

Contents: Theory

I Introduction to Water Literacy

Concept, objective, Needs of Water literacy
Water availability in India
Water Sector- Challenges , Strategy
Water story - Water storage system and water
management (Malik Ambar, Chhatrapati Shivaji Maharaj)

II Water Policy and Legislation

International Water Policy and Regulations
Babasaheb Ambedkar's water policy
International Water Policy
Maharashtra Irrigation Act 1976
Maharashtra Water Resource Regulatory Authority Act
2005
Maharashtra state water policy Act 2003

III Watershed Treatment and Technique :

Need, Scope and Methods of Watershed Development
Technique of Watershed : (Ridge to Valley concept, CCT,
C,EGP,ENB, Gambian, Farm ponds, Contour /
compartment / graded Banding ,Nala Deepening Widening)
Water harvesting
Waste water treatment
Conservation (Need of Water Conservation , Water
Conservation Techniques, Types of Conservation ,
Artificial Groundwater Recharge: Site Suitability and
Methods)

IV Contribution and experiments of NGOs in the Water

Manavlok (Marathwada Navnirman lokayat)
WOTR (Watershed Organization Trust)
Mahatma Foundation (The Water Cup)

Contents - Practical:

Understand and measure village the rainfall & wind
speed.
Measure the slope of the land / stream with simple
techniques.
Calculate the water storage capacity of various types of
pond / Tank.

Contents: Project:

Trainee candidates can select any suitable topic for
his / her research project work, which will be
devoted to any one or more sub-topics given
below:

1. Watershed Planning and Management
2. Artificial Water Recharge Methods
3. Estimation of Wastewater
4. Modeling and or Estimation of Rooftop /
Rainwater Harvesting

Learning Outcomes:

- The learner will develop a perspective for water
conservation and its effective management.
- The learner will be able to understand various methods of
watershed management.
- The learner will understand the work and contribution of
eminent NGOs in Maharashtra.
- The learner will understand the importance of saving
Water Policy and Legislation.



Dr. Babasaheb Ambedkar Marathwada Navnirman Lokayat
Affiliate

MANAVLOK'S
College of Social Work, Ambajogai

Tq. Ambajogai, Dist. Beed



Certificate Course in Water literacy

Course Co-Ordinator

Dr. Hanumant Salunke

Assistant Professor

Dr. Prakash Jadhav

Principal

Manavlok's College of Social Work Ambajogai

Certificate Course in Water literacy

Introduction : Marathwada Navnirman Lokayat (Manavlok), is a voluntary organization established in 1982, as a result of efforts of a small group of youths who started seeking solutions to local, social and political problems with the general aim of achieving a just and happy society. Manavlok is intervene in 150 villages/blocks in 3 districts of Marathwada region of Maharashtra for marginalized farmers, landless labourers, earthquake affected people, and women development centered activities or projects.

Manavlok's Creed is

GOTO THE PEOPLE
LIVE AMONG THEM
LEARN FROM THEM
LOVE THEM
START WITH WHAT THEY KNOW
BUILD ON WHAT THEY HAVE

This philosophy is reflected in its name. Manavlok is the shortened form of Marathwada Navnirman Lokayat was Navnirman means creation and Lokayat denotes people's opinion. Manavlok thus symbolizes a new idea, or an experiment, in rural development, where by villagers themselves is the focus of action and control.

Manavlok is involved in various activities,

- 1) Watershed Development Programme.
- 2) Support for Agricultural Development.
- 3) Women's Empowerment Programme.
- 4) Educational Programmes, Balwadi and Skill training etc.
- 5) Sponsorship programme for uncared aged.
- 6) Jana Sahayog, an advocacy centre.

With a long experience in the field of social development Manavlok felt a need and importance of professionally trained social workers. The demand for trained social workers in various fields of development is increasing. This ensured the post graduate level course of training in social work. Considering the above Manavlok established a college of Social Work in 1999.

