

विद्यामर्थं च साधयेत् ।



FOUNDER -

Shreemant Malojirao Naik Nimbalkar
Rajesahab Phaltan.



PHALTAN EDUCATION SOCIETY

PHALTAN (Pin 415523) Dist. Satara
Public Trust Reg. No. N.S.F. 19/Society Reg. No. 2631

Off. 220539
Resi. 226539

Ref. No. 430-1/25-26

Date : 12 | 7 | 2025

To,

Mr. Ankush Khobragade

Assistant Professor, Dept. of Philosophy
Mudhoji College, Phaltan

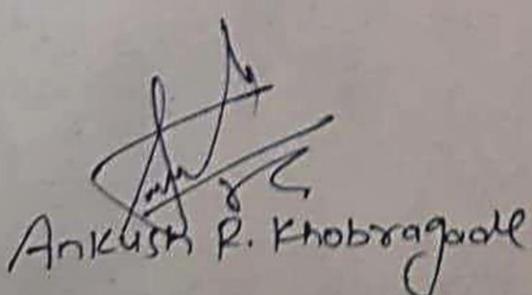
Subject: Appointment as Psychologist

Sir,

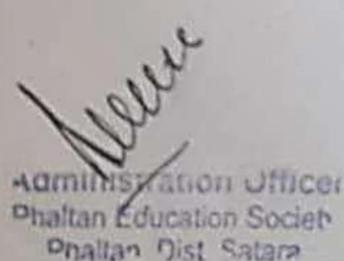
The Management of Phaltan Education Society, Phaltan is pleased to appoint you as **Psychologist** for all Schools and Colleges under Phaltan Education Society, in addition to your present duties as Assistant Professor, considering your qualification of M.A. (Clinical Psychology).

This appointment shall be **effective from 14th July 2025** and will remain in force until further orders. You are expected to provide psychological counseling and guidance to students and staff as and when required, as per the rules of the Society.

Thanking you.



Ankush R. Khobragade



Administration Officer
Phaltan Education Society
Phaltan Dist. Satara

Phaltan Education Society's
COLLEGE OF ENGINEERING

(Approved by AICTE, Delhi /Approved by Govt of Maharashtra DTE)

Email: cooprincipal@yahoo.in Web : www.coephaltan.edu.in

Sr.No. 31 Thakurki, Tal. Phaltan, Dist. Satara

Health Care Cell

Individual Counselling Sessions – Report

A.Y. 2025-26

Counsellor:

Mr. Ankush Khobragade

Counselling Psychologist

Assistant Professor, Mudhoji College, Phaltan.

Convenor:

Mr. Akshay Kate

Secretary of Health Care Cell

Assistant Professor, Department of Mechanical Engineering

Report on 1st Counselling session

Organised by

Health Care Cell

Date— 17.09.2025

Venue— Health Care Cell.

Time— 2 p.m. - 4 p.m.

No. of students participated in the session—7

Name of the students who were counselled:

1. Jagdale Piyush
2. Dhekale Aarti Phattesinh
3. Zaware Saikumar Nandkumar
4. Gole Shambhuraje Nagesh
5. Chavan Girdhar Ramchandra
6. Gujar Radha Rajesh
7. Dhapte Sarang Santosh

About the Counselling Session:

The counselling session was conducted after receiving the names of candidates who were willing or required counselling. Students were shortlisted based on a need-based and risk assessment.

The objectives of the counselling sessions were:

- To understand the problems affecting the students.
- To promote and enhance positive mental health among students.
- To assist students in developing effective plans to overcome their difficulties.
- To motivate students toward successful efforts in achieving their life goals and overall well-being.

Summary of Outcomes

The participating students were observed to experience anxiety in their daily lives, mainly related to education and concerns about their future. Low confidence levels were common among most students; while overthinking and indecisiveness were identified as major causes of stress.

Our Counselling Psychologist, Mr. Ankush Khobragade, provided guidance on improving self-confidence, managing stress, and addressing educational and family-related challenges. He also suggested suitable therapeutic exercises and yoga therapy based on individual needs, which will help students maintain their physical and mental well-being and effectively overcome their difficulties.

