

Best Practice – 1



K. M. S. P. Mandal's
Sant Rawool Maharaj Mahavidyalaya,
Kudal, Dist- Sindhudurg - 416520



Best Practice

Report

1. Title of the Practice

One Day workshop on “**Stress Management**” for undergraduate students.

2. Objectives of the Practice

Goals and Objectives:-

- To know the nature of stress and their causes, symptom's and effects.
- To understand the impact of stress on physical and mental health.
- To introduce students to the key skills needed to manage their stress.
- To learn how to apply different kinds of stress management strategies.

Expected outcomes:-

- The Participants will understand the concept of stress and their causes.
- The Participants will learn and train different stress management strategies.

Expected outputs:-

The participants will implement different stress management techniques in their individual life

3. The Context

Stress is one of the many hurdles that college students face. Students are subject to different stressors such as the pressure of academics, social, emotional, physical, financial, and family problems which can lead to depression and anxiety in students that may affect their academic performance. The main objective of conducting this workshop is to address different stress management strategies for students so that they can handle stress which leads to the overall improvement in quality of academic and personal life.

4. The Practice

Students will apply different kinds of stress management strategies that they learned in the workshop. This workshop allows them to produce their best work in academic life. The academic performance of students will be improved and eventually standard of education of college will be enhanced.

5. Evidence of Success

Students actively participated in The hands-on session, Warm Up Activity, Concept mapping Activity, Stress Test, 5-4-3-1 Exercise, Guidance Activity, Thumbball Activity, Activity (SWOT Analysis), 4 squares Activity, Put down the glass, Collaborative learning Activity. Students feedback is conducted online and offline mode that suggest success of the activity. Feedback includes the following points:- (Relevance of workshop, relevance of resource person, justification of topics covered by resource person, Difficulties faced by participants, achievement of outcomes, Suggestions)

6. Problems Encountered and Resources Required

NIL




Dr. V. B. Zodage
I/C PRINCIPAL
Sant Rawool Maharaj
Mahavidyalaya, Kudal

SCHEDULE

Theme: *Stress Management*

Day, Date :- Wednesday 10th August 2022

Sessions	Time	Activity
I	9.30 am – 9.45am	Inaugural Session : Reporting & Remarks by organizers
	9.45 am – 10.45 am	Warm up Activity, Concept of Stress Causes/ Types/Effect of stress.
	10.45 am – 11 am	Tea break
II	11.00 am – 1.00 pm	Symptoms of stress (Concept Mapping activity) , Stress Test, Drawing Activity Stress Management Strategies Activity (Introduction to meditation), 5-4-3-2-1 Exercise, Guidance Activity (Role Playing), Counselling Activity(Role playing)
	1.00 pm – 2.00 pm	Lunch Break
III	2.00 pm – 3.30 pm	Thumball Activity, Know yourself Activity ,Activity (SWOT Analysis), 4 squares Activity ,Put down the glass activity, Thought experiment.
	3.30 pm – 3.45 pm	Tea Break
IV	3.45 pm – 4.15 pm	Collaborative learning activity(Concept mapping)
	4.15 pm – 4.45 pm	Discussion Review of workshop, feedback, Closing Remarks

Resource person:- Asst. Prof. Pradnya V. Sawant



Attendance

Sant Rawool Maharaj Mahavidyalaya ,Kudal

Department of Physics, WDC & WEC
A One Day workshop on
"Stress Management" for undergraduate students

