



Dayanand Education Society's

DAYANAND COLLEGE OF PHARMACY,

Barshi Road, Latur (Maharashtra) Pin - 413531 PH-(02382)-223299, 223199

Website: www.dayanandpharmacy.org E-mail : dayanandpharmacy@rediffmail.com
principaldeop@gmail.com

CERTIFICATE COURSE ON STRESS MANAGEMENT

Academic Year 2019-2020



Dayanand Education Society's

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Shri Laxmireman Lahoti
President

Shri Ramesh Biyani
Secretary

Dr. Satpute K.L.
Principal

Syllabus framing committee for certificate "Stress Management" course Academic Year 2019-20

Sr. No.	Name	Designation	Name of College
1	Dr. Satpute K.L.	Principal	Dayanand College of Pharmacy, Latur
2	Mr. Sonvane S.M.	Academic In charge	Dayanand College of Pharmacy, Latur
3	Dr. Ramling Chaudhari	Art of living faculty	-
3	Mr. Halke N. S.	Assist Professor	Dayanand College of Pharmacy, Latur




Principal
Principal
Dayanand College Of Pharmacy
LATUR



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Dr. Satpute K.L.
Principal

Ref. No. :DCOP/2019-20/3069(B)

Date-25/07/2019

To,

Mr. Halke N.S.

Assistant professor,

Dayanand College of Pharmacy,

Latur.

Subject: Invitation for syllabus framing committee of “**Stress Management**”

Dear Sir ,

With reference to the above-cited subject, we are pleased to invite you as a member of the syllabus framing committee of the “**Stress Management**” scheduled on **dated 31 July 2019 at 02:00 pm.** with this concern let me take pleasure in inviting you for a member of our syllabus framing committee. We believed that your contribution to this certificate course on **Stress Management** will be of great benefit to our college.

Kindly accept our Invitation and oblige us with confirmation.

Thanking you.




Yours sincerely

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Secretary

Dr. Satpute K.L.
Principal

Ref. No. :DCOP/2019-20/3069(A)

Date-25/07/2019

To,
Dr. Ramling Chaudhari
MDS,Mumbai,
Art of Living faculty,
Latur.

Subject: Invitation for syllabus framing committee of “**Stress Management**”

Dear Sir,

With reference to the above-cited subject, we are pleased to invite you as a member of the syllabus framing committee of the “**Stress Management**” scheduled on **Dated 31 July 2019 at 02:00 pm.** with this concern let me take pleasure in inviting you for a member of our syllabus framing committee. We believed that your contribution to this certificate course on **Stress Management** will be of great benefit to our college.

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SYLLABUS FOR CERTIFICATE COURSE ON “Stress Management”

UNIT-I

4 hr

- Origin of Yoga & its brief development.
- Meaning of Yoga & its importance
- Meaning of meditation and its types and Importance.

UNIT- II

5 hr

- Classification of Yoga/Types of Yoga
- Hatha Yoga , Raja Yoga, Laya Yoga, Bhakti Yoga, Gyan Yoga, Karma Yoga.
- What is Asthang Yoga and what are its type.

UNIT –III

6 hr

- Principles of Yogic Practices.
- Meaning of Asana, & its types.
- Meaning of Pranayama, & its types
- Meaning of Kriya its types and principles.

UNIT-IV

8 hr

- Effect of Asanas on various Systems
- Difference between Asana and Exercise.
- Difference between Pranayama and deep breathing.
- Yogic Diet.

UNIT-V

7 hr

- Introduction of Kriya, Bandha and Mudra.
- Importance of Kriya and its scientific approach.
- Importance of BANDHA and its scientific approach.
- Importance of MUDRA and its scientific approach




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Dr. Satpute K.L.
Principal

Ref. No.: DCOP/2019-20/3074 (B)

Date: 2/08/2019

To,
Mr. Naresh Halke
Assist Professor,
Faculty Art of Living,
Latur.

Subject: Appointment as a visiting faculty for **"Stress Management"**

Dear Sir,

With the reference to the above-cited subject, you are appointed as a visiting faculty for the **"Certificate course on Stress Management"**. College is going to start this certificate course on 05/08/2019 at 9:00 AM. We will share a copy of the Certificate course timetable with this letter. kindly accept it and do the needful.

With warm regards.

Principal

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President

Shri Ramesh Biyani
Secretary

Dr. Satpute K.L.
Principal

Ref. No.: DCOP/2019-20/3074(A)

Date: 2/08/2019

To,
Dr. Ramling Chaudhari,
MDS, Mumbai,
Art of Living Faculty,
Latur.

