



**Rayat Shikshan Sanstha's**  
**Chhatrapati Shivaji College, Satara (Autonomous)**  
**Department of Psychology and Internal Quality Assurance Cell (IQAC)**  
**and Social Sciences Association**

**Organized National Level Online Workshop**  
**On**

**“Time and Stress Management at Workplace”**

*Under the Aegis of*

**Lead College Scheme, Shivaji University Kolhapur**

**(Friday , 04<sup>th</sup> March 2022 Time: 04.00 p.m.)**

Registration Link: <https://forms.gle/r2GXyqk2AiFGXu6AA>

Google Link : <https://meet.google.com/uxb-kqnk-juu>

Feedback Link: <https://forms.gle/XwqSN3dZKjnKFFxZ6>

**TABLE PROGRAMME**

<b>INAUGURATION FUNCTION</b>		
04 pm. To 04.30 pm	Introduction and Welcome	<b>Dr. Ganesh Lokhande</b> Coordinator & Head, Department of Psychology
	Chairperson	<b>Hon. Prin., Dr. Vitthal Shivankar</b> Secretary, Rayat Shikshan Sanstha's, Satara
	Graceful Presence	<b>Hon. Dr. Anilkumar Wavre</b> Vice-Principal & Coordinator, IQAC <b>Hon..Dr. Mrs. Roshanara Shaikh</b> , Vice-Principal <b>Hon. Dr. Ramraje Mane-Deshmukh</b> , Vice-Principal <b>Dr. D. B. Nalawade, Chairman</b> , Lead College, Scheme <b>Dr. Nilkanth Lokhande</b> , Chairman, Social Sciences Association,
<b>TECHNICAL SESSION: I</b>		
04.30 pm. To 05.30 pm.	Resource Person Speech	<b>Hon. Dr. Vaishali Chavan</b> MBBS,REBT Therapist, Satara <b>Topic: Need of Time and Stress Management at Workplace</b>
<b>TECHNICAL SESSION: II</b>		
05.30 pm. To 06.30 pm.	Resource Person Speech	<b>Hon. Dr. Vaishali Chavan</b> MBBS,REBT Therapist, Satara <b>Topic: Techniques for Time and Stress Management at Workplace</b>
06.30 pm. To 06.40 pm.	Discussion Question-Answer	<b>Resource Person &amp; Participants</b>
06.40 pm. To 06.50 pm.	Vote of Thanks	<b>Mr. Sandip Gaikwad</b>

## **REPORT:**

Department of Psychology, Internal Quality Assurance Cell (IQAC) & Social Sciences Association Chhatrapati Shivaji College, Satara Organized National Level Online Workshop On “Time and Stress Management at Workplace” under aegis of Under the Aegis of Lead College Scheme, Shivaji University Kolhapur on Friday, 04<sup>th</sup> March 2022. The Two Hundred Thirteen participants were attended this seminar. The details of the seminar program are as follows-

The inaugural ceremony started at 04.00 pm by offering flowers to the image of Chhatrapati Shivaji Maharaja and Padmashree Dr. Karmaveer Bhaurao Patil, founder of Rayat Shikshan Sanstha, Satara. Hon. Prin. Dr. V. S. Shivankar was the chairperson of the seminar and Hon. Dr. Anilkumar Wavare, Vice Principal and Coordinator, IQAC, Hon. Dr. Mrs. Roshanara Shaikh, Vice-Principal, Hon. Dr. Ramraje Mane-Deshmukh, Vice-Principal, Dr. D. B. Nalawade, Dr. Nilkanth Lokhande were the graceful presence of the seminar. Dr. Ganesh Lokhande, Head, Department of Psychology, welcomed the guests and delivered the preface of the workshop. He also threw light on the importance of the seminar. Hon. Dr. Ramraje Mane-Deshmukh was thrown light on the national level online workshop on “Time and Stress Management at Workplace”

The first session was started at 04.30 pm. The first session was Need of Time and Stress Management at Workplace. The resource person was Hon. Dr. Vaishali Chavan MBBS, REBT Therapist, Satara She was delivered essential dialogues on concept of Time and Stress Management at Workplace Also she threw light on the impact of Time and Stress Management at Workplace. The sub-theme of the second session was ‘Techniques for Time and Stress Management at Workplace. The second session started at 05.30 p.m. The resource person was Hon. Dr. Vaishali Chavan, MBBS, REBT Therapist, Satara She emphasized vigorously on Techniques for Time and Stress Management at Workplace. Prof. Sandip Gaikwad offered vote of thanks.


I express our gratitude towards Hon. Dr. V. S. Shivankar, Principal, Chhatrapati Shivaji College, Satara, Dr. Anilkumar Wavare, Dr. Roshanara Shaikh, Dr. Ramraje Mane-Deshmukh, Dr. Dhananjay Nalawade, Dr. Nilkanth Lokhande and Dr. Subhash Karande for guiding us in the organization of the seminar. I also forward our sincere gratefulness to the teaching and non-teaching staff of the college. I am thankful to the Mr. Anand Margam, Mr. Sandip Gaikwad and Miss. Suvarna Chintamani from department of Psychology who took efforts in making the seminar a success. I wish our gratitude towards Under the Aegis of Lead College Scheme, Shivaji University Kolhapur for sanctioning us this seminar.

