



Mangaon Taluka Education Society's

Doshi Vakil Arts College and G.C.U.B. Science & Commerce College

At-Goregaon, Tal-Mangaon, Dist.-Raigad- 402103.

☎:(02140) 250348, ✉: srcollegegoregaon@gmail.com, 🌐: www.dvcgoregaon.edu.in

Permanently Affiliated to University of Mumbai & Accredited by NAAC with 'B' Grade

Mr. Ramanlal N. Sheth
President

Mr. Dilipbhai N. Sheth
Chairman

Mr. Shantilal Metha
President (CDC)

Dr. J. S. Hotkar
Principal

2021 - 2022

REPORT

| | |
|---------------------------------------|---|
| Program Name | Online Guest Lecture On "Stress Management" |
| Date and time | 14 th February 2022, Time:- 12.00 noon onward. |
| Program Objectives: | <ol style="list-style-type: none">1. To enhance the ability of students to reduce stress and handle stressful situations in their daily lives.2. To increase productivity and responsibility of students and teachers. |
| Program Organized by: | Counselling Cell |
| In collaboration with (if any) | <ol style="list-style-type: none">1. IQAC2. Women Development Cell |
| Organizing Committee | <ol style="list-style-type: none">1. Dr. K. G. Mane2. Dr. P.V. Pimplapure3. Dr. J. B. Thakur4. Mr. S. S. Kadam5. Dr. N. R. Mirajkar6. Dr. B. S. Kharade |
| Target Audience/Beneficiaries | <ol style="list-style-type: none">1. About 208 Students were participated.2. Teaching staff members3. Nonteaching staff members |
| Arrangement Of Program | <ol style="list-style-type: none">1. Lecture was organized on Zoom Online Platform.2. Also live on YouTube.3. YouTube live program was arranged in Auditorium of College. |



Brief Report of Program

Formal Welcome and Preface of the Program :-

On 14th February 2022, Counselling Cell and Women Development Cell had organized online guest lecture on "Stress Management" to aware the students about Stress management in their life. Respected Principal Dr. J. S. Hotkar was the chairperson of the function.

Welcome:-

Dr. Kanchan G. Mane, the Chairperson of Counselling Cell welcomed all and presented preface of the program. She highlighted, how stress is affecting various groups of people including students, teachers and others. Also, why stress management is necessary for happy life.

Respected Principal Dr. J. S. Hotkar in his address, welcomed the guest, Ms. Pallavi R. Sonawane, Assistant Professor & Counsellor, Department Psychology, K.V. Pendharkar College (Autonomous), Dombivali, East. He emphasized on stress situation arised due to Covid-19 pandemic and congratulated organizer for choosing the above mentioned topic. Also, he expected the lecture will be beneficial to students, teachers and non-teaching staff. At the end, he gave best wishes for making program successful.

Guest lecture:-

Dr. Kanchan G. Mane, welcomed and introduced the distinguished counsellor, Ms. Pallavi R. Sonawane.

Ms. Pallavi R. Sonawane in her lecture on "Stress Management" enlightened the factors responsible for stress and explained the solutions/remedies to relief stress very well.

Also she emphasized on stress at working place and discussed in detailed that, how to eliminate the same. She gave some practices to do for positive reaction in everyday life. And the lecture ended with interactive discussion session happily. About 208 students and all teaching and non-teaching members were participated in the program.

Vote of Thanks:-

Dr. J. B. Thakur delivered the vote of thanks.







Concluding Remark The program was organized successfully.

Whether objectives satisfied? Yes.

With Justification

After the guest talk, students asked their doubts and satisfied with her responses and the participant assured that they will do daily practice of stress relief remedies for positive reaction in their life.

Feedback collected is overall positive.

| | | |
|-------------------|--|---|
| Signature: | |  |
| | Chairperson | |
| | 1. Dr. K. G. Mane  | |
| |  IQAC Coordinator |  Principal |

PRINCIPAL
Mangaon Taluka Education Society's
Doshi Vakil Arts College and
G.C.U.B. Science & Commerce College
Goregaon-Raigad (402 103)