Subject: Appointment as a visiting faculty for **“Certificate Course on Stress Management”**

Dear Sir,

With the reference to the above-cited subject, you are appointed as a visiting faculty for the **“Certificate course on Stress Management”**. College is going to start this certificate course on 05/08/2019 at 9:00 AM. We will share a copy of the Certificate course timetable with this letter. kindly accept it and do the needful.

With warm regards.




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Date: 01/08/2019

NOTICE

All the students of B. Pharmacy Second year students are hereby informed that college is going to conduct certificate course on "Stress Management" so interested students enroll your name towards Mr. Halke N. S. on or before 05/08/2019

Take note of the same

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Date: 04/08/2019

NOTICE

All the enrolled students of B. Pharmacy Second Year for the certificate course on “**Stress Management**” are hereby informed that the certificate course is going to start on 05/08/2019 at 09:00 am to 10:00 am. Detailed time table will be shared

Take a note of the same.




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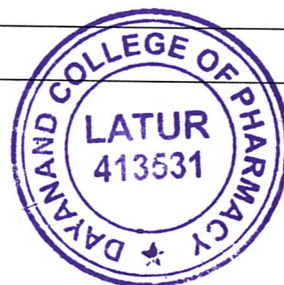
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SCHEDULE AND DETAILS OF THE TOPIC of Certificate course on "Stress Management" 2019-20

Sr. no.	Date	Syllabus (30hours)
01	5-08-2019	Introduction to yoga
02	6-08-2019	What is energy, source of energy
03	7-08-2019	Importance of breathing, how we increase lungs capacity
04	8-08-2019	What are the different patterns of breathing
05	9-08-2019	Practical demonstrations of various breathing techniques
06	10-08-2019	What is stress how it accumulate in body
07	11-08-2019	What are various process and techniques to remove stress
08	11-08-2019	Practical demonstration of various process and techniques
09	12-08-2019	Introduction of pranayama
10	13-08-2019	Practical demonstration of various pranayama
11	14-08-2019	Effect of pranayama in various body system
12	17-08-2019	Conducting various pranayama like anulom vilom, bhastrika, kapalbhati, bramari, nadishodan
13	18-08-2019	To teach udgit pranayama, concentration pranayama, ujai
14	18-08-2019	Difference between asana and exercise
15	19-08-2019	Practical demonstration of various asana
16	20-08-2019	Conducting various asnas like tadasana, ardhachndrasana,
17	21-08-2019	Conducting various asnas like navkasana,
18	22-08-2019	Introduction of meditation
19	23-08-2019	Importance of meditation
20	24 -08-2019	Learn meditation techniques



21	25 -08-2019	Conducting panchakosha meditation
22	25-08-2019	Conducting yognidra meditation
23	26-08-2019	Conducting aura meditation
24	27-08-2019	Conducting zero state meditation.
25	28-08-2019	Conducting Om meditation.
26	29-08-2019	Introduction of bandha, Practical demonstration of
27	30-08-2019	Practicing Jalandhar bandha, udiyan bandha ,mula bandha
28	30-08-2019	Practicing Jalandhar bandha, udiyan bandha ,mula bandha
29	31-08-2019	What is kriya, give its impotance
30	01-09-2019	What is Ayurveda, importance of Ayurveda in life
31	01-09-2019	What is Ayurveda, importance of Ayurveda in life
32	01-09-2019	What is food, effect of food on body, proper food diet for human body




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CERTIFICATE COURSE ON "STRESS MANAGEMENT"

REGISTRATION FORM (2019-20)

Name of Student : Baravkar Purva Purushottam
Class : B.Pharm second year
City : Beed
Contact No. : 7447235435
E-mail : PurvaBaravkar@gmail.com
Career Aim : I want to become good pharmacist

Undertaking –I hereby undertake that I shall attend the classes regularly without fail and participate in all activities conducted during sessions.

Purva

Candidates Signature





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Date – 5/8/2019

List of enrolled students for certificate course on “Stress Management” 2019 – 20