College :

Our source of inspiration is Dr. D. S. Lohia alias Babuji who has been working in the field of social development especially in rural development since 1972. He felt that the basic facilities of rural experiments could provide better training in social work. MANAVLOK's College of Social Work (MCSS) was established in 1999 to provide quality training to the trainees in

professional social work to meet the requirements of developing areas of social work. Babasaheb Ambedkar Marathwada University, Aurangabad.

The college is housed in a special campus of eight and a half acres, which provides a good learning environment to the students. Special attention is paid to the personality development of the students by giving them the opportunity to participate in competitions, seminars etc. Apart from education, various certificate courses are also taught on behalf of the college. In the year 2019-20, water literacy certificate course is being taught for MSW students in the college. The course provides basic information on water literacy, water resources, sustainable use of water, water management, importance and necessity of water for life, as well as scientific information on water as well as government policies and laws on water and watershed measures.

Course structure :

Admission & Eligibility

The candidate who have passed bachelor degree in any faculty from the recognized university with at least 40 percent marks shall be consider eligible for admission to certificate course.

Intake Capacity : 40 students

Certificate Course Fees : Nominal Rs. 300/- will be charged as admission fees

Exam

The evaluation method for this certificate course comprises theory and practical / assignments. The student has to obtain 50 percent score in aggregate.

The practical assessment will be done on the basis of performance of the candidate in practical/assignments. At the time of assessment, candidate has to submit the assignments.

Theory Exam : 60 marks

Practical marks : 40 marks

(exposure visit & assignments)

Passing criteria :

The student has to secure 40 percent marks in theory and practical exams for qualifying to the completion of the course.

Duration of the course:

The minimum duration of the program is one semester, Three months (December to February). The classroom teaching will be held on every Saturday and Sunday of the month during 3 to 4 pm.

Teaching Facility :

The college has been provided the audio visual, LCD

projector, over head project, internet facility; Cassettes are available teaching resources in the college.

Medium of Instruction :

- a. English / Marathi
- b. However the students can write their answer in English/Marathi

Learning Objective:

The proposed training programme Literacy is broadly intended to provide environmental awareness related to water aspects to society, citizen participation and responsibility awareness in matters related to water conservation, preservation of natural sources, women empowerment etc

- To understand the problem of drought in Maharashtra.
- To understand the basic concept of water literacy and knowledge of Water policy.
- To develop an understanding of need history and philosophy of water management.
- To develop Knowledge and Skill of Student to work effectively in water management area.
- To understand the current water scheme and programme in the situation and contribution of government and NGOs in water management in Maharashtra.
- To develop an understanding about the watershed development related tool and Techniques.

Total Credits, Marks and Weight age:

Paper	Total	Credit	Mark		Weight age
			External exam	Total	
Theory	05	01	60 Each	60 %	60 %
Practical Project	02	01	40 each	40%	40 %
Total	07	02	100 each	100%	100%

Course Contents

Certificate Course in Water Literacy

Papers	Code	Title	Weightage
Theory	CWL	Introduction to water literacy	15%
Theory	WPL	Water Policy and Legislation	15%
Theory	WTT	Watershed Treatment and Technique	15%
Theory	CENFW	Contribution and Experiments of NGOs in the Field of Water	15%
<u>Practicle</u> & Project	MTT	• Measurement Tools and Techniques	20 %
		• Dissertation / Research Project	20%
Total			100%



Dr. Babasaheb Ambedkar Marathwada University, Aurangabad

Affiliated



MANAVLOK
An Experiment in Rural Reshaping

Manavlok's College of Social Work Ambajogai Dist. Beed



CERTIFICATE COURSE IN WATER LITERACY

Coordinator

Dr. Hanumant Salunke

Assistant Professor

Dr Prakash Jadhav

Principal

Manavlok's College of Social Work Ambajogai Dist Beed



Certificate Course in Water literacy

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- 2) SUPPORT FOR AGRICULTURAL DEVELOPMENT.**
- 3) WOMEN'S EMPOWERMENT PROGRAMME.**
- 4) EDUCATIONAL PROGRAMMES, BALWADI AND SKILL TRAINING ETC.**
- 5) SPONSORSHIP PROGRAMME FOR UNCARED AGED.**
- 6) JANA SAHAYOG, AN ADVOCACY CENTRE.**

