



Shree Rahul Education Society's (Regd.)

SHREE L. R. TIWARI DEGREE COLLEGE

(Arts | Commerce | Science) UGC Recognition under sec 2(f) of the UGC Act 1956 | Approved by Government of Maharashtra | NAAC Accredited with Grade 'A' (1st Cycle) | Affiliated to University of Mumbai | College Code -1064 | ISO Certified 9001:2015 | Hindi Linguistic Minority institution

BBI & Mcom Department

In collaboration With IQAC & NEP Committee

Organises

Session On Stress Management

Say no to Anxiety & Stress

"Take a deep breath and
try all over again."

Time: 11:30Am to 12:30 Pm

Venue: 502 New Building

Date: 24th July 2025



Sonali

Dr. Sonali Nandu
BBI & Mcom Coordinator

Vaishali

Dr. Vaishali Kothiya
IQAC Coordinator

Saeer

Dr. Saeer Sawant
NEP Coordinator

Sanjay

Dr. Sanjay Mishra
I/C Principal



*** Education For All ***

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Affiliated to University of Mumbai |
College Code - 1064 | ISO Certified 9001:2015 |
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Notice No: SLRTDC/25-26/

Date: 21st July, 2025

NOTICE

B.Com. (Banking & Insurance) & M.Com Department

This is to inform to all Faculties that B.Com. (Banking & Insurance) & M.Com. Department, in collaboration with the IQAC & NEP Committee of our college, is organizing a session on “**Stress Management**”. This session **aims** to create awareness and equip Faculties with essential knowledge and skills for personal well-being and growth.

Venue: Classroom 502, New Building.

Date: 24th July, 2025

Time: 11:30 AM – 12:30 PM

Resource Person: Dr.Sonali Nandu

Session Objective:

1. To understand the causes and symptoms of stress.
2. To learn effective techniques to manage and reduce stress.
3. To build emotional resilience and promote mental well-being.
4. To develop self-awareness and identify personal stress triggers.
5. To encourage the adoption of healthy lifestyle habits for long-term stress management.

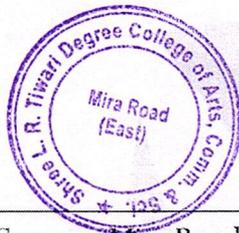
Note: Requesting All Faculty member to attend the session.

Dr. Sonali Nandu
BBI / M.Com
Coordinator

Dr. Vaishali Kothiya
IQAC Coordinator

Dr. Sae Sawant
NEP Coordinator

Dr. Sanjay Mishra
H/O Principal
Shree L. R. Tiwari Degree College of Arts, Comm. & Sci.
Kanakia Park, Mira Road (East),
Dist. Thane - 401107. Maharashtra





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Date: 24th July, 2025

Report on Stress Management

Topic: Stress Management

Time: 11:30 AM – 12:30 PM

Participants: Female :19 Male :10

Venue: Classroom 502, New Building

Introduction:

Stress has become an inevitable part of modern life, affecting both personal and professional well-being. Recognizing the importance of mental health in the workplace, the Departments of B.Com. (Banking & Insurance) and M.Com. in collaboration with the IQAC and NEP Committee, had organized a session on "Stress Management". The objective of this session was to help faculty members identify stress triggers, understand coping mechanisms and promote emotional resilience for a balanced and healthy lifestyle.

Highlights of the Event:

- Interactive discussion on causes, symptoms and effects of stress.
- Demonstration of practical relaxation and mindfulness techniques.
- Expert insights on maintaining mental well-being and emotional balance.
- Q&A session to address individual concerns and share coping strategies.

Session Objectives:

- To understand the causes and symptoms of stress.
- To learn effective techniques to manage and reduce stress.
- To build emotional resilience and promote mental well-being.
- To develop self-awareness and identify personal stress triggers.
- To encourage the adoption of healthy lifestyle habits for long-term stress management.