Sr. no	Name of student	Sr. no	Name of student
1	Aglave amit	26	Lokhande Rushabh
2	Ambore Aakansha	27	Makne Geeta
3	Anande Pratiksha	28	Mane Nikita
4	Baravarkar Purva	29	Mehetre Priti
5	Birajdar Vaishnavi	30	Mote Shreyas
6	Chavan Vijay	31	Patil Akshay
7	Deshmukh Rutuja	32	Patil Nesha
8	Dhaygude Ananad	33	Pawar Nita
9	Gajele sarasawti	34	Pawar Shreya
10	Gambhire Omkar	35	Polawar Rutuja
11	Ghodke Rohini	36	Raksale Preeti
12	Homkar Atharva	37	Raut Dnyaneshwar
13	Ijare Ganesh	38	Sagar Pradnya
14	Jadhav Lavkush	39	Suryanwanshi Avinash
15	Jadhav Mahesh	40	Suryawanshi Pallavi
16	Jamge samrudhi	41	Suryawanshi Pooja
17	Jawadwar Amit	42	Vajir Ravikumar
18	Kadam Krishanakant	43	Waghmare Pravin
19	Kande suyog	44	Walmiki Ritu
20	Karde namarata	45	Haridas Krishana
21	Karahale Pooja	46	Mali Rahul
22	Karwane Pramod	47	Sagare Pawan
23	Khandade suchita	48	Sakhare Shankar
24	Kurude Akshaykumar	49	Zade Shivsahnkar
25	Lokahnade Anjali	50	Lahane Shubham




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Attendance Sheet

Name of students for "Streets Management " 2019-20

Sr. No.	Name of the Student	Date									
		5/08/19	6/08/19	7/08/19	8/08/19	9/08/19	10/08/19	11/08/19	12/08/19	13/08/19	14/08/19
27	Makane Geeta Mohanrao	Geeta	Geeta	Geeta	Geeta	Geeta	Geeta	Geeta	Geeta	Geeta	Geeta
28	Mane Nikita Niranjan	Nikita	Nikita	Nikita	Nikita	Nikita	Nikita	Nikita	Nikita	Nikita	Nikita
29	Mehetre Pritee Chandrashekar	Mehetre	Mehetre	Mehetre	Mehetre	Mehetre	Mehetre	Mehetre	Mehetre	Mehetre	Mehetre
30	Mote Shreyesh Chandrashekar	Shreyesh	Shreyesh	Shreyesh	Shreyesh	Shreyesh	Shreyesh	Shreyesh	Shreyesh	Shreyesh	Shreyesh
31	Patil Akshay Dayanand	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
32	Patil Neha Balasaheb	Neha	Neha	Neha	Neha	Neha	Neha	Neha	Neha	Neha	Neha
33	Pawar Nita Balaji	Nita	Nita	Nita	Nita	Nita	Nita	Nita	Nita	Nita	Nita
34	Pawar Shreya Dhanraj	Shreya	Shreya	Shreya	Shreya	Shreya	Shreya	Shreya	Shreya	Shreya	Shreya
35	Polawar Rutuja Pandurang	Rutuja	Rutuja	Rutuja	Rutuja	Rutuja	Rutuja	Rutuja	Rutuja	Rutuja	Rutuja
36	Raksale Preeti Nagnath	Preeti	Preeti	Preeti	Preeti	Preeti	Preeti	Preeti	Preeti	Preeti	Preeti
37	Raut Dnyaneshwar Digambar	Raut	Raut	Raut	Raut	Raut	Raut	Raut	Raut	Raut	Raut
38	Sagar Prandya Nitin	Sagar	Sagar	Sagar	Sagar	Sagar	Sagar	Sagar	Sagar	Sagar	Sagar
39	Suryawanshi Avinash Nagnath	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi
40	Suryawanshi Pallavi Balaji	Pallavi	Pallavi	Pallavi	Pallavi	Pallavi	Pallavi	Pallavi	Pallavi	Pallavi	Pallavi
41	Suryawanshi Pooja Pandurang	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja
42	Vajir Ravikumar Harihar	Ravikumar	Ravikumar	Ravikumar	Ravikumar	Ravikumar	Ravikumar	Ravikumar	Ravikumar	Ravikumar	Ravikumar
43	Waghmare Pravin Waghmare	Pravin	Pravin	Pravin	Pravin	Pravin	Pravin	Pravin	Pravin	Pravin	Pravin
44	Walmiki Ritu Ajit	Ritu	Ritu	Ritu	Ritu	Ritu	Ritu	Ritu	Ritu	Ritu	Ritu
45	Haridas Krishna Baliram	Haridas	Haridas	Haridas	Haridas	Haridas	Haridas	Haridas	Haridas	Haridas	Haridas
46	Mali Rahul Ramesh	Rahul	Rahul	Rahul	Rahul	Rahul	Rahul	Rahul	Rahul	Rahul	Rahul
47	Sagre Pawan Manmath	Pawan	Pawan	Pawan	Pawan	Pawan	Pawan	Pawan	Pawan	Pawan	Pawan
48	Sakhare Shankar Nilkanth	Shankar	Shankar	Shankar	Shankar	Shankar	Shankar	Shankar	Shankar	Shankar	Shankar
49	Zade Shivshankar Vajinath	Shivshankar	Shivshankar	Shivshankar	Shivshankar	Shivshankar	Shivshankar	Shivshankar	Shivshankar	Shivshankar	Shivshankar
50	Kashid Pranil Rambhau	Pranil	Pranil	Pranil	Pranil	Pranil	Pranil	Pranil	Pranil	Pranil	Pranil
51	Lahane Shubham Bhaskar	Shubham	Shubham	Shubham	Shubham	Shubham	Shubham	Shubham	Shubham	Shubham	Shubham



Name & Sign of Staff

MV. Halke n.s.