With a long experience in the field of social development Manavlok felt a need and importance of professionally trained social workers. The demand for trained social workers in various fields of development is increasing. This ensured the post graduate degree course of training in social work. Considering the above facts, Manavlok established a college of Social Work in 1999.

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(Note: Each 1 Credits includes 60 marks External and 40 marks Practicle Examinations)

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- History - Water storage system and water management (Malik Ambar, Chhatrapati Shivaji Maharaj)

Unit – II Water Policy and Legislation

- International Water Policy and Regulations
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Unit – III Watershed Treatment and Technique

- Need, Scope and Methods of Watershed Development
- Technique of Watershed : (Ridge to Valley concept, CCT, LBC,EGP,ENB, Gambian ,Farm ponds, Contour / compartment /graded Banding ,Nala Deepening Widening)
- Rain Water harvesting
- Waste water treatment
- Conservation (Need of Water Conservation , Water Conservation Techniques, Types of Conservation , Artificial Groundwater Recharge: Site Suitability and Methods)

Unit – IV Contribution and experiments of NGOs in the field of Water

- Manavlok (Marathwada Navnirman lokayat)
- Tarun Bharat Sangh (Bhikampura Rajasthan)
- WOTR (Watershed Organization Trust)
- Paani Foundation (The Water Cup)

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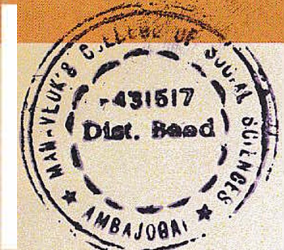
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- २ ढवळीकर मधुकर केशन (२००६), कोण एके काळी सिंधु संस्कृती, राजहंस प्रकाशन, पुणे
- ३ कॉडेकर ए. वाय. (२००६), प्राचीन व मध्ययुगीन भारताचा इतिहास, निराली पब्लिशर, पुणे
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MANAVLOK'S COLLEGE OF SOCIAL WORK

AMBAJOGAI, DIST. BEED

Certificate Course

16212

Self Help Group A Change Agent

Credit : II
Duration : Two Months

Course coordinator
Prof. Dr.Arundhati Patil

Principal
Dr.Prakash Jadhav



Introduction:

The certificate Course –Self Help Group A Change Agent is a foundation course . It has been designed for the first semester students of MSW .

Course Fee – Rs. 300

Since 2001 the movement of self Help Group is widely spread across the country and all over the world. Veteran prof. Dr. Mohammad Unus conceptualized the idea of self financed women groups during 80 s in Bangladesh. This model of micro finance and Grameen Bank was adopted in many countries as an effective tool for women empowerment . India also recognized it and declared year 2001 as ' Women Empowerment Year to bring transformation in the lives of poor women.

Learning Objectives –

The certificate course aims to enhance the understanding of concept and process of self help group of women or self financed groups .Students of social work requires the skill and knowledge of group management in

- addressing the social issues. . With this course they can acquire
- the perception in mobilizing women through self help groups
- towards empowerment and knowledge of group formation
- adapting process and procedure .

Highlights

- Mode of course is online virtual platform as well as offline classroom.
- Thirty clock hours including assignments and visit hours periods
- Guest lectures and experience sharing's of self help group women
- Assessment based on Tutorial , presentation and examination.
- Theory -60 marks Assignments and visits –40 marks

Outcome of the Course-

Student shall understand the concept of women group formation and get equipped to exercise it in real settings.