Outcomes of the Program:

The session enhanced awareness of stress management and its role in daily life. Participants gained practical insights on maintaining work-life balance, relaxation, and mindfulness, encouraging them to prioritize mental well-being and support a positive workplace environment.

Conclusion:

The "Stress Management" session was an enlightening and refreshing experience for all faculty members. It emphasized that managing stress is not just a personal responsibility but a collective effort towards fostering a supportive and mentally healthy workplace. By incorporating stress management techniques into daily life, individuals can improve productivity, satisfaction, and overall well-being.

Dr. Sonali Nandu
BBI / M.Com.

Dr. Vaishali Kothiya
Coordinator– IQAC

Dr. Sae Sawant
NEP Coordinator

Dr. Sanjay Mishra
I/C Principal Coordinator

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Feedback Analysis of “Stress Management”

The session was organized by B.Com. (Banking & Insurance) & M.Com. Department in collaboration with the IQAC & NEP Committee of our college on “Stress Management”. This session aims to create awareness and equip Faculties with essential knowledge and skills for personal well-being and growth.

Venue: Classroom 502, New Building.

Date: 24th July 2025

Time: 11:30 AM – 12:30 PM

Resource Person: Dr. Sonali Nandu

1. How would you rate effectiveness of this session?

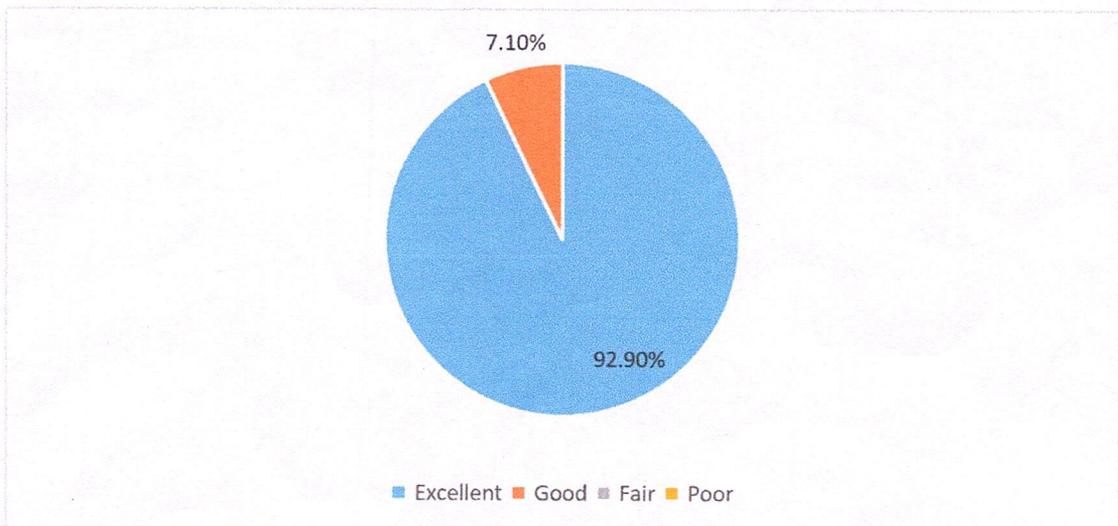


Figure No.: 1.1

Interpretation:

A vast majority of the respondents (92.9%) rated the session as “Excellent”, reflecting a highly positive reception. A small percentage (7.1%) rated it as “Good”, while none of the respondents marked it as “Poor” or “Fair”. This indicates that the session was extremely effective and met the expectations of almost all participants, with no negative feedback recorded.