Principal

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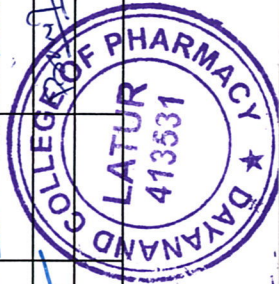
Attendance Sheet

Name of students for "Strees Management " 2019-20

Sr. No.	Name of the Student	Date									
		17/8/19	18/8/19	19/8/19	20/8/19	21/8/19	22/8/19	23/8/19	24/8/19	25/8/19	25/8/19
27	Makane Geeta Mohanrao	Geeta	Geeta	Geeta	Geeta	Geeta	Geeta	Geeta	Geeta	Geeta	Geeta
28	Mane Nikita Niranjan	Nikita	Nikita	Nikita	Nikita	Nikita	Nikita	Nikita	Nikita	Nikita	Nikita
29	Mehtre Pritee Chandrashekar	Pritee	Pritee	Pritee	Pritee	Pritee	Pritee	Pritee	Pritee	Pritee	Pritee
30	Mote Shreyesh Chandrashekar	Shreyesh	Shreyesh	Shreyesh	Shreyesh	Shreyesh	Shreyesh	Shreyesh	Shreyesh	Shreyesh	Shreyesh
31	Patil Akshay Dayanand	Akshay	Akshay	Akshay	Akshay	Akshay	Akshay	Akshay	Akshay	Akshay	Akshay
32	Patil Neha Balasaheb	Neha	Neha	Neha	Neha	Neha	Neha	Neha	Neha	Neha	Neha
33	Pawar Nita Balaji	Nita	Nita	Nita	Nita	Nita	Nita	Nita	Nita	Nita	Nita
34	Pawar Shreya Dhanraj	Shreya	Shreya	Shreya	Shreya	Shreya	Shreya	Shreya	Shreya	Shreya	Shreya
35	Polawar Rutuja Pandurang	Rutuja	Rutuja	Rutuja	Rutuja	Rutuja	Rutuja	Rutuja	Rutuja	Rutuja	Rutuja
36	Raksale Preeti Nagnath	Preeti	Preeti	Preeti	Preeti	Preeti	Preeti	Preeti	Preeti	Preeti	Preeti
37	Raut Dnyaneshwar Digambar	Dnyaneshwar	Dnyaneshwar	Dnyaneshwar	Dnyaneshwar	Dnyaneshwar	Dnyaneshwar	Dnyaneshwar	Dnyaneshwar	Dnyaneshwar	Dnyaneshwar
38	Sagar Prandya Nitin	Prandya	Prandya	Prandya	Prandya	Prandya	Prandya	Prandya	Prandya	Prandya	Prandya
39	Suryawanshi Avinash Nagnath	Avinash	Avinash	Avinash	Avinash	Avinash	Avinash	Avinash	Avinash	Avinash	Avinash
40	Suryawanshi Pallavi Balaji	Pallavi	Pallavi	Pallavi	Pallavi	Pallavi	Pallavi	Pallavi	Pallavi	Pallavi	Pallavi
41	Suryawanshi Pooja Pandurang	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja
42	Vajir Ravikumar Harihar	Ravikumar	Ravikumar	Ravikumar	Ravikumar	Ravikumar	Ravikumar	Ravikumar	Ravikumar	Ravikumar	Ravikumar
43	Waghmare Pravin Waghmare	Pravin	Pravin	Pravin	Pravin	Pravin	Pravin	Pravin	Pravin	Pravin	Pravin
44	Walmiki Ritu Ajit	Ritu	Ritu	Ritu	Ritu	Ritu	Ritu	Ritu	Ritu	Ritu	Ritu
45	Haridas Krishna Baliram	Krishna	Krishna	Krishna	Krishna	Krishna	Krishna	Krishna	Krishna	Krishna	Krishna
46	Mali Rahul Ramesh	Rahul	Rahul	Rahul	Rahul	Rahul	Rahul	Rahul	Rahul	Rahul	Rahul
47	Sagre Pawan Manmath	Pawan	Pawan	Pawan	Pawan	Pawan	Pawan	Pawan	Pawan	Pawan	Pawan
48	Sakhare Shankar Nilkanth	Shankar	Shankar	Shankar	Shankar	Shankar	Shankar	Shankar	Shankar	Shankar	Shankar
49	Zade Shivshankar Vajinath	Shivshankar	Shivshankar	Shivshankar	Shivshankar	Shivshankar	Shivshankar	Shivshankar	Shivshankar	Shivshankar	Shivshankar
50	Kashid Pranil Rambhau	Pranil	Pranil	Pranil	Pranil	Pranil	Pranil	Pranil	Pranil	Pranil	Pranil
51	Lahane Shubham Bhaskar	Shubham	Shubham	Shubham	Shubham	Shubham	Shubham	Shubham	Shubham	Shubham	Shubham

