



COVID-19 Pandemic

Psycho-Social Health and Well-being of students / citizens during and after COVID-Outbreak



Yoga - Psycho Counseling

To Strengthen-Immunity System

To remove Fear- which is Original, Primordial response to threat of Danger and Uncertainty

To remove Stress- Which Causes destruction within

To remove Negative Thoughts - which weakens our Immunity System

“ मीच माझा रक्षक ”

Have Fear ? Feeling Restless ? any question ?,doubt ?

Feel Free to **contact**  any of our

Expert Counsellor... to discuss,to seek help

The enemy that destroy us from within is FEAR.It triggers STRESS.These Psycho-somatic disorders create all the Health problems. Be STRONG to face Corona-Pandemic from within. We are offering counseling for social cause

An initiative by KBCNMU

LIST OF COUNSELLORS

Sr.No.	Specialisation Area	District / Taluka	Name of the Counsellor	Contact No.	Contact Time
1	Psychology	Dhule City	Dr.Gokul Chudhari	9421536017 7385712930	12 – 02 pm.
2			Dr. Shashikant Khalane	9423942258	12 – 02 pm.
3			Dr. Vijay Bhujade	7020047970	03 –05 pm.
4			Dr. Sachin Jadhav	8275271094 9860237271	12 –02 pm.
5			Prof. Sandip Deore	9860762073	03 – 05 pm.
6		Shirpur	Dr. Milind Bachute	9860744693	03 – 05 pm.
7			Dr. Nagorao Dongare	8600304309	03 – 05 pm.
8		Sakri	Dr. Jayprakash Chaube	9421885485 7350493542	12 – 02 pm.
9		Nandurbar City	Dr. Rajesh Meshram	9673950230	1.30 – 5.30 pm.
10			Dr. Satish Surye	8983345757	10 – 1.30 pm.
11			Dr. Sahebrao Ahire	9823119255	10 – 05 pm.
12			Prof. Bharat Khairnar	8421531587 7020442772	10 – 02 pm.
13		Navapur	Prof. Gaurav Borade	9657519675	12 – 05 pm.
14		Jalgaon City	Principal Dr. Subhash Rane	9423575075	03 – 05 pm.
15			Dr.Chandramani Labhane	9403837163	11 – 02 pm.
16			Dr. Benhur Pawar	9403019414	11 – 02 pm.
17			Dr. Jayshree Sontakke	9028127301	03 – 05 pm.
18			Dr. Balaji Raut	9881952504	03 – 05 pm.
19			Dr. Rani Tripathi	7620420209	03 – 05 pm.

20			Prof. Jotsna Palekar	7276775646	03 – 05 pm.
21			Dr. Lalita Nikam	9890330286	03 – 05 pm.
22		Jamner	Prof. Randhir Jadhav	9420107930	12 – 03 pm.
23		Pachora	Prof. Shabana Tadavi	7030171337	12 – 04 pm.
24		Faizpur	Dr. Shankar Jadhav	8007759050	11 – 02 pm.
25		Bhusawal	Dr. Sopan Barate	9960760114	12 – 03 pm.
26		Bhalod	Prof. Mukesh Chudhari	9403383670	12 – 03 pm.
27		Erandol	Dr. Rekha Salunke	9284652757	11 – 01 pm.
28		Chopda	Dr. Revanand Patil	9595566651	12 – 03 pm.
29		Chalisgaon	Prof. Haribhau Nikam	9421519768	03 – 05 pm.
30	Yoga Naturopathy Diet		Prof. Arati V. Gore	9422278411	5 pm. – 7 pm.
31	Yoga, Lifestyle Changes	Jalgaon /	Dr. Devanand S. Sonar	9970985954	5 pm. – 8 pm.
32	Aayurveda, Diet, Yoga therapy	Dhule /	Dr. Leena Manish Chaudhary	9422223122	1 pm. - 3 pm.
33	Yoga Practices	Nandurbar	Mr. Pankaj P. Khajbage	8390766901	5 pm. – 8 pm.
34	Yogic Practices		Mrs. Jyoti D. Wagh	8793421797	4 pm. – 6 pm.
35	Naturopathy, Yoga therapy		Mr. Anant S. Mahajan	9422214841	2 pm. – 4 pm.
36	Yoga Practices		Er. Rajesh I. Patil	9423185081	4 pm. – 6 pm.
37	Diet		Dr. Rupal Shah	8007029737	4 pm. – 5 pm. (Monday-Saturday)
38	Diet		Dr. Aditya Jahagirdar	8830000208	10 am. – 12 pm.
39	Psychology	Jalgaon	Dr. Pradip Joshi	(0257)2225445	10 am. – 02 pm.