1.2.3



मानवलोक समाजकार्य महाविद्यालय, अंबाजोगाई

प्रमाणपत्र अभ्यासक्रम

स्वयंसहाय्यता गट प्रेरक प्रमाणपत्र कोर्स

क्रेडीट - 2

कालावधी - दोन महिने

एम.एस.डब्ल्यू. प्रथम सत्रासाठी

शिक्षणउद्देश

- स्वयंसहाय्यता गट संकल्पना समजून घेणे
- गटनिर्मितीची प्रक्रिया व सक्षमीकरण याचे टप्पे लक्षात घेणे

अपेक्षित यश-

- स्वयंसहाय्यता गटाची बांधणी कौशल्य येईल व महिला सक्षमीकरण याची समज वाढेल

घटक१-महिला सक्षमीकरण

- अ. महिला स्वयंसहाय्यता गटाचा इतिहास
- ब. महिलांची आर्थिक व सामाजिक परिस्थिती
- क. स्वयंसहाय्यता गटाची संकल्पना

घटकक्र .2 -शासन स्तरावरील महिला सक्षमीकरण योजना व कार्यक्रम

- अ . सुवर्णजयंती ग्राम स्वरोजगार योजना
- ब . महिला आर्थिक विकास मंडळ
- क . महिला जीवन कौशल्य योजना

घटक क्र . 3 स्वयंसहाय्यता गट बांधणी

- अ. स्वयंसहाय्यता गट निर्मिती व व्यवस्थापनाची तत्वे
- ब. आर्थिक नियोजन, अंतर्गत कर्ज व बँक कर्ज व्यवहार

घटकक्र . 4 - प्रात्याक्षिके व सराव

- अ. अहवाललेखन, ठरावलेखन, संवादकौशल्य
- ब. गटनिर्मिती व मासिक बैठक व्यवस्थापन
- क. मूल्यमापन कौशल्य

सदरील कोर्स हा दोन महिने म्हणजे तीस तासांचा असेल . या मध्ये वर्ग आणि संबंधित विषयाला अनुसरून क्षेत्र भेटी व सराव याचा अंतर्भाव असेल.

मूल्यमापन -

R. Alande

Coordinator IQAC
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[Signature]
Principal
Manavlok's College Of Social Sciences
Ambajogai Dist. Beed

Translated Copy of Syllabus
Manavlok Social Work College, Ambajogai
Certificate Course : "Self Help Group A Change Agent"
Semester - I



Credit – II
Duration : Two Months (thirty hours)

Learning Objective :

- Students of MSW should understand the concept of self Help group microfinance and the process that leads women towards empowerment.

Outcomes

- MSW students shall be able to form SHG and increase understanding of the empowerment.

UNIT – I : Women Empowerment

- a) History of Self Help Group
- b) Socio-Economic situation of Women
- c) Concept of Self Help Group

UNIT – II : Govt. Schemes and Programmes for Women Empowerment

- a) Suvarna Jayanti Gram Swarajgar Yojana (SGSY)
- b) Mahila Arthik Vikas Mandal (MAVIM)
- c) Mahila Jeevan Kaushaya Yojana (NRLM)

UNIT – III : Formation of Self Help Group


- a) SHG formation and Principles of group Management
- b) Economic Planning, Internal and Bank Loan and Finance


UNIT – IV : Field Work Practice

- a) Report Writing, Communication, Resolution Writing
- b) Group formation, Monthly Meeting Management Evaluation

Evaluation of Course

- Assignments
- Group Discussion
- Field Visits
- Examination


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Mode of Examination:

Exam should be conducted at the end of syllabus. The pattern of examination is objective, descriptive and practical based. 60 marks for theory and 20 marks for practical i.e. assignment of writing proposal submitted by students on given period. After completion of the course a certificate will be issued to students.

Learning Outcomes:

- The learner should understand the need of project proposal.
- The learner should acquire the sources of fund raising technique and skill of proposal writing, Management and Administrative skills.
- The learner should develop their sense of writing proposals through Practical.
- The learner should understand that how to present proposals in different funding agencies.

