



Rayat Shhikshhan sanstha's  
**Arts, Science and Commerce College Mokhada, Dist- palghar**

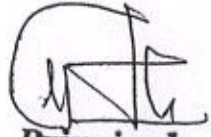
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Date-14/03/2022

**Notice**

All the faculty members of the college are hereby informed that student counselling cell, Department of Chemistry in association with IQAC organizes a workshop on 17/03/2022 at 11.00 am on the topic "**De-addiction and Stress Management**". The workshop has organized in online mode through Google Meet platform. All faculty members are requested to join the workshop in time.



  
**Principal**  
Arts, Science & Com. College  
Mokhada, Dist. Palghar



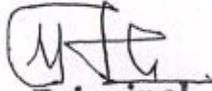
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**Arts, Science and Commerce College Mokhada, Dist- palghar**

Date-14/03/2022

## Notice

All the students and faculty members of the college are hereby informed that student counselling cell, Department of Chemistry in association with IQAC organizes a workshop on 17/03/2022 at 11.00 am on the topic "**De-addiction and Stress Management**". The workshop has organized in online mode through Google Meet platform. Link of the workshop will be give on whatsapp group. All students and faculty members are requested to join the workshop in time.



  
**Principal**  
Arts, Science & Com. College  
Mokhada, Dist. Palghar

Rayat Shikshan Sanstha's

Arts, Science and Commerce College Mokhada, Dist-Palghar

Student Counselling Cell and Department of Chemistry in Association with  
IQAC Jointly Organize a Workshop

On

**"De-addiction and Stress Management"**


**Program Schedule**

**Date-17/03/2022**

**Time-11.00 am**

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- Introduction** - Mr. Kawale R. A.  
**Speaker** - Prof. Shelar M. S.  
**Subject** - **"De-addiction and Stress Management"**  
**President** - Hon. Principal Dr. L. D. Bhor  
**Vote of thanks** - Dr. Gade V. B.  
**Anchor** - Mr. Vhande S. R.



  
**Principal**  
Arts, Science & Com. College  
Mokhada, Dist. Palghar



**“Education through self-help is our motto” - Karmaveer**  
Rayat Shikshan Sanstha's  
Arts, Science & Commerce College, Mokhada, Dist.  
Palghar-401604 (Maharashtra), India  
(Affiliated to University of Mumbai, Mumbai)



Career Counselling Cell and Department of  
Chemistry in Association with IQAC Jointly  
Organizes a Webinar  
On

## **“De-addiction and Stress Management”**

**(Thursday, 17<sup>th</sup> March, 2022 at 11:00 am (IST))**

### **Resource Person**

**Mr. Shelar M. S.**

Clinical psychologist  
Snehangan Rehabilitation and Mental Health Center,  
Sukenkar Len, Panchavati, Nashik.  
Dist- Nashik

**Dr. V. B. Gade**  
Coordinator

**Mr. S. R. Vhande**  
Co-Coordinator

**Mr. R. A. Kawale**  
Convener

**Dr. A. N. Chandore**  
IQAC Coordinator

**Dr. L. D. Bhor**  
Principal





Rayat Shikshan Sanstha's  
**Arts, Science & Commerce College, Mokhada, Palghar-401604.**

Email: [ascemokhada@gmail.com](mailto:ascemokhada@gmail.com)

Website: [www.ascemokhada.co.in](http://www.ascemokhada.co.in) NAAC Accredited 'B' grade

Affiliated to University of Mumbai, Mumbai



**Mr. Shelar M. S. Presenting his thought about De-addiction and Stress Management**

**Mr. R. A. Kawale**  
 Chairman Student Counselling cell

**Dr. A. N. Chandore**  
 IQAC, Coordinator

**Dr. L. D. Bhor**  
 Principal





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**Career Guidance and Department of Chemistry in association with Internal Quality Assurance Cell**

**Report of Event/Programme (2021-2022)**

Name of the Department/ Committee	Student Counselling Cell
Name of the Chairman	Mr. R. A. Kawale
Title of the Event/ Programme	De-addiction and Stress Management
Date /Period of Event/ Programme	Thursday, 17 <sup>th</sup> March, 2022 at 11:00 am (IST)
Name of the Speaker	Mr. Shelar M. S.
Objective of the event/Programme	To create awareness about de-addiction among staff and students
Sponsored Agency /Institute	Arts, Science and Commerce College, Mokhada, Dist: Palghar
Total No. of the Participant	71
Name of the President (With Designation, Contact, Address & email etc.)	Prin. Dr. L. D. Bhor Arts, Science and Commerce College, Mokhada, Dist: Palghar
Venue of the Event/ Programme	Arts, Science and Commerce College, Mokhada, Dist: Palghar
Program Outcome	Awareness created about de-addiction among staff and students
Anchor	Mr. S. R. Vhande

Student Counselling cell and Department of Chemistry of ASC college Mokhada in association with IQAC jointly organized One Day National Online Workshop on "De-addiction and Stress Management" on 17th March, 2022. Mr. Shelar M. S. Clinical psychologist, Snehan Rehabilitation and Mental Health Center, Sukenkar Len, Panchavati, Nashik., Dist- Nashik, Maharashtra was the resource person for this workshop. Mr. Shelar M. S. delivered online talk on De-addiction and Stress Management. Prof. R. A. Kawale, (Convener of the workshop) introduced the resource person as well as the theme of the workshop. Prin. Dr. L. D. Bhor, delivered presidential speech in the workshop. Dr. V. B. Gade (Coordinator of workshop) expressed the vote of thanks. Total 71 participants were attended this online workshop.





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**Mr. Shelar M. S. Presenting his thought about De-addiction and Stress Management**

**Mr. R. A. Kawale**  
 Chairman Student Counselling cell

**Dr. A. N. Chandore**  
 IQAC, Coordinator

**Dr. L. D. Bhor**  
 Principal