Photograph of the Session

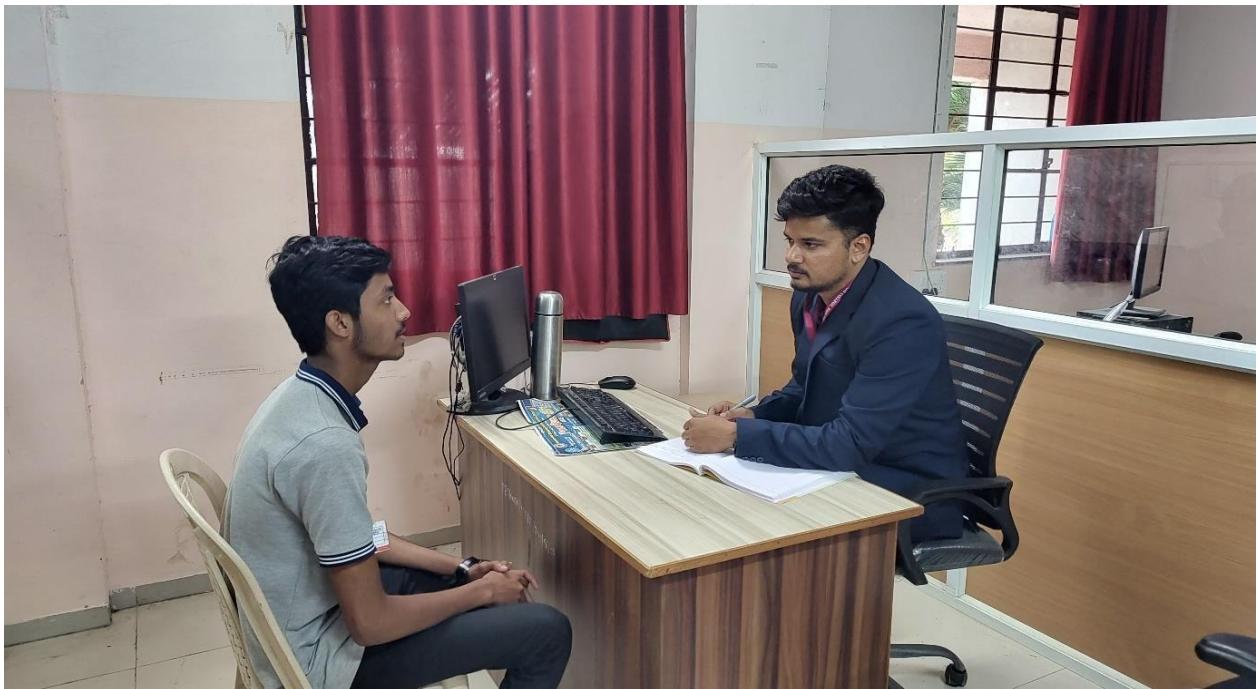
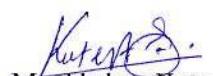


Photo showing counselling to the students



Mr. Akshay Kate

Secretary of Health Care Cell



Mr. Ankush Khobragade

Counselling Psychologist

Report on 2nd Counselling session

Organised by

Health Care Cell

Date— 10.08.2025

Venue— Health Care Cell.

Time— 2 p.m. - 4 p.m.

No. of students participated in the session— 6

Name of the students who participated in the seminar:

1. Gaikwad Shreya Satish
2. Thombare Aryan Sunil
3. Nimbalkar Shravani Anil
4. Mane Nikhil Ramesh
5. Garud Raj Rahul
6. Shelar Yash Mohan

About the Counselling Session:

The counselling session was conducted after receiving the names of candidates who were willing or required counselling. Students were shortlisted based on a need-based and risk assessment.

The objectives of the counselling sessions were:

- To understand the problems affecting the students.
- To promote and enhance positive mental health among students.
- To assist students in developing effective plans to overcome their difficulties.
- To motivate students toward successful efforts in achieving their life goals and overall well-being.