REC

LIVE



REMEDIES/SOLUTION

Talk with parents/friends/reliable sources

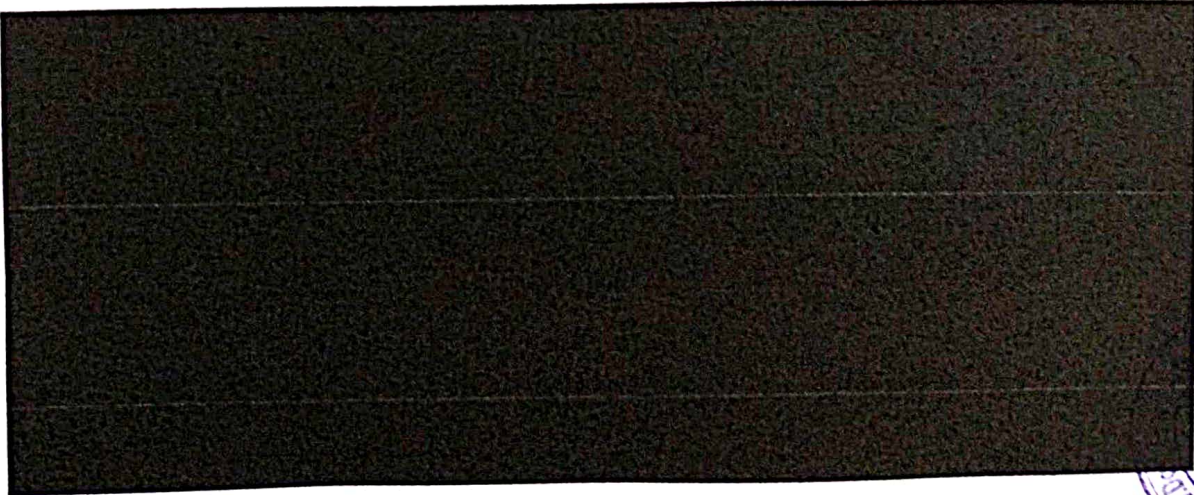
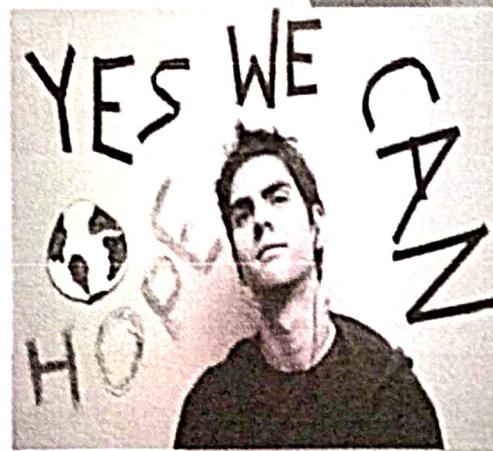


Fixed study time, place

Keep away Distraction

Read-Recite-Review (R3)

Mnemonics-Imagery, Self-talk



12:37 PM




Zoom

Leave

REC

LIVE

Stress Management



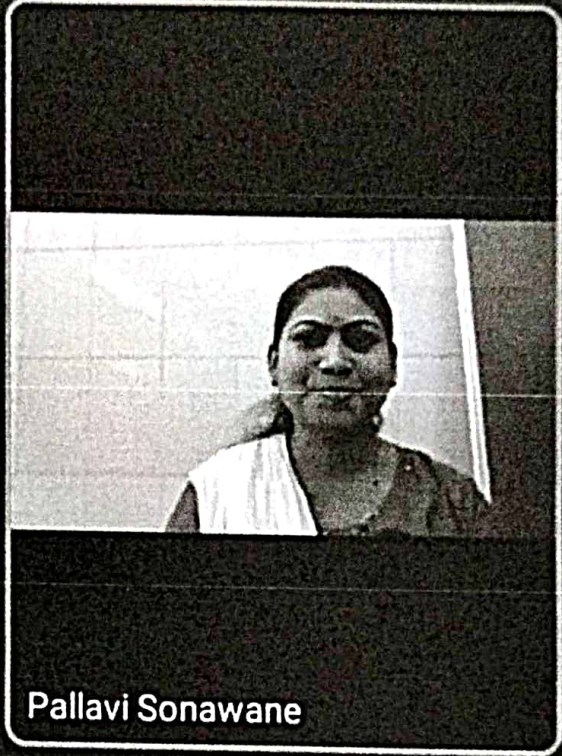
Speaker
Pallavi Sonawane
 Assistant Professor & Counsellor
 K.V. Pindkhar College of Arts, Science and Commerce(Autonomous)
 Date: 14/02/2022



REC LIVE



Dr. Jagdish Thakur



Pallavi Sonawane



Janardan Hotkar



Dr. Kanchan Mane





Kalavati

99

Google

Goregaon, Maharashtra, India
 Maharashtra State Highway 99, Mangaon, Goregaon,
 Maharashtra 402103, India
 Lat 18.154527°
 Long 73.299626°
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GPS Map Camera



Kalavati

99

Google

Goregaon, Maharashtra, India
 Maharashtra State Highway 99, Mangaon, Goregaon,
 Maharashtra 402103, India
 Lat 18.154526°
 Long 73.299626°
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GPS Map Camera





