



3 Days workshop on 'Capacity building program 01 to 03 /02/ 2023



**Principal
PRINCIPAL**

Chembur Sarvankash Shikshanshastra

Mahavidyalaya

**Ramkrishnan Chemburkar Marg,
Chembur Naka, Mumbai 400 071**



Date: 1st Feb, 2023

Programme: "Capacity Building Programme".

Report of the programme :- (If required attach additional sheets)

A 3 days workshop was conducted in CSSM with collaboration of 3 colleges Secondary training, BTTC, Gokhale. On 1st Feb 2023, the programme was on Self-Awareness & Self Esteem. The Resource person was Dr Chandrashekhar Ashok Chakradeo Sir. On Day 1, we learned what is self-awareness & importance of self awareness. Activities that were conducted helped us to get to know how self-aware we are. We gave a test on self-esteem i.e. Rosenberg's self-esteem test, by which we measured our level of self esteem viz High or low.

Name & Signature of Rapporteur

Name & Signature of Teacher

Signature of Principal

Chembur Education Society's
Chembur Sarvankash ShikshanShastra Mahavidyalaya
R.C. Marg, Chembur Naka, Chembur- 400071



Date:- 2nd Feb, 2023

Programme: "Capacity Building Programme"

Report of the programme :- (If required attach additional sheets)

Day 2: Anger and Stress Management.

Resource Person:- Dr. Chandrashekhar Ashok Chakradeo

Day 2 was all about controlling and managing our anger and stress. We got to know that we don't have anger issue but we are not able to control our anger which turns into aggression.

The seminar was conducted by Dr. C. A. Chakradeo sir in collaboration with Gokhale College of Education. The seminar on Anger Management helped us distinguish between anger and aggression. Anger is an important emotion in our life but we always get confuse between anger and aggression. Sir further enlightened our mind with the stress management information. He taught us how we can manage our stress. He also gave us information on how stress affects our performance. The sessions were really very useful and informative which will help us in future. At the end of the session we clicked pictures and session ended with feedbacks.

Anansi

Name & Signature of Rapporteur

Atmaja

Name & Signature of Teacher

[Signature]

Signature of Principal

प्राचार्य
चेंबूर सर्वकष शिक्षणशास्त्र महाविद्यालय
आर. सी. मार्ग, चेंबूर नाका, चेंबूर, मुंबई-४०००७१.



Date:- 3rd Feb, 2023

Programme: "CAPACITY BUILDING PROGRAMME".

Report of the programme :- (If required attach additional sheets)

Day 3:- Topic- Conflict Management & Mental Health Resource
Person's:- Dr. Raju Tahreja & Dr. Chandrashekar Ashok Chakradeo.

On 3rd Day, The first Session that was on Conflict Management was very well explained by Dr. Raju Tahreja Ma'am. She explained the types of Conflict & also where and when it occurs. Later she taught us some conflict management Strategies. We also had activities which had statements stating situation & we had to answer which strategy for conflict management will be applied.

Second Session was taken by our Principal Sir- Dr. Chandrashekar Ashok Chakradeo on Mental Health and Well Being. It was all understood just by some explanations and with an interesting activity where we calculated how we felt in last two weeks with WHO's well being Index.

Overall we Enjoyed the three days workshop & would love to have more much workshop in future.

Name & Signature of Rapporteur

Mrunmayee. M. Jadhav

Name & Signature of Teacher

Signature of Principal

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