Name & Sign of Staff

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Attendance Sheet

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27	Makane Geeta Mohanrao	Geeta	Geeta	Geeta	Geeta	Geeta	Geeta	Geeta	Geeta	Geeta	Geeta	Geeta	Geeta
28	Mane Nikita Niranjan	Mane	Mane	Mane	Mane	Mane	Mane	Mane	Mane	Mane	Mane	Mane	Mane
29	Mehre Pritee Chandrahass	Mehre	Mehre	Mehre	Mehre	Mehre	Mehre	Mehre	Mehre	Mehre	Mehre	Mehre	Mehre
30	Mote Shreyesh Chandrashekhar	Mote	Mote	Mote	Mote	Mote	Mote	Mote	Mote	Mote	Mote	Mote	Mote
31	Patil Akshay Dayanand	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
32	Patil Neha Balasaheb	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
33	Pawar Nita Balaji	Pawar	Pawar	Pawar	Pawar	Pawar	Pawar	Pawar	Pawar	Pawar	Pawar	Pawar	Pawar
34	Pawar Shreya Dhanraj	Pawar	Pawar	Pawar	Pawar	Pawar	Pawar	Pawar	Pawar	Pawar	Pawar	Pawar	Pawar
35	Polawar Rutuja Pandurang	Polawar	Polawar	Polawar	Polawar	Polawar	Polawar	Polawar	Polawar	Polawar	Polawar	Polawar	Polawar
36	Raksale Preeti Nagnath	Raksale	Raksale	Raksale	Raksale	Raksale	Raksale	Raksale	Raksale	Raksale	Raksale	Raksale	Raksale
37	Raut Dnyaneshwar Digambar	Raut	Raut	Raut	Raut	Raut	Raut	Raut	Raut	Raut	Raut	Raut	Raut
38	Sagar Prandya Nitin	Sagar	Sagar	Sagar	Sagar	Sagar	Sagar	Sagar	Sagar	Sagar	Sagar	Sagar	Sagar
39	Suryawanshi Avinash Nagnath	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi
40	Suryawanshi Pallavi Balaji	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi
41	Suryawanshi Pooja Pandurang	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi	Suryawanshi
42	Vajir Ravikumar Harihar	Vajir	Vajir	Vajir	Vajir	Vajir	Vajir	Vajir	Vajir	Vajir	Vajir	Vajir	Vajir
43	Waghmare Pravin Waghmare	Waghmare	Waghmare	Waghmare	Waghmare	Waghmare	Waghmare	Waghmare	Waghmare	Waghmare	Waghmare	Waghmare	Waghmare
44	Walmiki Ritu Ajit	Walmiki	Walmiki	Walmiki	Walmiki	Walmiki	Walmiki	Walmiki	Walmiki	Walmiki	Walmiki	Walmiki	Walmiki
45	Haridas Krishna Baliram	Haridas	Haridas	Haridas	Haridas	Haridas	Haridas	Haridas	Haridas	Haridas	Haridas	Haridas	Haridas
46	Mali Rahul Ramesh	Mali	Mali	Mali	Mali	Mali	Mali	Mali	Mali	Mali	Mali	Mali	Mali
47	Sagre Pawan Manmath	Sagre	Sagre	Sagre	Sagre	Sagre	Sagre	Sagre	Sagre	Sagre	Sagre	Sagre	Sagre
48	Sakhare Shankar Nilkanth	Sakhare	Sakhare	Sakhare	Sakhare	Sakhare	Sakhare	Sakhare	Sakhare	Sakhare	Sakhare	Sakhare	Sakhare
49	Zade Shivshankar Vajinath	Zade	Zade	Zade	Zade	Zade	Zade	Zade	Zade	Zade	Zade	Zade	Zade
50	Kashid Pranil Rambhau	Kashid	Kashid	Kashid	Kashid	Kashid	Kashid	Kashid	Kashid	Kashid	Kashid	Kashid	Kashid
51	Lahane Shubham Bhaskar	Lahane	Lahane	Lahane	Lahane	Lahane	Lahane	Lahane	Lahane	Lahane	Lahane	Lahane	Lahane