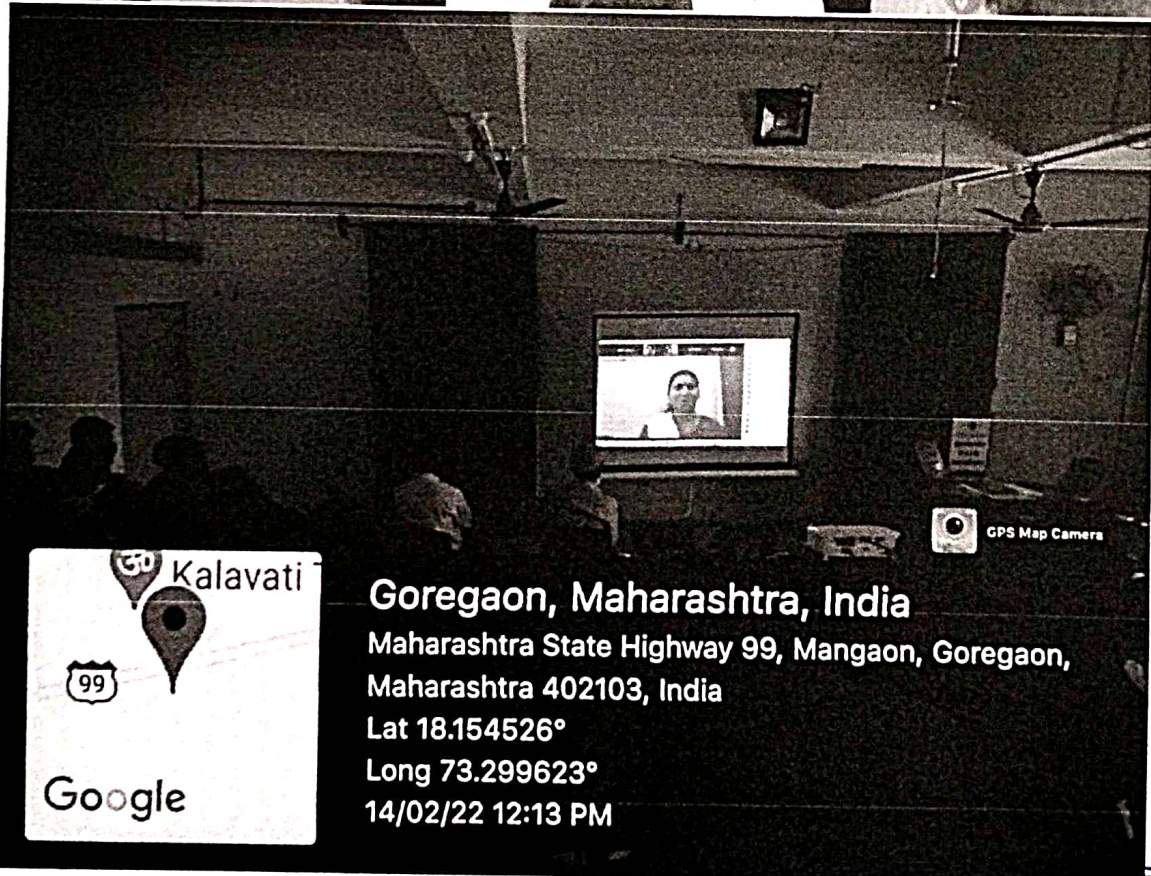
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Maharashtra 402103, India

Lat 18.154524°

Long 73.299618°

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Goregaon, Maharashtra, India