2. Would you like to attend more sessions like these?



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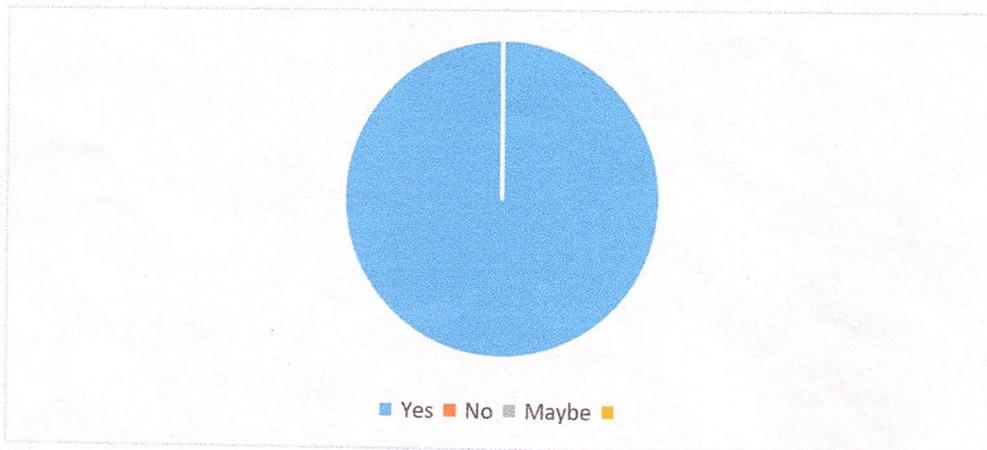


Figure No.: 1.2

Interpretation:

All respondents (100%) expressed interest in attending more such sessions in the future. This unanimous positive response highlights the strong impact and relevance of the session. The absence of any negative or uncertain feedback clearly indicates that participants found the session valuable and are eager for similar opportunities ahead.

3. Do you believe stress can have a negative impact on your physical and mental health?

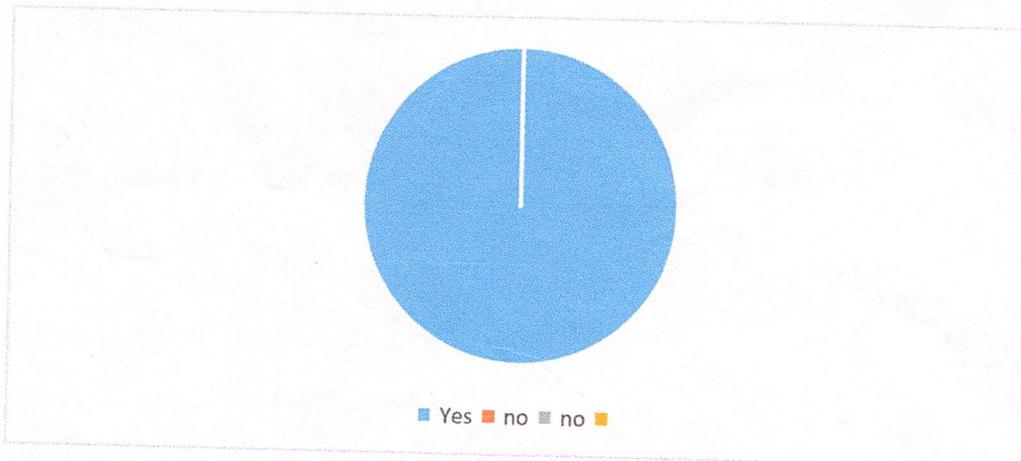


Figure No.: 1.3

All participants (100%) showed interest in attending more sessions like this in the future. This unanimous response reflects the effectiveness and relevance of the program. With no negative or uncertain feedback, it is evident that the session was well-received and participants are enthusiastic about engaging in similar sessions going forward.



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negative or uncertain feedback, it is evident that the session was well-received and participants are enthusiastic about engaging in similar sessions going forward.