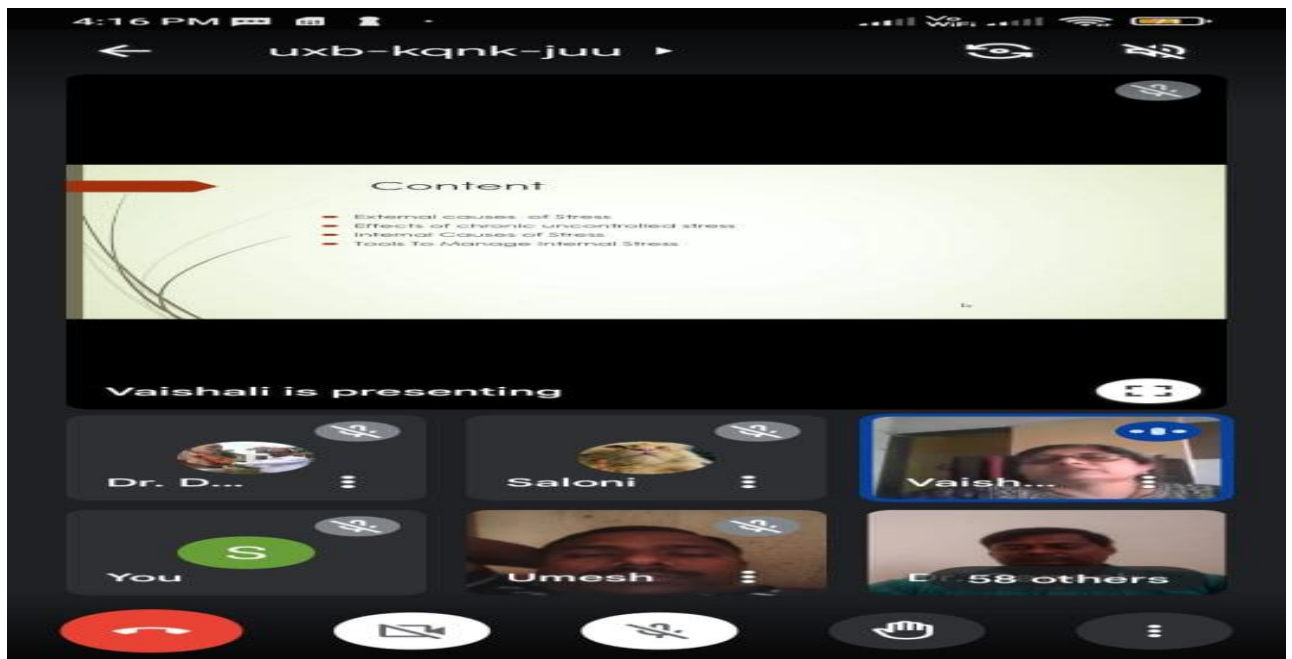
### ➤ **Outcomes of the Online Seminar :**

- Participation (Beneficiaries) Total : 213
- Topic / theme Covered : Time and Stress Management at Workplace.
- Discussion on concept of Time and Stress Management at Workplace.
- Understand the impact of Time and Stress Management at Workplace.
- Understand the relationship between Time and Stress Management at Workplace.
- Discussion on techniques for Time and Stress Management at Workplace
- Understand the techniques for Time and Stress Management at Workplace
- Understand the importance of Time and Stress Management at Workplace.
- This seminar can definitely be beneficial to teachers, students, parents, citizens, and counselors for how to Time and Stress Management at Workplace.

➤ **Feedback of Participants:**

In these seminar Two Hundred Thirteen participants was actively participated. It is included teachers, students, citizens, counselors, psychologists and researchers. The participants of the seminar were asked various questions and the experts answered them. At the beginning of the seminar, many participants gave very good feedback about the workshop. Also, after finished program, Two Hundred Thirteen participants was gave online feedback of the seminar such as selection of the topic, selection of resource person, Quality of the Audio-Video Aids, and overall arrangement of seminar.

  
**Head**  
Department of Psychology  
Chhatrapati Shivaji College, Satara  
(Autonomous)



**Introduction and Welcome:  
Dr. Ganesh Lokhande,  
Organizer and Head, Department of Psychology**





**Session: II: Session: I: Hon. Dr. Vaishali Chavan  
 MBBS,REBT Therapist, Satara  
 Topic: Techniques for Time and Stress Management at Workplace**



Rayat Shikshan Sanstha's  
**Chhatrapati Shivaji College, Satara**  
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- Accredited at 'A+' Grade (CGPA: 3.51) by NAAC, Bangalore •
- RUSA Beneficiary College • Certified by ISO 9001:2015 •

**Department of Psychology, IQAC and Social Sciences Association**  
 Organize  
**National Level Online Workshop on Time and Stress Management at Workplace** Ψ

Under the Aegis of Lead College Scheme,  
 Shivaji University, Kolhapur

**Friday Date: 04/03/2022 Time : 4.00 pm**

<b>Session 1 -</b>	<b>Need of Time and Stress Management at Workplace</b>
<b>Session 2 -</b>	<b>Techniques for Time and Stress Management at Workplace</b>



**Resource Person:**  
**Dr. Vaishali Chavan**  
 MBBS, REBT Therapist, Satara



**Convener :**  
**Hon. Dr. Vitthal Shivankar**  
 Principal

**Dr. Ganesh Lokhande**  
 Coordinator & Head  
 Department of Psychology

**Dr. Nilkanth Lokhande**  
 Chairman,  
 Social Sciences Association

**Dr. Dhananjay Nalawade**  
 Chairman,  
 Lead College Scheme


**Dr. Anilkumar Wavare**  
 Prof. Dr. Roshanara Shaikh  
 Dr. R.S. Mane-Deshmukh  
 Vice Principal

**Prin. Dr. V. S. Shivankar**  
 Secretary,  
 Rayat Shikshan Sanstha,  
 Satara

Organizing Committee  
 Prof. Anand Margam      Prof. Sandip Gaikwad      Prof. Miss. Suvarna Chintamani

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**Head**  
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