Maharashtra State Highway 99, Mangaon, Goregaon,
Maharashtra 402103, India

Lat 18.154526°

Long 73.299623°

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| Timestamp | Email address | Full Name of Participant (Designation) | Name of the Institution/ O Class / Designation | Roll No. | Mobile Number (Preferably WhatsApp number) |
|---------------------|-------------------------------|--|--|----------|---|
| 13/02/2022 17:56:23 | ghotiamol@gmail.com | Amol J Ghoti | M.T.E.S. Doshi Vakil Arts TEACHER FACULTY | | 9527804755 |
| 13/02/2022 18:55:01 | tayadejuhi@gmail.com | Tayade Juhi Amrut | M.T.E.S. Doshi Vakil Arts FYBSC | 213073 | 7056488284 |
| 13/02/2022 18:57:28 | ubhareapeksh83@gmail.com | Ubhare Apeksha Avinash | M.T.E.S. Doshi Vakil Arts FYBSC | 213076 | 9607563407 |
| 13/02/2022 18:57:47 | fahinahrizuk7@gmail.com | Fahina Farina Faiyaz | M.T.E.S. Doshi Vakil Arts SYBSC | 216030 | 93222697052 |
| 13/02/2022 18:57:48 | rajanpimpapur@gmail.com | Dr. Parag Vasantrao Pimp | M.T.E.S. Doshi Vakil Arts TEACHER FACULTY | | 8087783220 |
| 13/02/2022 18:58:25 | sanikaandhere20@gmail.com | Andhere Sanika Santosh | M.T.E.S. Doshi Vakil Arts SYBSC | 216015 | 8483088711 |
| 13/02/2022 18:58:26 | pradneshshirke149@gmail.com | SHIRKE PRADNESH NA | M.T.E.S. Doshi Vakil Arts SYBSC | 216062 | 8805801375 |
| 13/02/2022 18:58:39 | saniyanoori22@gmail.com | NOORI SANIYA AKHLAQ | M.T.E.S. Doshi Vakil Arts SYBSC | 216005 | 7276088447 |
| 13/02/2022 18:58:44 | sana216103@gmail.com | Noori Sana Akhlaque. | M.T.E.S. Doshi Vakil Arts SYBSC | 216004 | 7488188447 |
| 13/02/2022 18:58:51 | medhihajalal06@gmail.com | Jalal Medhiha shaukat | M.T.E.S. Doshi Vakil Arts SYBSC | 215035 | 7020215142 |
| 13/02/2022 18:59:56 | fakhiarbina09@gmail.com | Arbina sayyad Faki | M.T.E.S. Doshi Vakil Arts TYBSC | 219015 | 09028837785 |
| 13/02/2022 19:01:35 | khatreom40@gmail.com | Khatre om arun | M.T.E.S. Doshi Vakil Arts TYBSC | 212122 | 7057825735 |
| 13/02/2022 19:02:02 | nuzharawool00@gmail.com | RAWOOOT NUZHA KASIM | M.T.E.S. Doshi Vakil Arts TYBSC | 213021 | 9146796276 |
| 13/02/2022 19:02:27 | chiragvkode2000@gmail.com | Chirag Anil | M.T.E.S. Doshi Vakil Arts FYBA | 211025 | 7843069837 |
| 13/02/2022 19:03:57 | walileiqra@gmail.com | WALILE IQRA MUZAMMI | M.T.E.S. Doshi Vakil Arts TYBSC | 219071 | 9021210774 |
| 13/02/2022 19:04:29 | pawarsadhana11@gmail.com | Pawar sadhana vijay | M.T.E.S. Doshi Vakil Arts SYBSC | 216054 | 9921459401 |
| 13/02/2022 19:04:39 | bhagvashreagre02@gmail.com | AGRE BHAGVASHREE N | M.T.E.S. Doshi Vakil Arts SYBSC | 216012 | 8923437138 |
| 13/02/2022 19:08:28 | psam5880@gmail.com | SaNe Amol Prahadrao | M.T.E.S. Doshi Vakil Arts TEACHER FACULTY | | 8237537689 |
| 13/02/2022 19:08:45 | sangerushda6456@gmail.com | Sange Rushda Zubair | M.T.E.S. Doshi Vakil Arts FYBSC | 213068 | 9529957793 |