Sr. No.	Name	Class	Sign
1	Sonika Bhargav Phale	S.Y.B.Sc	<i>Sonika</i>
2	Shilpa Vitthal Mhapankar	S.Y.B.Sc	<i>Shilpa</i>
3	Vaibhavi Sanjay Satardekar	S.Y.B.Sc	<i>Vaibhavi</i>
4	Shrawani Santosh Padwal	F.Y.B.Sc	<i>Shrawani</i>
5	Priya Gundul Rawam	F.Y.B.Sc	<i>Priya</i>
6	Sruyatri Harishchandra Patil	F.Y.B.Sc	<i>Sruyatri</i>
7	Sujwal Mahesh Anulekar	F.Y.B.Sc	<i>Sujwal</i>
8	Pantamesh Pramod Parab	S.Y.B.Sc	<i>Pantamesh</i>
9	Rahul Dama Harabte	S.Y.B.Sc	<i>Rahul</i>
10	Manthos Suryakant Dhari	S.Y.B.Sc	<i>Manthos</i>
10	Narayan Shivram Shrivastava	S.Y.B.Sc	<i>Narayan</i>
12	Shridhar Shankar Gawade	S.Y.B.Sc	<i>Shridhar</i>
13	Tejas Ravindra Gawade	S.Y.B.Sc	<i>Tejas</i>
14	Sarika Hemant Patkar	S.Y.B.Sc	<i>Sarika</i>
16	Gopal Vilas Mondkar	S.Y.B.Sc	<i>Gopal</i>
16	Ratavi Gauramath Jaramkar	F.Y.B.Sc	<i>Ratavi</i>
17	Srijal Shantilal Patil	F.Y.B.Sc	<i>Srijal</i>
18	Prerana Prashant Kumbal	F.Y.B.Sc	<i>Prerana</i>
19	Gautam Sharad Jaramkar	F.Y.B.Sc	<i>Gautam</i>

Sant Rawool Maharaj Mahavidyalaya ,Kudal

Department of Physics, WDC & WEC
A One Day workshop on
"Stress Management" for undergraduate students

Sr. No.	Name	Class	Sign
20	Sanket Yashwant Kulkarni	F.Y.B.Sc	<i>Sanket</i>
21	Drangy Pramod Sawant	F.Y.B.Sc	<i>Drangy</i>
21	Yash Sanjay Kumar Chodiyankar	F.Y.B.Sc	<i>Yash</i>
23	Kalpesh Rajendra Jadhav	F.Y.B.Sc	<i>Kalpesh</i>
24	Amitesh Bhisra Basodhi	S.Y.B.Sc	<i>Amitesh</i>



(Signature)
Dr. V. B. Zodage
I/C PRINCIPAL
Sant Rawool Maharaj
Mahavidyalaya, Kudal

Best Practice - 2



K. M. S. P. Mandal's
Sant Rawool Maharaj Mahavidyalaya,
Kudal, Dist- Sindhudurg - 416520



Best Practice

Report

1. Title of the Practice

Three-Days “Food and Fruit Processing Training” Workshop for college students.

2. Objectives of the Practice

Goals and Objectives :-

- To equipped with time advanced knowledge in food processing technology.
- To enrich with hands on experience by various food processing method.
- To train professionally for productive professional career.
- To develop entrepreneurial mindset by exploring opportunities within the food processing sector.

Expected outcomes:-

- The students will learn the techniques and principals involved in processing and preserving the food substances.
- The students will acquire skills of food processing.
- The students will aware of various job opportunities in the field of food processing.

Expected outputs

- The participants will design and formulate new food product the basis of consumer demand.

3. The Context

A food processing workshop can be incredibly valuable for college students, regardless of their major or career aspirations. It involves hands-on activities that can teach students valuable practical skills that they can use in their everyday lives, such as preserving food, preparing healthy meals, and even starting their own food businesses.

4. The Practice

The Practice of Food and Fruit Processing has been initiated through demonstration about various food items and various spices by trainers. The trainee's are informed about making syrups, drinks from various fruits and various products processed from coconut.. The trainees had the experience of making food like pulao, biryani under expert guidance.


5. Evidence of Success

The success of a food processing workshop for college students is measured through hands-on activities during the workshop as assessments of their ability to apply learned concepts. The participants' knowledge before and after the workshop is measured in their understanding of food processing concepts, techniques, and safety measures. The participants feedback is collected from the participants by expressing their thoughts about their overall satisfaction, the relevance of the content, and their perception of the workshop's value.

6. Problems Encountered and Resources Required

NIL




Dr. V. B. Zodage
I/C PRINCIPAL
Sant Rawool Maharaj
Mahavidyalaya, Kudal

Workshop Proposal



KARACHI MAHARAJ MAHAVIDYALAYA
Sant Rawool Maharaj Mahavidyalaya,

KUDAL, DIST. SINDHUBURG 416 520.

(Affiliated to the University of Mumbai)

Re-accredited by NAAC - 'B' Grade

Best College Award - 2009-10

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- kudal@gmail.com

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Principal - Dr. S. D. Disale

Ref. SRM/32/2022-23

Date: 16/02/2023

प्रति,
मा. प्रकल्प अधिकारी,
महाराष्ट्र उद्योजकता विकास केंद्र,
सिंधुदुर्ग जिल्हा
वि. सिंधुदुर्ग

विषय : तीन दिवशीय अन्न आणि फळ प्रक्रिया प्रशिक्षण कार्यशाळा सुरु करणेबाबत ..