Summary of Outcomes

The students who participated in this session mainly faced problems such as poor concentration, low self-esteem, performance anxiety, and personal and social relationship issues. Some students also had health problems like sleep disturbances (insomnia), and stammering.

A few students have financial difficulties along with high aspirations. Failure to achieve their desired goals often leads to anger and emotional outbursts. Feelings of sadness, stress, and performance anxiety are very common among the participants.

The counsellor, Mr. Ankush Khobragade, motivated the students and helped them understand how to solve their own problems by giving examples. He also suggested different

ways to improve their mental strength, which may help them handle their problems better. Some students need follow-up sessions to monitor their mental well-being.



Photo showing counselling to the students



Mr. Akshay Kate

Secretary of Health Care Cell



Mr. Ankush Khobragade

Counselling Psychologist

Report on 3rd Counselling session

Organised by

Health Care Cell

Date— 11.09.2025

Venue— Health Care Cell.

Time— 2 p.m. - 4 p.m.

No. of students participated in the session—7

Name of the students who participated in the seminar:

1. Madane Avinash Dnyandeo
2. Shinde Sarthak Prashant
3. Shinde Omkar Kashinath
4. Mohite Siddhi Vijay
5. Jadhav Sujal Vijayrao
6. Kharat Aryan Anand
7. Sargar Rohit Pravin

About the Counselling Session:

The counselling session was conducted after receiving the names of candidates who were willing or required counselling. Students were shortlisted based on a need-based and risk assessment.

The objectives of the counselling sessions were:

- To understand the problems affecting the students.
- To promote and enhance positive mental health among students.
- To assist students in developing effective plans to overcome their difficulties.
- To motivate students toward successful efforts in achieving their life goals and overall well-being.

Summary of Outcomes

The participant students in this session faced various family-related problems, including emotional and verbal difficulties within the family. Some students showed low confidence and low self-esteem, which resulted in anxiety, frustration, and emotional distress. Family-related issues also contributed to a lack of self-confidence among the students.

Mr. Ankush Khobragade, *Counselling Psychologist*, guided the students by suggesting practical ways to improve their confidence and manage emotional challenges. She also recommended simple exercises and techniques to strengthen their mental well-being. A few students require follow-up sessions for continued support and monitoring.

The students openly shared their problems with the counsellor. Some students need more than one follow-up session. The students felt relieved and happy after discussing their concerns with the counsellor.

Photograph of the Session



Photo showing counselling to the students



Mr. Akshay Kate

Secretary of Health Care Cell



Mr. Ankush Khobragade

Counselling Psychologist

Report on 4th Counselling session

Organized by

Health Care Cell

Date – 15.10.2025

Venue – Health Care Cell.

Time – 2 p.m. - 4 p.m.

No. of students participated in the session – 6

Name of the students who participated in counselling:

1. Bhagat Abhijit Ganesh
2. Narute Kirti Balaso
3. Madhuri Ambadas Kulkarni
4. Pawar Sonam Anil
5. Chavan Sai Nagesh
6. Doiphode Janhvi Sunil

About the Counselling Session:

The counselling session was conducted after receiving the names of candidates who were willing or required counselling. Students were shortlisted based on a need-based and risk assessment.

The objectives of the counselling sessions were:

- To understand the problems affecting the students.
- To promote and enhance positive mental health among students.
- To assist students in developing effective plans to overcome their difficulties.
- To motivate students toward successful efforts in achieving their life goals and overall well-being.

Summary of Outcomes

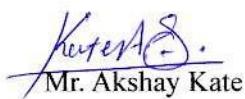
One of the students reported financial difficulties at home, which were causing emotional stress and affecting concentration in academic activities. The situation created feelings of insecurity and anxiety, impacting the student's ability to focus and make decisions effectively. In addition, the participants experienced some basic stress related to college examinations.

The counsellor guided the student on managing financial and academic stress through simple relaxation techniques, effective time management, and a structured study schedule. The students were advised to break their syllabus into manageable sections and practise regular revision to reduce examination-related stress. A follow-up session was suggested for further monitoring and guidance.