| 13/02/2022 19:09:26 | mahekgodme2@gmail.com | Godme Mahek | M.T.E.S. Doshi Vakil Arts FYBSC | 213045 | 9975323094 |
| 13/02/2022 19:10:57 | sirkhotgulshanobar@gmail.com | Sirkhot Gulshanobar Shaik | M.T.E.S. Doshi Vakil Arts FYBSC | 213083 | 8459629668 |
| 13/02/2022 19:14:19 | nandkishorpatil1974@gmail.com | Patil Nandkishor Atmaraj | M.T.E.S. Doshi Vakil Arts TEACHER FACULTY | | 7972790651 |
| 13/02/2022 19:17:04 | rihanarawool8@gmail.com | Rawool Saubhya A.Hamir | M.T.E.S. Doshi Vakil Arts FYBSC | 213022 | 7218856337 |
| 13/02/2022 19:17:36 | shahnaznatekar@gmail.com | Natekar Khadija M Shafi | M.T.E.S. Doshi Vakil Arts FYBSC | 212080 | 7499202806 |
| 13/02/2022 19:18:42 | urusanaabeel11@gmail.com | BADE URUSA YUSUF | M.T.E.S. Doshi Vakil Arts TYBSC | 219003 | 8983445841 |
| 13/02/2022 19:19:08 | hurzuktuba@gmail.com | Hurzuk Tuba Ibrahim | M.T.E.S. Doshi Vakil Arts SYBSC | 216031 | 9923051456 |
| 13/02/2022 19:19:16 | chemistryp141286@gmail.com | Dr. Pravin Nanasahab Ch | M.T.E.S. Doshi Vakil Arts TEACHER FACULTY | | +919028137355 |
| 13/02/2022 19:19:23 | dbhuvad03@gmail.com | Bhuvad Dipesh Laxman | M.T.E.S. Doshi Vakil Arts SYBA | 214002 | 9529638025 |
| 13/02/2022 19:19:59 | mahekkardekar@gmail.com | Mahek Rafiuddin Kardekar | M.T.E.S. Doshi Vakil Arts FYBA | 211032 | 8446020675 |
| 13/02/2022 19:20:55 | Safasalmrawool04@gmail.com | Rawool safa mohamad sa | M.T.E.S. Doshi Vakil Arts FYBSC | 213064 | 7769871952 |
| 13/02/2022 19:21:18 | sirkhotaleena@gmail.com | Sirkhot Aleena Abdulla | M.T.E.S. Doshi Vakil Arts TYBSC | 218062 | 9890917962 |
| 13/02/2022 19:21:24 | yusradakhve@gmail.com | Dakhway Yusra Javeed | M.T.E.S. Doshi Vakil Arts FYBSC | 213034 | 9309216405 |
| 13/02/2022 19:21:24 | saniasang@gmail.com | Sange Samiya Mohamme | M.T.E.S. Doshi Vakil Arts FYBSC | 213069 | 9028302379 |
| 13/02/2022 19:26:19 | jamilamunge2460@gmail.com | MUNGE JAMILA RAHMA | M.T.E.S. Doshi Vakil Arts TYBSC | 219041 | 7887653345 |
| 13/02/2022 19:29:57 | adhikarinameema45@gmail.com | Adhikari Nida Mukhtar | M.T.E.S. Doshi Vakil Arts FYBSC | 213095 | 8983734392 |
| 13/02/2022 19:30:14 | dawrehabiba88@gmail.com | Dawre Habiba Abid Husai | M.T.E.S. Doshi Vakil Arts FYBSC | 212019 | 7387636087 |
| 13/02/2022 19:30:20 | Meenazpalekar@gmail.com | Palekar Meenaz Adam | M.T.E.S. Doshi Vakil Arts FYBSC | 212084 | 8888365619 |
| 13/02/2022 19:31:33 | afrahyelulkar@gmail.com | Yelulkar afrah Aslam Farz | M.T.E.S. Doshi Vakil Arts SYBSC | 215125 | 7887790357 |
| 13/02/2022 19:32:14 | muneerarakhange5641@gmail.com | RAKHANGE AMREEN UI | M.T.E.S. Doshi Vakil Arts TYBSC | 219051 | 8793752193 |
| 13/02/2022 19:34:43 | prasad19rawool@gmail.com | Rawool Prasad Dattatray | M.T.E.S. Doshi Vakil Arts NON-TEACHING FACULTY | | 8766769705 |
| 13/02/2022 19:34:54 | jabinfire@gmail.com | Fifire jabeen nisar | M.T.E.S. Doshi Vakil Arts SYBSC | 216026 | 8010863178 |