महोदय,

महाराष्ट्र उद्योजकता विकास केंद्र ही शासनमान्य असल्याने असल्या कार्यालयामार्फत आमच्या महाविद्यालयातील अर्थशास्त्र विभाग आणि महिला विकास कक्ष यांचा महाविद्यालयातील विद्यार्थ्यांसाठी तीन दिवशीय अन्न आणि फळ प्रक्रिया प्रशिक्षण कार्यशाळा घेण्याचा मानस आहे. हा कार्यक्रम महाविद्यालयातील विद्यार्थ्यांसाठी असल्याने अशा कार्यक्रमातून उद्योजकता विकासाचा चालना मिळणार आहे. तरी हा कार्यक्रम या महिन्याच्या शेवटच्या आठवड्यात सुरु करावा ही विनंती.

धन्यवाद.

कार्यक्रम समन्वयक



IIC PRINCIPAL
Sant Rawool Maharaj
Mahavidyalaya, Kudal

Notice of Workshop

SANT RAWOOL MAHARAJ MAHAVIDYALAYA

KUDAL, DIST. - SINDHUBURG 416520

Affiliated to the University of Mumbai

Reaccredited by NAAC 'B' Grade

सूचना

दिनांक - 16.2.2023

महाविद्यालयाचा अर्थशास्त्र विभाग आणि महिला विकास कक्ष यांच्या संयुक्त विद्यमाने महाराष्ट्र उद्योजकता विकास केंद्र, सिंधुदुर्ग मार्फत तीन दिवशीय अन्न आणि फळ प्रक्रिया प्रशिक्षण कार्यशाळा दि. 27, 28 फेब्रुवारी आणि 1 मार्च 2023 रोजी आयोजित केली आहे. या कार्यशाळेत सहभागी होण्यासाठी विद्यार्थ्यांनी आपली नावे डॉ. ए. एन. लोखंडे किंवा डॉ. एस. के. आसोलकर यांच्याकडे दि. 22.02.2023 पर्यंत नोंदवावीत. सदर कार्यशाळेमध्ये सहभागी होणाऱ्या विद्यार्थ्यांना महाराष्ट्र शासनाचे प्रमाणपत्र मिळणार आहे. सदर प्रमाणपत्राचा उपयोग भविष्यात एखादा छोटा उद्योग सुरु करताना बँकेकडून कर्ज उपलब्धीसाठी होऊ शकतो.



IIC PRINCIPAL
Sant Rawool Maharaj
Mahavidyalaya, Kudal

Attendance

K. J. S. P. School's
SANT RAWOOL MAHARAJ MAHAVIDYALAYA, KUDAL
Department of Economics, WDE and MCEB
Jointly Organized
Entrepreneurship Development Training Program
on
"Food and Food Processing Training Program"
27/02/2023 to 01/03/2023