(Signature)

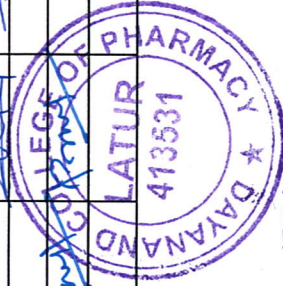
Name & Sign of Staff

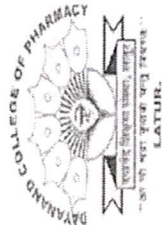
MV. Halkar N.S.

Principal

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principaldeop@gmail.com

Attendance Sheet

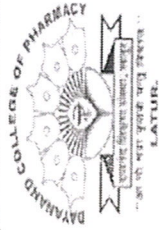
Name of students for "Streets Management " 2019-20

Sr. No.	Name of the Student	5/8/19	6/8/19	7/8/19	8/8/19	9/8/19	10/8/19	11/8/19	12/8/19	13/8/19	14/8/19
1	Aglave Amit Maroti	present	present	present	present	present	present	present	present	present	present
2	Ambure Aakanksha Ajay	present	present	present	present	present	present	present	present	present	present
3	Anande Pratiksha Balaji	present	present	present	present	present	present	present	present	present	present
4	Baravkar Purva Purushottam	present	present	present	present	present	present	present	present	present	present
5	Birajdar Vaishnavi Vithal	present	present	present	present	present	present	present	present	present	present
6	Chavan Vijay Parmeshwar	present	present	present	present	present	present	present	present	present	present
7	Deshmukh Rutuja Dhananjay	present	present	present	present	present	present	present	present	present	present
8	Dhaygude Anand Sampat	present	present	present	present	present	present	present	present	present	present
9	Gajele Sarawati Shirang	present	present	present	present	present	present	present	present	present	present
10	Gambhire Omkar Shrinivas	present	present	present	present	present	present	present	present	present	present
11	Ghodke Rohini Shriram	present	present	present	present	present	present	present	present	present	present
12	Homkar Atharva	present	present	present	present	present	present	present	present	present	present
13	Ijare Ganesh Shivkant	present	present	present	present	present	present	present	present	present	present
14	Jadhav Lavkush Santosh	present	present	present	present	present	present	present	present	present	present
15	Jadhav Mahesh Shridhar	present	present	present	present	present	present	present	present	present	present
16	Jamge Samrudhi Dnyaneshwar	present	present	present	present	present	present	present	present	present	present
17	Jawadwar Amit Anil	present	present	present	present	present	present	present	present	present	present
18	Kadam Krishnakant Lahuraj	present	present	present	present	present	present	present	present	present	present
19	Kande Suyog Shirish	present	present	present	present	present	present	present	present	present	present
20	Karde Namrata Suresh	present	present	present	present	present	present	present	present	present	present
21	Karhale Pooja Sonaji	present	present	present	present	present	present	present	present	present	present
22	Karwane Pramod Babruwan	present	present	present	present	present	present	present	present	present	present
23	Khandade Suchita Sanjive	present	present	present	present	present	present	present	present	present	present
24	Kurude Akshaykumar	present	present	present	present	present	present	present	present	present	present
25	Lokhande Anjali Bhairavnath	present	present	present	present	present	present	present	present	present	present
26	Lokhande Rushabh Vishnukant	present	present	present	present	present	present	present	present	present	present

Mr. Rajendra S.



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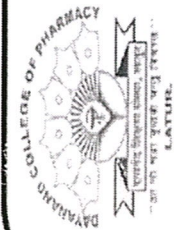
Name of students for "Strees Management " 2019-20