| Timestamp | Email address | Full Name of Participant (Designation | Name of the Institution/ O Class / Designation | Roll No. | Mobils Number (Preferably WhatsApp number) |
|---------------------|--------------------------------|--|--|----------|--|
| 13/02/2022 19:35:14 | sakshitaambe2112@gmail.com | Sakshi mangesh bambe STUDENT | M.T.E.S. Doshi Vakil Arts FYBSC | 213072 | 9784696689 |
| 13/02/2022 19:36:37 | heemazir2595@gmail.com | Heemazir Velskar Heena Nazir Ahi STUDENT | M.T.E.S. Doshi Vakil Arts FYBCOM | 212116 | 8446123149 |
| 13/02/2022 19:37:03 | nadkarfahmida9@gmail.com | Nadkar Fahmida Abdul Sa STUDENT | M.T.E.S. Doshi Vakil Arts FYBA | 211051 | 7403333002 |
| 13/02/2022 19:37:59 | abhikane50@gmail.com | Kakane Abhishek Sanjay STUDENT | M.T.E.S. Doshi Vakil Arts FYBSC | 213088 | 7263868516 |
| 13/02/2022 19:38:58 | bahoorasad@gmail.com | Bahoor Sadaf Mohamed I STUDENT | M.T.E.S. Doshi Vakil Arts SYBSC | 216006 | 7773901237 |
| 13/02/2022 19:39:57 | dawredurra02@gmail.com | Dawre Durra A. Gani STUDENT | M.T.E.S. Doshi Vakil Arts FYBCOM | 212022 | 9527709087 |
| 13/02/2022 19:41:31 | jelgaonkarnamira@gmail.com | Jelgaonkar Namira STUDENT | M.T.E.S. Doshi Vakil Arts SYBSC | 216037 | 9172733631 |
| 13/02/2022 19:45:36 | dipitigugale2003@gmail.com | Gugale Dipiti Dilip STUDENT | M.T.E.S. Doshi Vakil Arts FYBA | 211030 | 9271638368 |
| 13/02/2022 19:46:51 | saadiyabagdadadi2001@gmail.com | Saadia Ashok banikol STUDENT | M.T.E.S. Doshi Vakil Arts SYBA | 219004 | 7276710731 |
| 13/02/2022 19:47:42 | sutarshreya96@gmail.com | Sutar Shreya Anita Dattar STUDENT | M.T.E.S. Doshi Vakil Arts FYBCOM | 214001 | 7249706003 |
| 13/02/2022 19:52:13 | sakshikarkare32@gmail.com | Sakshi vanita karkare STUDENT | M.T.E.S. Doshi Vakil Arts FYBCOM | 212111 | 7350511890 |
| 13/02/2022 19:52:26 | deeprend7172@gmail.com | Singh shahiddeep STUDENT | M.T.E.S. Doshi Vakil Arts FYBA | 212051 | 8928549198 |
| 13/02/2022 19:52:34 | sharmindawre2004@gmail.com | Sharmeen RAYEES DA STUDENT | M.T.E.S. Doshi Vakil Arts FYBA | 211064 | 7087252090 |
| 13/02/2022 19:54:00 | devrukharngaytri@gmail.com | Devrukhar Ramchandra STUDENT | M.T.E.S. Doshi Vakil Arts FYBCOM | 212024 | 8149185270 |
| 13/02/2022 19:56:33 | sanibagalinde420@gmail.com | Galinde Sanika Pravln STUDENT | M.T.E.S. Doshi Vakil Arts TYBSC | 219018 | 8605317475 |
| 13/02/2022 19:58:22 | suvarnambalkavde@gmail.com | Mohini Bhojane STUDENT | M.T.E.S. Doshi Vakil Arts FYBA | 211003 | 7304709093 |
| 13/02/2022 19:58:49 | dawoodkarjekar8@gmail.com | Balkavade suvarna chanc STUDENT | M.T.E.S. Doshi Vakil Arts TYBSC | 211002 | 9604786307 |
| 13/02/2022 19:59:52 | potemohamedali@gmail.com | Karjekar dawood ab sattar STUDENT | M.T.E.S. Doshi Vakil Arts TYBSC | 219031 | 9022517991 |
| 13/02/2022 20:01:06 | mungeshan@gmail.com | Munge ahan Barikat STUDENT | M.T.E.S. Doshi Vakil Arts FYBCOM | 212084 | 7507902740 |
| 13/02/2022 20:02:58 | kaushalmore111@gmail.com | More Kaushal Hanumant STUDENT | M.T.E.S. Doshi Vakil Arts FYBSC | 213059 | 9785209430 |
| 13/02/2022 20:03:26 | dhalinjayandhara@gmail.com | Dhalinje Yugandhara Nish STUDENT | M.T.E.S. Doshi Vakil Arts TYBSC | 213018 | 7468580867 |
| 13/02/2022 20:07:41 | gazgemalika929@gmail.com | GAZGE MALIKA MOHAM STUDENT | M.T.E.S. Doshi Vakil Arts TYBSC | 219018 | 7620722127 |
| 13/02/2022 20:08:14 | n236209@gmail.com | Tol Neelam Mohammad J STUDENT | M.T.E.S. Doshi Vakil Arts FYBSC | 219021 | 7721039044 |
| 13/02/2022 20:12:57 | salunkekesar01@gmail.com | Salunke Kesar Sandip STUDENT | M.T.E.S. Doshi Vakil Arts TYBSC | 213075 | 9923278209 |
| 13/02/2022 20:14:10 | parveikarsamreen@gmail.com | Parveikar Samreen kbel STUDENT | M.T.E.S. Doshi Vakil Arts TYBSC | 219056 | 7507136561 |
| 13/02/2022 20:24:58 | zareennukadam1234@gmail.com | Mukadam Zareen A.Razz STUDENT | M.T.E.S. Doshi Vakil Arts TYBSC | 219045 | 9322583469 |
| 13/02/2022 20:41:24 | ganeshmalore877@gmail.com | Malore Ganesh Pandurang STUDENT | M.T.E.S. Doshi Vakil Arts FYBSC | 219040 | 8767922308 |
| 13/02/2022 20:48:15 | librahimbhawane@gmail.com | HAWANE ABEER TANUV STUDENT | M.T.E.S. Doshi Vakil Arts TYBSC | 213016 | 7059470796 |
| 13/02/2022 20:49:01 | biya88@gmail.com | Biya Atrah Ashfaque Fatir STUDENT | M.T.E.S. Doshi Vakil Arts FYBCOM | 208036 | 9423557924 |
| 13/02/2022 20:54:30 | swetigupta0472004@gmail.com | Gupta swati vinod STUDENT | M.T.E.S. Doshi Vakil Arts FYBCOM | 213032 | 7666852147 |
| 13/02/2022 20:57:00 | sanyachilwan7268@gmail.com | CHILWAN SANIYA AJMAL STUDENT | M.T.E.S. Doshi Vakil Arts FYBSC | 212038 | 7249166179 |
| 13/02/2022 20:59:17 | prathameshpalkar143@gmail.com | Prathamesh Palkar STUDENT | M.T.E.S. Doshi Vakil Arts FYBA | 213080 | 8087243551 |
| 13/02/2022 21:19:59 | arafat.dawre11@gmail.com | Arafat Hasan dawre STUDENT | M.T.E.S. Doshi Vakil Arts FYBA | 211079 | +918983366171 |
| 13/02/2022 21:27:23 | muskanjamdar25@gmail.com | JAMDAR MUSKAN MUN. STUDENT | M.T.E.S. Doshi Vakil Arts FYBSC | 211045 | 8975353296 |
| 13/02/2022 21:50:16 | sayal252d@gmail.com | Dhepe Sayli Sachin TEACHER | M.T.E.S. Doshi Vakil Arts TYBA | 213009 | 7058914890 |
| 13/02/2022 21:57:25 | khatibanas645@gmail.com | Anas Irfahad khatib STUDENT | M.T.E.S. Doshi Vakil Arts FYBSC | 218045 | 7030835878 |
| 13/02/2022 22:04:34 | mahmoodhaneey@gmail.com | Mahmood Omer Dhansay STUDENT | M.T.E.S. Doshi Vakil Arts FYBSC | 213065 | 9137900219 |
| 13/02/2022 22:08:18 | parveentkarbkar1972@gmail.com | Karbelkar mariya munaww STUDENT | M.T.E.S. Doshi Vakil Arts FYBCOM | 213097 | 8980475193 |
| | | | | 212140 | 09527969903 |