4. Any specific feedback/comment for this session.

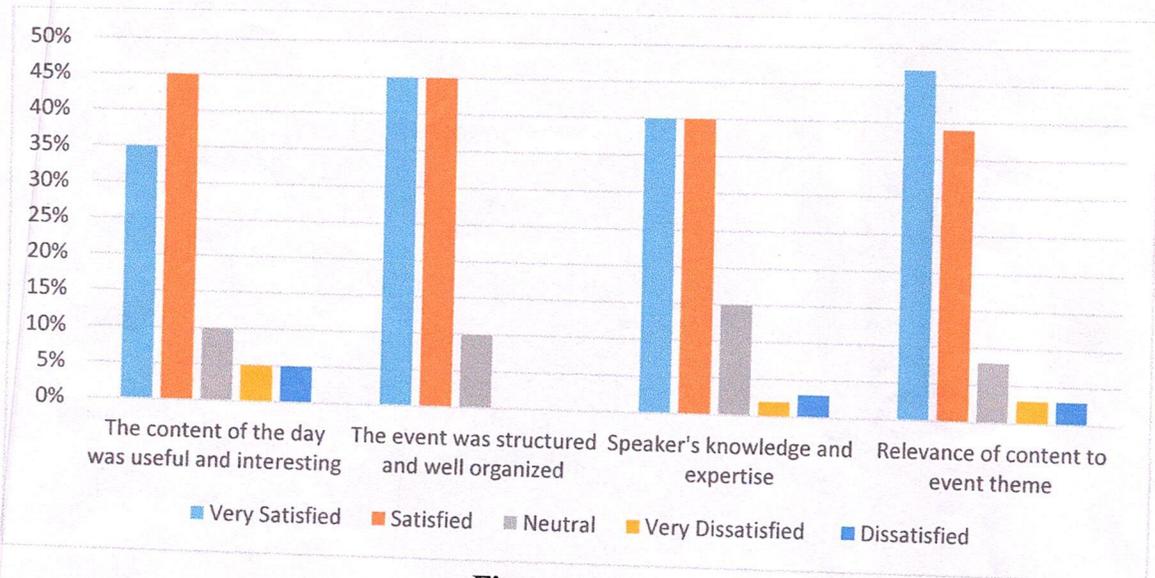


Figure No.: 1.4

Interpretation:

The session received highly positive feedback across all key aspects. Nearly 80% of respondents found the content both useful and engaging, while 90% agreed that the event was well-structured and organized. Over 80% valued the speaker's knowledge and expertise, and close to 86% affirmed the relevance of the content to the event theme. With only a small fraction expressing neutrality or dissatisfaction, the overall response indicates that the session was successful and effectively met participants' expectations.

Sonali

Dr. Sonali Nandu
BBI/M.Com Coordinator

Vaishali

Dr. Vaishali Kothiya
IQAC Coordinator

Sae Swant

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Attendance Sheet

Name of the Event: Session on Stress Management

Name of the Department/Committee/Cell/Club: BBI + M.Com

Name of the Speaker: Dr. Sonali Namde Date: 24th July 25

Sr. No.	Name of the Faculty	Dept	Gender M/F	Signature
1.	Bhurnika Yga	BCOM	F	<u>Bhurnika</u>
2.	Sankalp Tiwari	IT/CS	M	<u>Sankalp</u>
3.	C.I. AJITHI ALWYN RAY	IT/CS	M	<u>Ajay</u>
4.	Neha Kulkarni	CS	F	<u>Neha Kulkarni</u>
5.	OMKAR MADYAL	CS	M	<u>Omkar</u>
6.	Saakshi Pandey	BAF	M	<u>Saakshi</u>
7.	Suman Gupta	BAF	F	<u>Suman</u>
8.	Ajay Yadav	BAMMC	M	<u>Ajay</u>
9.	Suvarna Shende	-	F	<u>Suvarna</u>
10.	POONAM SHARMA	B.Com	F	<u>Poonam</u>
11.	Jay Thosani	BMS	M	<u>Jay</u>
12.	Swati Bhatt	"	F	<u>Swati</u>
13.	Dr. Sabrini D'souza	"	F	<u>Sabrini</u>
14.	Moumita Nair	BAMMC	F	<u>Moumita</u>
15.	Narmata Singh	BAMMC	F	<u>Narmata</u>
16.	Babli Vishwakarma	BMS	F	<u>Babli</u>
17.	Asst. Prof. Lohesh Bahad	BSCIT/CS	M	<u>Lohesh</u>
18.	Asst. Prof. Rambhawan Yadav	BLom	M	<u>Rambhawan</u>
19.	Asst. Prof. Rashmi Ina	BMS	F	<u>Rashmi</u>
20.	Asst Prof Sonal Shah	BCOM	F	<u>Sonal</u>
21.	Madhu Yadav	BMS	F	<u>Madhu</u>
22.	Neha Prajapati	BSCIT/CS	F	<u>Neha</u>
23.	Sumbul Fatima	BSCIT/CS	F	<u>Sumbul</u>
24.	Shivshanka Vishwakarma	BMS	M	<u>Shivshanka</u>
25.	Dr. Saee Sawant	BMS	F	<u>Saee Sawant</u>