Photograph of the Session

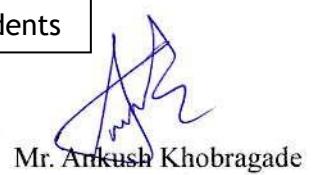


Photo showing counselling to the students



Mr. Akshay Kate

Secretary of Health Care Cell



Mr. Ankush Khobragade

Counselling Psychologist

Report on 5th Counselling session

Organized by

Health Care Cell

Date – 19.11.2025

Venue – Health Care Cell.

Time – 2 p.m. - 4 p.m.

No. of students participated in the session – 6

Name of the students who participated in counselling:

1. Ruturaj Mahendra Dhavale
2. Kubal Rohit Mahesh
3. Nale Pratiksha Sandeep
4. More Romind Mukund
5. Hurde Karan Ramrao
6. Shinde Shreyash Nagesh

About the Counselling Session:

The counselling session was conducted after receiving the names of candidates who were willing or required counselling. Students were shortlisted based on a need-based and risk assessment.

The objectives of the counselling sessions were:

- To understand the problems affecting the students.
- To promote and enhance positive mental health among students.
- To assist students in developing effective plans to overcome their difficulties.
- To motivate students toward successful efforts in achieving their life goals and overall well-being.

Summary of Outcomes

The participants reported stress and concern related to upcoming practical examinations. One of the students also reported excessive mobile phone usage, which was affecting day-to-day activities, concentration in studies, and decision-making ability. The student experienced restlessness and difficulty focusing when away from the mobile phone, leading to reduced academic productivity and emotional discomfort.

The counsellor discussed examination-related stress management strategies with the participants and guided the student to gradually limit screen time through structured daily routines and scheduled phone-free periods. The participants were advised to practise regularly for practical examinations, manage time effectively, and maintain a balanced daily schedule. A follow-up session was recommended to monitor progress and reinforce healthy habits.

Photograph of the Session



Photo showing counselling to the students



Mr. Akshay Kate

Secretary of Health Care Cell



Mr. Ankush Khobragade

Counselling Psychologist

Report on 6th Counselling session

Organized by

Health Care Cell

Date – 12.01.2026

Venue – Health Care Cell.

Time – 2 p.m. - 4 p.m.

No. of students participated in the session – 6

Name of the students who participated in counselling:

1. Pawar Vinod Sanjay
2. Gawade Nilesh Vijay
3. Bankar Mayur Popat
4. Bhandalkar Tejashri Suresh
5. Shinde Shravani Kiran
6. Mohotkar Sanyami Vishal

About the Counselling Session:

The counselling session was conducted after receiving the names of candidates who were willing or required counselling. Students were shortlisted based on a need-based and risk assessment.

The objectives of the counselling sessions were:

- To understand the problems affecting the students.
- To promote and enhance positive mental health among students.
- To assist students in developing effective plans to overcome their difficulties.
- To motivate students toward successful efforts in achieving their life goals and overall well-being.

Summary of Outcomes

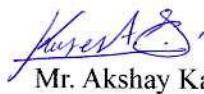
The participants had failed in two or more subjects in a single semester, which resulted in academic stress and reduced confidence. The academic difficulties affected their motivation levels and raised concerns about future academic progress.

The counsellor addressed these academic concerns by guiding the participants on effective study strategies, time management, and realistic goal setting. They were encouraged to follow a structured study plan, seek academic support from faculty members, and maintain regular revision. Counselling support was provided to motivate the participants and improve confidence. Follow-up sessions were suggested to monitor progress and provide continued guidance.