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|---------------------|-------------------------------|--|--|----------|--|
| 13/02/2022 22:12:43 | shrikantchandorkar2@gmail.com | Dr. Chandorkar Shrikant TEACHER | M.T.E.S. Doshi Vakil Arts | | 9028549210 |
| 13/02/2022 22:45:57 | jhetamtaahreem@gmail.com | JHETAM TAAREEM JAVI STUDENT | M.T.E.S. Doshi Vakil Arts | 219029 | 8308950034 |
| 13/02/2022 22:56:08 | bisma.bandarkar@gmail.com | BANDARKAR BISMA ZAI STUDENT | M.T.E.S. Doshi Vakil Arts | 219006 | 7066087932 |
| 13/02/2022 23:02:28 | adivarekarakalyani@gmail.com | Adivarekar kalyani shahar STUDENT | M.T.E.S. Doshi Vakil Arts | 213100 | 8669967760 |
| 13/02/2022 23:03:37 | sehitesav1666@gmail.com | Sahil Shashikant Salmi STUDENT | M.T.E.S. Doshi Vakil Arts | 216057 | 09284343251 |
| 14/02/2022 00:31:16 | jbhakur123@gmail.com | Dr. Bhakur Jyotish Bhagu TEACHER | M.T.E.S. Doshi Vakil Arts | | 99223973810 |
| 14/02/2022 07:30:36 | ifrahjaffer@gmail.com | Ifrah Md Hanif Jaffer STUDENT | M.T.E.S. Doshi Vakil Arts | 219028 | 9784284403 |
| 14/02/2022 07:38:18 | ga0879659@gmail.com | Adhikari Gauravi Chandra STUDENT | M.T.E.S. Doshi Vakil Arts | 219001 | 9186513710 |
| 14/02/2022 07:38:58 | sayiladhikari17@gmail.com | Adhikari Namita Shiram STUDENT | M.T.E.S. Doshi Vakil Arts | 219002 | 7066689745 |
| 14/02/2022 07:40:10 | sutarsakshi192@gmail.com | Subar Sakshi Gajanan STUDENT | M.T.E.S. Doshi Vakil Arts | 219063 | 9028456462 |
| 14/02/2022 08:00:08 | 21.singhmanisha@gmail.com | Singh Manisha Mahendra STUDENT | M.T.E.S. Doshi Vakil Arts | 219061 | 9158723388 |
| 14/02/2022 08:00:12 | mayurimjadhav32@gmail.com | JADHAV MAYURI MANO STUDENT | M.T.E.S. Doshi Vakil Arts | 219027 | 7045549353 |
| 14/02/2022 08:00:44 | amishamarchande2001@gmail.com | Marchande Amisha Chan STUDENT | M.T.E.S. Doshi Vakil Arts | 219038 | 72648200885 |
| 14/02/2022 08:13:53 | bshantaramkharade@gmail.com | Dr. Kharade Bharat Shanti TEACHER | M.T.E.S. Doshi Vakil Arts | | 9545482101 |
| 14/02/2022 08:22:37 | amreenashfaq116@gmail.com | CHARFARE AMREEN AS STUDENT | M.T.E.S. Doshi Vakil Arts | 219010 | 7868023483 |
| 14/02/2022 08:22:39 | vastashifa1@gmail.com | Vasta shifa salim STUDENT | M.T.E.S. Doshi Vakil Arts | 213079 | 9607722843 |
| 14/02/2022 08:13:33 | juitrajpurkar05@gmail.com | Rajpurkar Jui Satish STUDENT | M.T.E.S. Doshi Vakil Arts | 219050 | 9785491878 |
| 14/02/2022 08:15:50 | samiyamandekar07@gmail.com | Mandekar samiya rafiq STUDENT | M.T.E.S. Doshi Vakil Arts | 218067 | 8787805232 |
| 14/02/2022 08:16:15 | jaysheeth1886@gmail.com | SHETH JAI PRASHANT STUDENT | M.T.E.S. Doshi Vakil Arts | 219060 | 70583005101 |
| 14/02/2022 09:19:35 | tanviukirde@gmail.com | Ukirde Tanvi Manohar STUDENT | M.T.E.S. Doshi Vakil Arts | 219068 | 9503814459 |
| 14/02/2022 09:20:28 | divyapate186222@gmail.com | PATEL DIVYA ASHOK STUDENT | M.T.E.S. Doshi Vakil Arts | 219046 | 8554966115 |
| 14/02/2022 09:20:49 | keramnoori111@gmail.com | Noori Ieram Habib STUDENT | M.T.E.S. Doshi Vakil Arts | 219043 | 7385681233 |
| 14/02/2022 09:23:12 | suhaimagothekar@gmail.com | Gothekar Suhaima Shaik STUDENT | M.T.E.S. Doshi Vakil Arts | 216028 | 8411925187 |
| 14/02/2022 09:35:14 | fazilaumer469@gmail.com | Mungruskar shifa umer STUDENT | M.T.E.S. Doshi Vakil Arts | 212078 | 78230860005 |
| 14/02/2022 09:36:55 | omesawant407@gmail.com | Sawant omkar santosh STUDENT | M.T.E.S. Doshi Vakil Arts | 212099 | 9356913773 |
| 14/02/2022 09:44:02 | saadbal83@gmail.com | BALI SAAD MOHAMMED STUDENT | M.T.E.S. Doshi Vakil Arts | 219005 | 8080912980 |
| 14/02/2022 09:52:07 | pratikshapovlekar@gmail.com | Povlekar pratiksha Ramei STUDENT | M.T.E.S. Doshi Vakil Arts | 217014 | 9702566389 |
| 14/02/2022 09:52:21 | moremanal415@gmail.com | MORE MANALI BALIRAN STUDENT | M.T.E.S. Doshi Vakil Arts | 217012 | 9594361279 |
| 14/02/2022 09:54:00 | fzouchougle8@gmail.com | CHOUGLE FIZA KIFAYAT STUDENT | M.T.E.S. Doshi Vakil Arts | 217001 | 7249551085 |
| 14/02/2022 09:54:07 | ritrupi884@gmail.com | Raut Trupti krushna STUDENT | M.T.E.S. Doshi Vakil Arts | 217029 | 9785145384 |
| 14/02/2022 09:54:07 | saundaryayakasrekar@gmail.com | Kasrekar saundarya man. STUDENT | M.T.E.S. Doshi Vakil Arts | 217024 | 7038242675 |
| 14/02/2022 09:59:06 | sanghamitrasaji28@gmail.com | Saji Sanghamitra Janu STUDENT | M.T.E.S. Doshi Vakil Arts | 217032 | 9021470626 |
| 14/02/2022 10:01:07 | solhasirkhot35@gmail.com | Sirkhot santiya Sarfaraz STUDENT | M.T.E.S. Doshi Vakil Arts | 212109 | 8087347206 |
| 14/02/2022 10:01:25 | lokhandeshabnam25@gmail.com | Lokhande shabnam ahme STUDENT | M.T.E.S. Doshi Vakil Arts | 216045 | 9373476378 |
| 14/02/2022 10:03:14 | farzanagirey@gmail.com | Gire Sumalya Mukhtar STUDENT | M.T.E.S. Doshi Vakil Arts | 216027 | 8208183407 |
| 14/02/2022 10:03:26 | valshnavidabhane4@gmail.com | Debhane Valshnavi Harid STUDENT | M.T.E.S. Doshi Vakil Arts | 216022 | 9021968569 |
| 14/02/2022 10:15:49 | medhasulakar@gmail.com | Alsulkar Maditha Irfan STUDENT | M.T.E.S. Doshi Vakil Arts | 216013 | 9980702062 |
| 14/02/2022 10:28:48 | premm7715@gmail.com | Mane mihir rajesh rasika STUDENT | M.T.E.S. Doshi Vakil Arts | 211068 | 727832772 |
| 14/02/2022 10:30:30 | rushikhade122@gmail.com | Khade Rushikesh Rajend STUDENT | M.T.E.S. Doshi Vakil Arts | 216040 | 9022780536 |
| 14/02/2022 10:30:46 | renukatembe92@gmail.com | Tembe Renuka Sadananc STUDENT | M.T.E.S. Doshi Vakil Arts | 216066 | 8600699610 |
| 14/02/2022 10:32:21 | riyajadhav028@gmail.com | JADHAV RIYA CHANDRA STUDENT | M.T.E.S. Doshi Vakil Arts | 216033 | 8888354283 |