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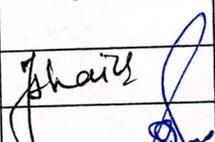
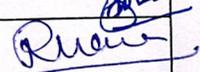
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Attendance Sheet

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Name of the Department/Committee/Cell/Club: BBT + M.Com

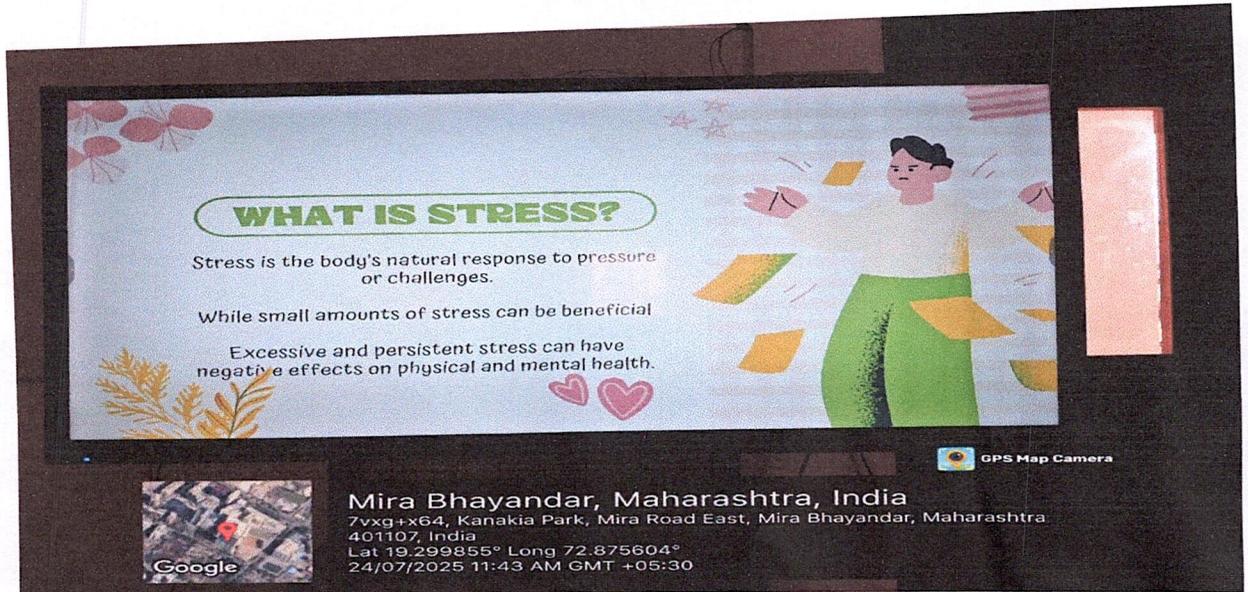
Name of the Speaker: Dr. Sonali Namde Date: 24th July 25

Sr. No.	Name of the Faculty	Dept	Gender M/F	Signature
1.	Zahid Shaikh	B.COM	M	
2.	Asst. Prof. Sangeeta Suryanandhi	BBT	F	
3.	Rishi Vichavaj	Bsc IT	F	
4.	Egam Ansari	Bsc IT	F	
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Glimpse of the event





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