Sr. No.	Name of the Student	17/8/19	18/8/19	19/8/19	20/8/19	21/8/19	22/8/19	23/8/19	24/8/19	25/8/19	25/8/19
1	Aglave Amit Maroti	Zmit	Zmit	Zmit	Zmit	Zmit	Zmit	Zmit	Zmit	Zmit	Zmit
2	Ambure Aakanksha Ajay	Prady	Prady	Prady	Prady	Prady	Prady	Prady	Prady	Prady	Prady
3	Anande Pratiksha Balaji	Kutlora	Kutlora	Kutlora	Kutlora	Kutlora	Kutlora	Kutlora	Kutlora	Kutlora	Kutlora
4	Baravkar Purva Purushottam	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva
5	Birajdar Vaishnavi Vithal	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva
6	Chavan Vijay Parmeshwar	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva
7	Deshmukh Rutuja Dhananjay	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva
8	Dhaygude Anand Sampat	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva
9	Gajele Sarawati Shirang	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva
10	Gambhire Omkar Shrinivas	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva
11	Ghodke Rohini Shriram	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva
12	Homkar Atharva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva
13	Ijare Ganesh Shivkant	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva
14	Jadhav Lavkush Santosh	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva
15	Jadhav Mahesh Shridhar	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva
16	Jamge Samrudhi Dnyaneshwar	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva
17	Jawadwar Amit Anil	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva
18	Kadam Krishnakant Lahuraj	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva
19	Kande Suyog Shirish	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva
20	Karde Namrata Suresh	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva
21	Karhale Pooja Sonaji	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva
22	Karwane Pramod Babruwan	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva
23	Khandade Suchita Sanjive	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva
24	Kurude Akshaykumar	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva
25	Lokhande Anjali Bhairavnath	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva
26	Lokhande Rushabh Vishnukant	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva	Purva

Dr. V. V. V. V. V.

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principalcop@gmail.com

Attendance Sheet

Name of students for "Streets Management " 2019-20

Sr. No.	Name of the Student	26/8/19	27/8/19	28/8/19	29/8/19	30/8/19	31/8/19	1/9/19	4/9/19	11/9/19
1	Aglave Amit Maroti	Present	Present	Present	Present	Present	Present	Present	Present	Present
2	Ambure Aakanksha Ajay	Present	Present	Present	Present	Present	Present	Present	Present	Present
3	Anande Pratiksha Balaji	Present	Present	Present	Present	Present	Present	Present	Present	Present
4	Baravkar Purva Purushottam	Present	Present	Present	Present	Present	Present	Present	Present	Present
5	Birajdar Vaishnavi Vithal	Present	Present	Present	Present	Present	Present	Present	Present	Present
6	Chavan Vijay Parmeshwar	Present	Present	Present	Present	Present	Present	Present	Present	Present
7	Deshmukh Rutuja Dhananjay	Present	Present	Present	Present	Present	Present	Present	Present	Present
8	Dhaygude Anand Sampat	Present	Present	Present	Present	Present	Present	Present	Present	Present
9	Gajele Sarawati Shirang	Present	Present	Present	Present	Present	Present	Present	Present	Present
10	Gambhire Omkar Shrinivas	Present	Present	Present	Present	Present	Present	Present	Present	Present
11	Ghodke Rohini Shiram	Present	Present	Present	Present	Present	Present	Present	Present	Present
12	Homkar Atharva	Present	Present	Present	Present	Present	Present	Present	Present	Present
13	Ijare Ganesh Shivkant	Present	Present	Present	Present	Present	Present	Present	Present	Present
14	Jadhav Lavkush Santosh	Present	Present	Present	Present	Present	Present	Present	Present	Present
15	Jadhav Mahesh Shridhar	Present	Present	Present	Present	Present	Present	Present	Present	Present
16	Jange Samrudhi Dnyaneshwar	Present	Present	Present	Present	Present	Present	Present	Present	Present
17	Jawadwar Amit Anil	Present	Present	Present	Present	Present	Present	Present	Present	Present
18	Kadam Krishnakant Lahuraj	Present	Present	Present	Present	Present	Present	Present	Present	Present
19	Kande Suyog Shirish	Present	Present	Present	Present	Present	Present	Present	Present	Present
20	Karde Namrata Suresh	Present	Present	Present	Present	Present	Present	Present	Present	Present
21	Karhale Pooja Sonaji	Present	Present	Present	Present	Present	Present	Present	Present	Present
22	Karwane Pramod Babruwan	Present	Present	Present	Present	Present	Present	Present	Present	Present
23	Khandade Suchita Sanjive	Present	Present	Present	Present	Present	Present	Present	Present	Present
24	Kurude Akshaykumar	Present	Present	Present	Present	Present	Present	Present	Present	Present
25	Lokhande Anjali Bhairavnath	Present	Present	Present	Present	Present	Present	Present	Present	Present
26	Lokhande Rushabh Vishnukant	Present	Present	Present	Present	Present	Present	Present	Present	Present

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principaldcop@gmail.com

Final Examination of Certificate Course 2019-20

Subject: Stress Management

Marks: 20

Class: B. Pharm ^{II} Year (Sem-^{II})

Date:

Name of Student: Aglove Amit Marati

Day:

1. One response to stress in the workplace is "presenteeism". This may include:

- ☒ a. working longer hours ☒ c. working while ill
b. not taking holidays d. all of the above.