Contacts:

Course Coordinator :

Sukeshini Jogdand

Assistant Professor,

Manavlok College of Social Work, Ambajogai

Mob.: 9405826977

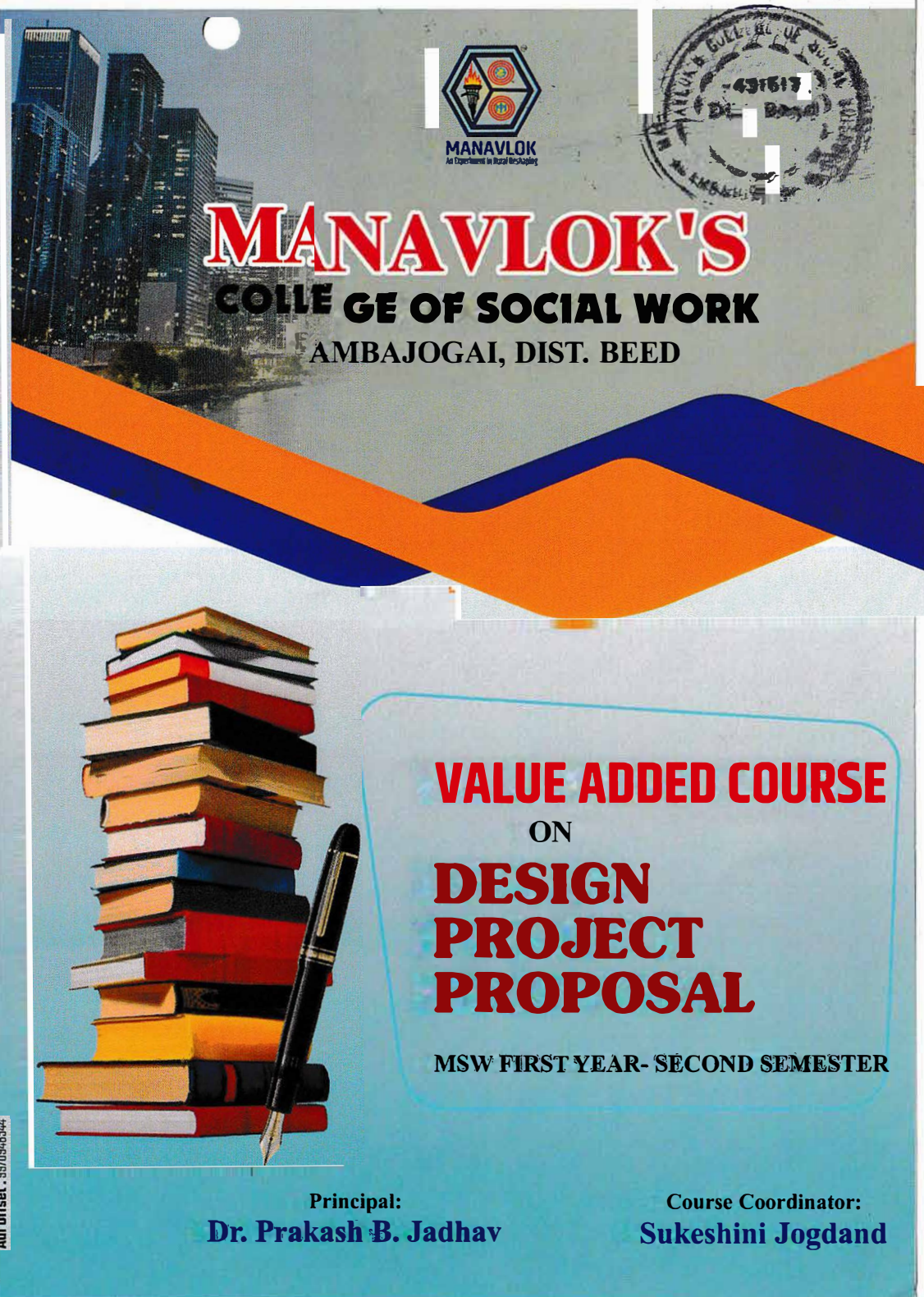
E-mail: sukeshiniramteke@gmail.com

Principal

Manavlok College of Social Work

Ambajogai, Dist. Beed

Art Offset . 99709/9544



MANAVLOK'S
COLLEGE OF SOCIAL WORK
AMBAJOGAI, DIST. BEED

VALUE ADDED COURSE
ON
DESIGN PROJECT PROPOSAL
MSW FIRST YEAR- SECOND SEMESTER

Principal:
Dr. Prakash B. Jadhav

Course Coordinator:
Sukeshini Jogdand

Introduction:

Master of Social Work course is imparted theoretical knowledge, skills as well developed attitudes toward solving societal problems. The syllabus of this course included its ethics, values and norms to develop individuals, groups and society. For the subjects of social work methods, we thought that the students develop their skillful knowledge, approaches for organizational development. When the students placed in various voluntary sectors as well Govt. projects run by various institutions, they should have the knowledge to identify the problems, its priorities, resource availability and administered the projects. For the enrichment of curriculum, the college is going to start a value-added course on **Design Project Proposal**. In this course students should understand the need of proposal, how to write the proposal and how to present the proposal for fund raising.

Learning objectives:

- To understand the importance of writing project proposal.
- To develop the skill of writing proposals and gain knowledge about the source of funding.
- To educate the knowledge about the types of proposals.

Importance the study:

Now a day the significance of social work education is increased day by day. MSW qualified person can work in various field like health, education, empowerment of society, human rights, rural and urban development, awareness on various sectors, CBOs, VO's and NGOs also. When they starts work on development of society