJOL UGHESH MADHUKAR	S. S. S
66	2016015200227993	SHELKE POOJA RAJODHAR	S. P. D
67	2017015200199671	Tayde Ankush Shrikant	ASHU
68	2016015200228482	SARJAN RAMOL SATASHIRAJI	S. A. R
69	2016015200228064	SATBOUVAIBHAVRAHAS	S. V. R
70	2017015200231953	Zagee Preeti Khar Ramashwas	P. R. Zagee
	Bhoj shailesh P	2016015200226491	Bhoj
	2016015200227641	SATAV SANTOSH SHRIKANT	S. S. S.

Sr. No.	PRN	Student Name	Sign
73	2021015200637506	Pooja Manik ambhase	[Signature]
74	2021015200660416	Ajay Sanjay APAR	A.S. APAR
75	2020015200613605	Vaishali Bhaurao APAR	V.B.APAR
76	2021015200639173	Ram Sombha ASWAR	[Signature]
77	2021015200655117	Ram Mahad Banchare	R.M. Banchare
78	2021015200639165	Ashwini Tejrao Bhagat	[Signature]
79	20210151200643863	Manisha Texambak Bhavate	M. Bhavate
80	20210151200671302	Rahul Shamara Bhorkade	R. Bhorkade
81	2021015200637218	Sangharsh Shantosh Dhole	[Signature]
82	2021015200628874	Ratan Babu Bodkhe	R. Bodkhe
83	2021015200655102	Rushikesh Raju Bodke	R. Bodke
84	20210152200655091	Nikita Rajendra Borade	N.R. Borade
85	202021015200623882	Bhagwat Dhreshwar Chavan	B.D. Chavan
86	2021015200636774	Aboli Sanjay Choemare	[Signature]
87	2021015200655005	Komal Kailas Dabbe	[Signature]
		Principal Rajarshi Shahu Arts, Commerce & Science College, Paradh, Tq. Bhokardan, Dist. Jalga.	