| Timestamp | Email address | Full Name of Participant (Designation) | Name of the Institution/ O Class / Designation | Roll No. | Mobile Number (Preferably WhatsApp number) |
|---------------------|-----------------------------|--|--|----------|--|
| 14/02/2022 10:48:24 | chanshehawabi@gmail.com | Dhanasy Hawabi Fairuz STUDENT | M.T.E.S. Doshi Vakil Arts FYBSC | 213037 | 7410019220 |
| 14/02/2022 11:31:41 | bayadeketan552@gmail.com | Tayode krishan anurud STUDENT | M.T.E.S. Doshi Vakil Arts TYBSC | 219064 | 8605375466 |
| 14/02/2022 11:39:32 | andhercheena@gmail.com | Heena Dipak Andhere STUDENT | M.T.E.S. Doshi Vakil Arts SYBSC | 216014 | 07709470796 |
| 14/02/2022 11:39:55 | potenhan21@gmail.com | Shaikh Shireen Hasanmiy STUDENT | M.T.E.S. Doshi Vakil Arts FYBA | 211053 | 9145327207 |
| 14/02/2022 11:42:20 | sonumonuj2000@gmail.com | TEMBE PRAFUL SURYA STUDENT | M.T.E.S. Doshi Vakil Arts TYBSC | 219065 | 8379848303 |
| 14/02/2022 11:43:25 | nishipowale4@gmail.com | Powale Nikhil Prakash STUDENT | M.T.E.S. Doshi Vakil Arts TYBSC | 219048 | 8237304456 |
| 14/02/2022 11:47:07 | raimurao058@gmail.com | RAUT AMRUTA JITENDR STUDENT | M.T.E.S. Doshi Vakil Arts TYBSC | 219052 | 7385851240 |
| 14/02/2022 11:56:00 | pehritke729@gmail.com | Shirke Prerana Prakash STUDENT | M.T.E.S. Doshi Vakil Arts FYBSC | 213023 | 9130627546 |
| 14/02/2022 12:00:57 | alfiyaparikar120@gmail.com | Parikar alfiya Mohammad STUDENT | M.T.E.S. Doshi Vakil Arts FYBSC | 212089 | 8788129522 |
| 14/02/2022 12:02:20 | dawleprathmesh@gmail.com | Dawle Prathmesh Stararr STUDENT | M.T.E.S. Doshi Vakil Arts FYBSC | 213086 | 9923165370 |
| 14/02/2022 12:06:19 | furkanmapkar65@gmail.com | Furkan Hussain Mapkar STUDENT | M.T.E.S. Doshi Vakil Arts FYBA | 219037 | 9923428918 |
| 14/02/2022 12:18:38 | irshedmantiyar775@gmail.com | Mantiyar irshad anwar STUDENT | M.T.E.S. Doshi Vakil Arts FYBSC | 212070 | 9028450239 |
| 14/02/2022 12:20:14 | www.vasimdange89@gmail.com | DANGE VASIM MHAMUJ STUDENT | M.T.E.S. Doshi Vakil Arts TYBSC | 219012 | 8390659256 |
| 20/02/2022 11:26:18 | vishalvarge2002@gmail.com | Varge Vishal madhukar STUDENT | M.T.E.S. Doshi Vakil Arts TYBSC | 218105 | 9356681831 |
| 25/02/2022 11:39:45 | ed5703628@gmail.com | Sujit Tanaji Deshmukh STUDENT | M.T.E.S. Doshi Vakil Arts FYBA | 211081 | 7758828511 |

Signature

IQAC CO-ORDINATOR
Mangaon Taluka Education Society's
Doshi Vakil Arts College and
G.C.U.B. Science & Commerce College
Goregaon-Raigad (402103)