Participant Attendance

No.	Name of the Participant	Date	Att.	Att.	Att.
		27/02/2023	28/02/2023	29/02/2023	01/03/2023
1.	WADDEPI YASHVIKUNWAR	Att.	Att.	Att.	Att.
2.	WALKE JYOTHI UMDEJI	Att.	Att.	Att.	Att.
3.	WALKE ALAKA KUTHEE YASHVIKUNWAR	Att.	Att.	Att.	Att.
4.	WALKE ANSHIKUNWAR	Att.	Att.	Att.	Att.
5.	KANE PUNDIR KATHI	Att.	Att.	Att.	Att.
6.	KARANDIKAR DEEPAAN KANWAR	Att.	Att.	Att.	Att.
7.	YAKHANSAPKAR KISHOR KISHOR	Att.	Att.	Att.	Att.
8.	HINDOLKAR SHYAM K. K. SHIRDI	Att.	Att.	Att.	Att.
9.	MUSI INDIRABEN KANWAR	Att.	Att.	Att.	Att.
10.	CHAVALE BHUBALI SANTOSH	Att.	Att.	Att.	Att.
11.	KRISHNABAI KADYAPUR	Att.	Att.	Att.	Att.
12.	YELI LAKSHI BENE	Att.	Att.	Att.	Att.
13.	NIK LAKH KADDE	Att.	Att.	Att.	Att.
14.	KANANIKAR CHINTEJI SHIRDI	Att.	Att.	Att.	Att.
15.	MUSLI SHAMSHI KADKUR	Att.	Att.	Att.	Att.
16.	MUSLI YASHVI VITTHAL	Att.	Att.	Att.	Att.
17.	SHIRDI SHAMSHI SHIRDI	Att.	Att.	Att.	Att.
18.	KORANDIKAR PRADIP B. DEPPAL	Att.	Att.	Att.	Att.
19.	SANANT VIKAL BANERJEE	Att.	Att.	Att.	Att.
20.	BAVLEKAR VEENA HANMANT	Att.	Att.	Att.	Att.
21.	KHULE DUNDA SHARAD	Att.	Att.	Att.	Att.
22.	GAWARDE KASHI VIKAL	Att.	Att.	Att.	Att.
23.	KADAM TEJASWINI PURNANAND	Att.	Att.	Att.	Att.
24.	GAWARDE DEPI SANTOSH	Att.	Att.	Att.	Att.
25.	SANANT RAVI KASHI	Att.	Att.	Att.	Att.
26.	CHAVAN GEETALI SANTOSH	Att.	Att.	Att.	Att.
27.	GHATE SHAMSHI SHAMSHANT	Att.	Att.	Att.	Att.
28.	SANANT TEJAS KASHI	Att.	Att.	Att.	Att.
29.	SATKAR DEVI USANTI GADKAR	Att.	Att.	Att.	Att.
30.	DALY PRANAV AGNI	Att.	Att.	Att.	Att.

Able

31.	SHIRDI SHAMSHI SHIRDI	Att.	Att.	Att.
32.	GURAV AMBILTA AMI	Att.	Att.	Att.
33.	SAWANT JASHVI KASHI	Att.	Att.	Att.
34.	PARADEKAR RAJESH RAJESH	Att.	Att.	Att.
35.	PEDEKAR BHISHI VIKAL	Att.	Att.	Att.
36.	MHAWAR BHAWINI KASHI	Att.	Att.	Att.
37.	SHIRDI SHAMSHI SHIRDI	Att.	Att.	Att.
38.	SANANT SHIRDI SHIRDI	Att.	Att.	Att.
39.	BANDE KASHI SHIRDI	Att.	Att.	Att.
40.	NALKAR PRATHANA CHALERA Prathana	Att.	Att.	Att.
41.	SHIRDI SHIRDI SHIRDI	Att.	Att.	Att.
42.	CHAVAN TEJAS PRANAV	Att.	Att.	Att.
43.	SHIRDI SHIRDI SHIRDI	Att.	Att.	Att.
44.	KISHI VIKAL VIKAL	Att.	Att.	Att.
45.	MUSLI SHIRDI SHIRDI	Att.	Att.	Att.
46.	MANJURKAR TEJASWINI RAJESH	Att.	Att.	Att.
47.	NANDEKAR ATISHY GANESH	Att.	Att.	Att.
48.	ANDEKAR PRANAV HANMANT	Att.	Att.	Att.
49.	BAGWE TEJAS AGNI	Att.	Att.	Att.
50.	SANANT HARESH HARESH	Att.	Att.	Att.
51.	KATHIVADEKAR HARESH SHANAR	Att.	Att.	Att.
52.	VISHNUDEKAR ANSHY SHANAR	Att.	Att.	Att.
53.	SHAH SABA SHIRDI	Att.	Att.	Att.
54.	ANDEKAR SONALI DNYANESHWAR	Att.	Att.	Att.
55.	SHIRDI SHIRDI SHIRDI	Att.	Att.	Att.
56.	WADKAR YOGITA SATYAVHAY	Att.	Att.	Att.
57.	CHANDKAR SWAPNA SAVALAM	Att.	Att.	Att.
58.	KORANDIKAR PRATHI SHIRDI	Att.	Att.	Att.
59.	KADKAR ANSHY VITTHAL	Att.	Att.	Att.
60.	GAWARDE SHIRDI SHIRDI	Att.	Att.	Att.
61.	SHIRDI SHIRDI SHIRDI	Att.	Att.	Att.

Dr. A. N. Lokhande
Coordinator of Workshop

Mr. Ramachandra Gavde
Program Officer, MCEB, Sindhadurg

Glimpses of Program




Dr. V. B. Zodage
I/C PRINCIPAL
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