community they need economical support. In this era so many funding agencies, CSR companies are support to various organization working on ground level. Sometimes nobodies know about each other. Sometimes organization didn't know how to approach the funding agencies, how to collect funds and how to write proposals. This course will help to MSW educators regarding how to identifying the problems, how to write a proposal, where to send it and how to get funds. As well the students gain a additional value of Administrative management and techniques of fund raising.

Course Structure:

Credit : 2

Duration : 3 Months

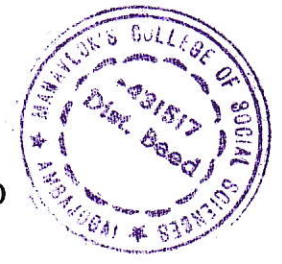
Course Code : DPP-002

Hours : 30 (Theory - 20 hours and Practical – 10 hours)

Course Fee : Rs. 300/-

Registration : Starts during Second Semester (MSW)

Marks : 80 (60 Marks for theory and 20 for Practical)



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VALUE ADDED COURSE

ON

DESIGN PROJECT PROPOSAL

MSW FIRST YEAR- SECOND SEMESTER

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Principal: Dr. Prakash B. Jadhav

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**Course Structure:****Credit:** II**Hours:** 30 Theory – 20 hours and Practical– 10 hours**Course Fee:** 200/-**Registration:** Starts on Second Semester (MSW)**Marks:** 80 (60 Marks for theory and 20 for Practical)

Exam should be conduct at the end of syllabus. The pattern of examination is objective, descriptive and practical based. 60 marks for theory and 20 marks for practical i.e. assignment of writing proposal submitted by students on given period. After completion the course a certificate will issues to students.

Passing Structure: as per university PG students passed their examination rule is 40% Marks obtain out of Total Marks. This rule is followed in same course. The grade system is also adopted on the basis of practical marks given in Dr. Babasaheb Ambedkar Marathwada University, Aurangabad syllabus.