Photograph of the Session



Photo showing counselling to the students



Mr. Akshay Kate

Secretary of Health Care Cell



Mr. Ankush Khobragade

Counselling Psychologist

DALVI

MANOJKUMAR

VITHALRAO

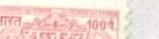
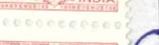
Digitally signed by DALVI
MANOJKUMAR VITHALRAO
Date: 2026.01.19 12:52:08
+05'30'

Phaltan Education Society's
Mudhoji College, Phaltan
 CHB Staff Salary for the Year 2025-26

Nov-25

Sr.No.	Name of The Teachers	A/c No	Total Salary	Prof. Tax	Net Pay	Signature
1	Miss. Kshirsagar Shaila Anandrao	60086928827	26820	200	26620	<i>Kshirsagar</i>
2	Shri. Sonwalkar Kiran Sopan	60080829956	27900	200	27700	<i>Sonwalkar</i>
3	Smt. Mathapati Yogita Ravindra	68008938421	27180	200	26980	<i>Mathapati</i>
4	Shri. Kadam Abhijeet Ashok	60410702224	27180	200	26980	<i>Abhijeet</i>
5	Shri. Gaikwad Vishal Balawant	60341900697	25200	200	25000	<i>Gaikwad</i>
6	Shri. Shinde Shekhar Savata	60404190223	25200	200	25000	<i>Shinde</i>
7	Smt. Nikam Reshma Changdev	60459733427	27900	200	27700	<i>Nikam</i>
8	Shri. Patole Maruti Rajaram	60496481464	26100	200	25900	<i>Patole</i>
9	Smt. Kharade Prajakta Shankar	60182684960	27360	200	27160	<i>Prajakta</i>
10	Shri. Sawant Vilas Raghunath	68015468955	28080	200	27880	
11	Shri. Tilekar Vilas Pandurang	60020724716	27180	200	26980	<i>Tilekar</i>
12	Miss. Gaikwad Gouri Hemkant	68013374738	26820	200	26620	<i>Gouri</i>
13	Shri. Khobragade Akush Rajeshwar	60543172419	26280	200	26080	<i>Akush</i>
14	Shri. Madane Vijay Hiralal	60081523133	26820	200	26620	<i>Madane</i>

13	Shri. Khobragade Akush Rajeshwar	60543172419	18900	200	18700	
14	Shri. Madane Vijay Hiralal	60081523133	18900	200	18700	
15	Dr. Jadhav Ashish Shivram	60237221978	19260	200	19060	
16	Shri. Rajpange Nathurav Bhanudas	20225456356	18720	200	18520	
17	Miss. (Pawar) Jagdale Gayatri Aniket	60340388587	18900	200	18700	
18	Dr. Banduke Dasharath Kisan	60339231539	19260	200	19060	
19	Shri. Shinde Prakash Sopan	60427355634	19440	200	19240	
20	Dr. Chaure Rahul Suresh	68006824325	19440	200	19240	
21	Miss. Nikalaje Kajal Sakharam	60105552526	18540	200	18340	
22	Dr. Kalebere Ravindra Shantaram	20084920985	20160	200	19960	
23	Shri. Ghadage Rohit Nandakumar	68010396288	20160	200	19960	
24	Shri. Godase Anup Tanaji	60456988243	20340	200	20140	
25	Miss. Jadhav Manjiri Parasharam	68017562036	19620	200	19420	

11	Shri. Tilekar Vilas Pandurang	60020724716	93600	600	93000		
12	Miss. Gaikwad Gouri Hemkant	68013374738	93600	600	93000		
13	Shri. Khobragade Akush Rajeshwar	60543172419	93600	600	93000		
14	Shri. Madane Vijay Hitalal	60081523133	88740	600	88140		
15	Dr. Jadhav Ashish Shivram	60237221978	88680	600	88080		
16	Shri. Rajpange Nathurav Bhanudas	20225456356	85320	600	84720		
17	Miss. (Pawar) Jagdale Gayatri Aniket	60340388587	87300	600	86700		
18	Dr. Banduke Dasharath Kisan	60339231539	87300	600	86700		
19	Shri. Shinde Prakash Sopan	60427355634	87300	600	86700		
20	Dr. Chaure Rahul Suresh	68006824325	89100	600	88500		
21	Miss. Nikalaje Kajal Sakharam	60105552526	86580	600	85980		