2. Which stress hormone increases heart rate and elevates blood pressure?

- ☒ a. cortisol ☐ c. progesterone
b. adrenaline d. dopamine

3. Deep breathing, yoga and exercise would all be _____ stress management techniques.

- ☒ a. religious ☐ c. cognitive
b. physical d. social

4. Self-confidence is a _____ measure; self-efficacy is a _____ measure.

- ☒ a. state, trait ☒ c. trait, state
b. useful, useless d. useless, useful

5. Another term for hardiness is:

- ☒ a. resilience ☐ c. control
b. eustress d. aerobic fitness

6. According to yoga ----- is a form of mind

- ☒ a. Pravritti ☐ c. tapas
b. Sadhana d. yama.

7. ----- is a form of mind

- ☒ a. Sthiti ☐ c. posture
b. Buddhi d. yoga

8. ----- is one of the kinds of personalities

- ☒ a. Citta ☐ c. Vrita
b. dull mind d. yama

9. ----- is a personality of mind

- a. Purusha ☐ c. Prakrti
b. Desire ☒ d. dissipated mind





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principaldcop@gmail.com

CERTIFICATE COURSE ON "STRESS MANAGEMENT"

FEEDBACK FORM (2019-20)

Name of Student : Kashid pranil Rambhau
Class : B-pharm IInd yr
Phone No. : 7249607701
E-mailID : kashidpranil@gmail.com

Feedback:

Sr.	Parameter	Excellent	Very Good	Good	Average
1	Course objective were stated clearly	✓			
2	Participation & interaction were encouraged	✓			
3	This content was organized & easy to follow		✓		
4	Duration of course was sufficient	✓			
5	The presenter provided adequate time of question & Answered them satisfactorily		✓		
6	The course increased my knowledge & skills	✓			
7	The presenter & presentation was effective	✓			



Pranil
Signature



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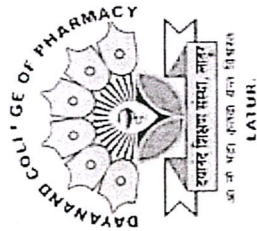
Website: www.dayanandpharmacy.org E-mail : dayanandpharmacy@rediffmail.com
principaldcop@gmail.com

List of Course Completed students for certificate course on "Stress Management" 2019-20

Sr. no	Name of student	Sr. no	Name of student
1	Aglave amit	26	Lokhande Rushabh
2	Ambore Aakash	27	Makne Geeta
3	Anande Pratiksha	28	Mane Nikita
4	Baravarkar Purva	29	Mehetre Priti
5	Birajdar Vaishnavi	30	Mote Shreyas
6	Chavan Vijay	31	Patil Akshay
7	Deshmukh Rutuja	32	Patil Nesha
8	Dhaygude Ananad	33	Pawar Nita
9	Gajele sarasawti	34	Pawar Shreya
10	Gambhire Omkar	35	Polawar Rutuja
11	Ghodke Rohini	36	Raksale Preeti
12	Homkar Atharva	37	Raut Dnyaneshwar
13	Ijare Ganesh	38	Sagar Pradnya
14	Jadhav Lavkush	39	Suryanwanshi Avinash
15	Jadhav Mahesh	40	Suryawanshi Pallavi
16	Jamge samrudhi	41	Suryawanshi Pooja
17	Jawadwar Amit	42	Vajir Ravikumar
18	Kadam Krishnakant	43	Waghmare Pravin
19	Kande suyog	44	Walmiki Ritu
20	Karde namarata	45	Haridas Krishana
21	Karahale Pooja	46	Mali Rahul
22	Karwane Pramod	47	Sagare Pawan
23	Khandade suchita	48	Sakhare Shankar
24	Kurude Akshaykumar	49	Zade Shivsahankar
25	Lokahnade Anjali	50	Lahane Shubham




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principalcop@gmail.com

(Approved by PCI, New Delhi, DTE, Mumbai & Affiliated to S.R.T.M.U, Nanded.)

CERTIFICATE OF PARTICIPATION

This is to certify Mr./ Ms. Zade Shivshankar Vajinath
a student of Dayanand College of Pharmacy , Latur, studying in B-Pharm-II has
successfully completed Certificate Course in "Stress Management" during 5/8/2019 to
1/9/2019 & his / her performance is adjudged. He / She secured A Grade in the
course.

Archana

Course Co-Ordinator



[Signature]

Principal