Grade System:

Marks	Grade
71 to 80	O
61 to 70	A+
51 to 60	A
41 to 50	B+
32 to 40	B
Below 32	F

Learning Outcomes:

- The learner should understand the need of project proposal.
- The learner should acquire the sources of fund raising, technique and skill of proposal writing, Management and Administrative skills.
- The learner should understand that how to present proposals in different funding agencies.
- The learner should develop his sense of writing proposals through Practical.

Contacts: Course Coordinator: Sukeshini Jogdand, Assistant Professor, Manavlok College of Social Work, Mob.: 9405826977 e-mail: sukeshiniramteke@gmail.com



Syllabus of the Course

(With effect from April 2022)

Unit no. I: Understanding the Design Project Proposal

Meaning,

Concept and Objectives,

Characteristics of Design Project Proposal

Unit No. II: Types of Proposals

Research Proposal

Fund Raising Proposal

Unit. No. III: Techniques and skill of writing proposal

Need and Significance of Proposal Writing


Writing skills of project proposal

Unit No. IV: Practical

Assignments on design project proposal

References:

- Handbook for How to Write a Project Proposal, Worcester Polytechnic Institute
- Joel J. Orosz, former program director in philanthropy and volunteerism at the WK. Kellogg Foundation, is distinguished professor of philanthropic studies at the Dorothy A. Johnson Center for Philanthropy and Non-profit Leadership at Grand Valley State University in Grand Rapids, Michigan.
- The Grant Institute: Grants 101 From "The Insider's Guide to Grant Making" (by Joel Orosz)
- Fr. Emmanuel S. Fernando, Project from Problems
- Voluntary Organizations PDC Network Bhubneshwar -6
- Fundraising Skills and Techniques
- Project Formulation for Voluntary Organizations
- Fund 100


Coordinator IQAC
Manavlok's College of Social Work
Ambalganj Dist. Baeed, 431517


Principal
Manavlok's College of Social Work

Outcomes of the course

- The learner will be able to understand the meaning, need, scope of school counseling.
- The learner will be able to understand the skills of school counseling.
- The learner will be able to understand the skills of counseling with children and techniques application of theories.



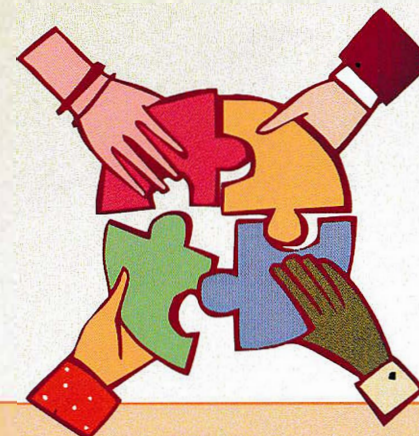
Dr. Rama Pande
Principal
Manavlok's College Of Social Sciences
Ambajogai Dist. Beed



MANAVLOK'S

COLLEGE OF SOCIAL WORK

AMBAJOGAI, DIST. BEED



CERTIFICATE COURSE In **SCHOOL COUNSELING**

Designed by
Dr. Rama Pande
Course coordinator (IQAC Dept.)
Manavlok's College of Social Work Ambajogai.

Principal
Dr. Prakash Jadhav

Course details

Course details Credit : 2

Hours : 30

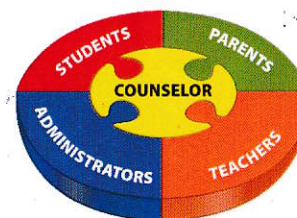
Programme – Course level	Two month certificate course	
Duration of the Programme	30 Hours (Two months)	
Eligibility	Graduate from any University	
Examination type	Theory and assignments	
Programme fee	Rs. 300/-	
Job areas	Educational institutions (schools-primary, middle and high school)	
Examination mode	Written exam	70 marks
Written exam and assignment (objective type paper)	Assignment	30 marks
	Total	100 marks

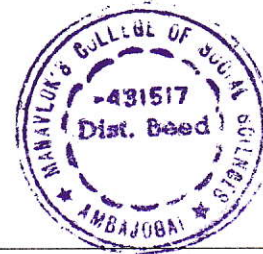
Objectives of the course

1. To develop an understanding of the basics of school counseling.
2. To acquire the necessary skills as a school counselor
3. To know about how to handle the issues of children.
4. To know about the application of therapeutic treatment.

