

17/12/21

तनाव प्रबंधन कार्यशाळा

आज दिनांक 17.12.2021 को नायक नित्यानन्द साय शासकीय महाविद्यालय, आरा, जिला-जशपुर छ.ग. में तनाव प्रबंधन पर कार्यशाळा का आयोजन किया गया। प्रवक्ता श्री अग्रवाल रहे। कार्यशाळा राष्ट्रीय मानसिक स्वास्थ्य कार्यक्रम के अंतर्गत आयोजित किया गया।

प्रवक्ता- 1. डा. अंबरार खान - वैश्व मनोवैज्ञानिक, जिला-आरा, जशपुर (छ.ग.)

2. डॉ. डी.के. कुमारपाल - मंडलीय शिक्षणिका, कार्यशाळा, राष्ट्रीय मानसिक स्वास्थ्य विभाग, आरा, जशपुर (छ.ग.)

नाम	हस्ताक्षर
1. Pinky Bhasat	Pinky
2. Raywatee Yadav	Raywatee
3. Rity Rajak	Rity
4. TARSIMA MINTI	Tarsima
5. Sita Sahu	Sita
6. Zubair Crest kutaren	Zubair
7. Umila Bai	Umila
8. Rashmi Pany	Rashmi
9. Anjali Bhagat	Anjali
10. Dipika Singh	Dipika
(11) Chandrakisan	Chandrakisan
12. Jashoda Singh	Jashoda
13. Mamta bai	Mamta
14. Malika Bai	Malika
(15) Indrajawati Bai	Indrajawati
(16) Sumitra Palkara	Sumitra
(17) Deepkumari	Deepkumari
(18) Anjani bai	Anjani
(19) Meena Singh	Meena

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- | | |
|--------------------------|--------------------------|
| (20) Deepthi Singh | Pingh |
| (21) Shaloo Bai | Sita |
| (22) Umila Bai | Umila |
| (23) Purnima Bai | पूर्णिमा बाई |
| (24) Asha Bai | Asha Bai |
| (25) Anshumala Beek | Aheek |
| (26) Deenta | Deenty |
| (27) muneta Bai | MBeai |
| (28) Balwanti Bai | Balwanti |
| (29) Sukarmuni Bai | Sukarmuni |
| (30) Khushboo Bai | Khushboo Bai |
| (31) Neetu Singh | Pingh |
| (32) Sahaswati Singh | Sahaswati |
| (33) Khushboo Sai | Rsai |
| (34) Sonam Singh | Sonam |
| (35) Smita Bai | Sai |
| (36) Varsha Devi | Devi |
| (37) Arunima xaloo | Axaloo |
| (38) Sunita Bai | Sita |
| (39) Bhagwati Singh | Bhasingh |
| (40) Kamla Bai | Kamla |
| (41) Sankra Bai | Sai |
| (42) Asrita | Beeta |
| (43) Sunita Bai | Sai Bai |
| (45) Durjanjali Bai | Durjanjali |
| (46) Uma Singh | Uma |
| (47) Ravita Sai | Ravita |
| (48) Chandra Kiran Singh | Chandrakiran |
| (49) Anshuwati sai | Anshuwati sai |
| (50) Neerukinda Min) | Noemi |
| (51) Sunaina Lakra | Sunaina |
| (52) Upasna Lakra | Upasna |
| (53) Asha Bai | Asha |

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|------|-----------------------|------------------------|
| (54) | Anju Toppo | Anju |
| (55) | Deepika Bai | Deepika |
| (56) | Sakshi Lakna | Sakshi |
| (57) | Mayiri Kerketta | Mayiri |
| (58) | Seema Ekka | Seema |
| (59) | Muniya Singh | Muniya |
| (60) | Mumeshwari Bai | Mumeshwari |
| (61) | Aradhana Singh | Aradhana |
| (62) | Laxmi Bai | Laxmi |
| (63) | Meha Bai | Meha |
| (64) | KURWANT SINGH | Kurwant |
| (65) | Priya Barua | Priya |
| (66) | Balkishun Ram | Balkishun |
| (67) | Seema Bai | Seema |
| (68) | Shradhawali Bai | Shradha |
| (69) | Manita | Manita |
| (70) | Sushila Singh | Sushila |
| (71) | Gaytri Bai | Gaytri Bai |
| (72) | Deepa Nayak | Deepa |
| (73) | Pratigya Singh | Pratigya |
| (74) | Syam Bihari Singh | Singh |
| (75) | Kalidasi Ram | Kalidasi |
| (76) | Sarjan Ram | Sarjan |
| (77) | Gopal Singh | Gopal |
| (78) | Kamlesh Narayan Singh | K. N. Singh |
| (79) | Bhumika Singh | Bhumika |
| (80) | Susanti Bai | Susant |
| (81) | Upasna Singh | Upasna |
| (82) | Arti minj | Arti minj |
| (83) | Neera Bai | Neera |
| (84) | Leelawati Bai | Leelawati |
| (85) | Jharna Singh | Jharna |
| (86) | Monika Tankey | Monika |

87 - Rashmi Tikey

Rashmi
Tikey

88 Anjali Khatwal

89 Anjali Singh

89 Nitesh Kumar

Anjali
Singh
Nitesh

91 Dr. K.A. Khan

92 Mr. Vinod Kumar

93 Mr. Anup Kumar

94 - Dr. D.K. Singh

95 ASHISH KUSHWAHA (Guest L.)

Ashish
Kushwaha

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