Introduction

School counseling is not only important but it is urgently required in all types of schools in India, because it will be an external source of support for addressing various problems of school going children and adolescent. Professional counselor works in govt. and private schools to facilitate student achievement, improve student behavior and attendance and to support those students who are experiencing personal, academic, mental health, behavioral or physical challenges. School counselor helps the students to resolve their personal or intra-personal problems. School counselors not only help the students but they also provide support to school staff, administrators and parents by suggesting them intervention strategies and techniques and programmes to improve mental health and school safety. The school counselors are expected to take on leadership roles within school system, to work from strength based perspective to develop and manage comprehensive school counseling programmes.





Course details

Credit : 2

Hours : 30

1. Programme – Course level	Two month certificate course						
2. Duration of the Programme	30 Hours (Two months)						
3. Eligibility	Graduate from any University						
4. Examination type	Theory and assignments						
5. Programme fee	Rs. 300/-						
6. Job areas	Educational institutions (schools-primary, middle and high school)						
7. Examination mode - Written exam and assignment (Objective type paper)	<table> <tr> <td>Written exam</td><td>70 marks</td></tr> <tr> <td>Assignment</td><td>30 marks</td></tr> <tr> <td>Total</td><td>100 marks</td></tr> </table>	Written exam	70 marks	Assignment	30 marks	Total	100 marks
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CERTIFICATE COURSE in SCHOOL COUNSELING

Objectives of the course

1. To develop an understanding of the basics of school counseling.
2. To acquire the necessary skills as a school counselor
3. To know about how to handle the issues of children.
4. To know about the application of therapeutic treatment.

Syllabus details.

Unit – I –school counseling-

08 hours

- Meaning, Concept, Need and Scope
- Developmental tasks of school children (Primary, middle and high school)
- Theoretical foundation and counseling approaches (Piaget's theory, Erickson's theory, Ivey's developmental therapy, Behaviour therapy.

Unit –II – Role and Functions of school counselor.

02 hours

- Objectives and Principles of school counseling.
- Role and functions of school counselor according to the primary, middle and high school level.

Unit –III – Skills of a counselor

04 hours

- Characteristics and skills of a counselor (communication skill, evaluating skills, coordinating skill and listening skills)
- Essential qualities and professional ethics of a school counselor.

Unit – IV – Issues of children

06 hours

- Common problems of school children, difficulties in academic performance, identification and intervention.
- Counseling with slow learners, learning disabilities, gifted children, mentally and emotionally challenged children's
- Counseling with victims of physical and sexual abuse, delinquent children, children from broken families.
- Children with health and mental health problems.

Task and Assignments

10 hours

- Visit to counseling centers and prepare report.
- Prepare one case study and analysis of case study.
- Group Discussion and seminar presentation.

Outcomes of the course

- The learner will be able to understand the meaning, need, scope of school counseling.
- The learner will be able to understand the skills of school counseling.
- The learner will be able to understand the skills of counseling with children and techniques application of theories.

References

१. देशपांडे चंद्रशेखर (२०१६)	समुपदेशन : शास्त्रीय प्रक्रिया व उपयोजन , मेधा राजहंस, उन्मेष प्रकाशन, पुणे ३०.
२. देवगावकर शैलजा (२०११)	मन, मनोविकार आणि समुपदेशन. श्री. साईनाथ प्रकाशन, नागपूर.
३. John Mcleod (2008)	An Introduction to counseling. Rawat

	Publication, Jaipur.
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8. नाडकर्णी आनंद. (२००३)	ताण तणावाचे नियोजन. मेजीस्टिक प्रकाशन, मुंबई.


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