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

A SESSION ON

RESILIENCE AND *Well-being*

Strengthen Mind. Nurture Self. Thrive in Life.



SPEAKER

Roopa Kanojia Jain

Counselling Psychologist & Therapist

Psychologist | Therapist | Counsellor

DATE
8 SEPTEMBER 2026
(TUESDAY)

TIME
10:30 AM ONWARDS

VENUE
CLASSROOM NO. 201 NB, OLD BUILDING

Department of IT/CS in Collaboration with IQAC



- Build inner strength and resilience
- Improve mental well-being
- Manage stress and challenges
- Enhance self-awareness and positivity

Take care of your mind, it's the only place you have to live.

OPEN TO ALL STUDENTS

LET'S TOGETHER BUILD A STRONGER, HEALTHIER & HAPPIER YOU!

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Education For All

Notice: SLRTDC/NSS/ 26-27/ Date: 5th September, 2026

NOTICE

This is to inform all students that the Department of IT/CS, in collaboration with IQAC, is organizing a session on "Resilience and Well-being" to promote awareness about mental well-being, emotional resilience, stress management, and positive self-development among students.

Date: 8th September 2026

Time: 10:30 am onwards

Venue: Room No. 201 NB

Session Topic: Resilience and Well-being

Resource Person: Ms.RoopaKanojia Jain – Counselling Psychologist & Therapist

Session Objectives

- To help students understand the importance of mental and emotional well-being.
- To develop resilience and inner strength to cope with challenges and stressful situations.
- To encourage students to adopt healthy approaches for managing stress and maintaining well-being.
- To promote self-awareness, positive thinking, and emotional balance in students.
- To provide students with an opportunity to gain valuable insights from a professional Counselling Psychologist and Therapist.
- All students are encouraged to attend the session and benefit from this informative and enriching programme.

Attendance is mandatory.

Asst. Prof.RashiKhare
BSc.IT Co-ordinator

Shree L. R. Tiwari Degree College of Arts, Comm. & Sci. Mira Road (East)

Asst. Prof OmkarMadyal
BSc.CS Co-ordinator

Dr.Akanksha Gujarati Asar
IQAC Co-ordinator

In Principal
Shree L. R. Tiwari Degree College of Arts, Comm. & Sci.
Kanakia Park, Mira Road (East),
Dist. Thane - 401107. Maharashtra

REPORT ON RESILIENCE AND WELL-BEING

Date: 8th September 2026
Time: 10:30 a.m. onwards
Venue: Room No. 201
Resource Person: Ms. Roopa Kanojia Jain, Counselling Psychologist and Therapist

1. Introduction

The Department of IT/CS, in collaboration with IQAC, organized a session on "Resilience and Well-being" on 8th September 2026. The session aimed to create awareness among students about mental and emotional well-being, stress management, emotional resilience, and positive self-development.

Ms. Roopa Kanojia Jain, a Counselling Psychologist and Therapist, guided the students on the importance of maintaining emotional balance and developing healthy coping mechanisms to overcome personal and academic challenges. The session emphasized the need to prioritize mental health alongside academic responsibilities for the overall development of students.

2. Objectives

- To create awareness about the importance of mental and emotional well-being.
- To develop resilience and inner strength to cope with challenges and stressful situations.
- To encourage students to adopt healthy approaches to stress management.
- To promote self-awareness, positive thinking, and emotional balance.
- To provide students with professional guidance on maintaining mental well-being.
- To encourage students to develop a positive attitude towards personal and academic challenges.

3. Methodology

- An interactive session was conducted by the resource person.
- Students were guided on the importance of maintaining mental and emotional health.
- Practical approaches to managing stress and dealing with challenging situations were discussed.
- Emphasis was placed on positive thinking, self-awareness, and emotional resilience.
- Students were encouraged to adopt healthy habits and seek professional support whenever required.
- The session highlighted the importance of maintaining a balance between academic responsibilities and personal well-being.

4. Proceedings of the Session

The session began with an introduction to the importance of resilience and well-being in students' lives. Ms. Roopa Kanojia Jain explained how mental and emotional health influence students' academic performance, interpersonal relationships, and overall development. She discussed the importance of recognizing emotions, managing stress, and responding positively to challenging situations.

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The resource person emphasized the development of inner strength, self-confidence, and a positive mindset to overcome academic pressure and personal difficulties. Students were guided on adopting healthy coping strategies and maintaining emotional balance in their daily lives. The session also highlighted the importance of creating a supportive and understanding environment where students feel comfortable discussing their concerns and seeking help when needed.

5. Outcomes of the Session

- Students gained awareness of the importance of mental and emotional well-being.
- They developed a better understanding of resilience and its role in handling academic and personal challenges.
- Students learned healthy approaches to managing stress and maintaining emotional balance.
- The session encouraged positive thinking, self-awareness, and confidence in dealing with difficult situations.
- Students understood the importance of seeking professional guidance when facing emotional or psychological difficulties.
- The programme encouraged students to prioritize their mental health and adopt a balanced approach to personal and academic life.
- Students were motivated to develop healthy relationships and contribute to a supportive environment.
- The session helped reinforce the importance of emotional resilience and positive coping strategies for overall personal development.

6. Conclusion

The session on "Resilience and Well-being" was a meaningful initiative by the Department of IT/CS in collaboration with IQAC to promote mental health awareness and emotional well-being among students. The guidance provided by Ms. Roopa Kanojia Jain highlighted the importance of stress management, self-awareness, positive thinking, and resilience in everyday life. The session encouraged students to adopt healthy coping mechanisms, seek support whenever necessary, and maintain a positive outlook while facing personal and academic challenges. Overall, the programme contributed to creating awareness about the importance of mental health and holistic student development.

Asst. Prof Rashi Khare
B.Sc. IT Dept Coordinator

Omkar Madyal
BSc. CS Dept Coordinator

Dr. Aakanksha Asar
IQAC Coordinator

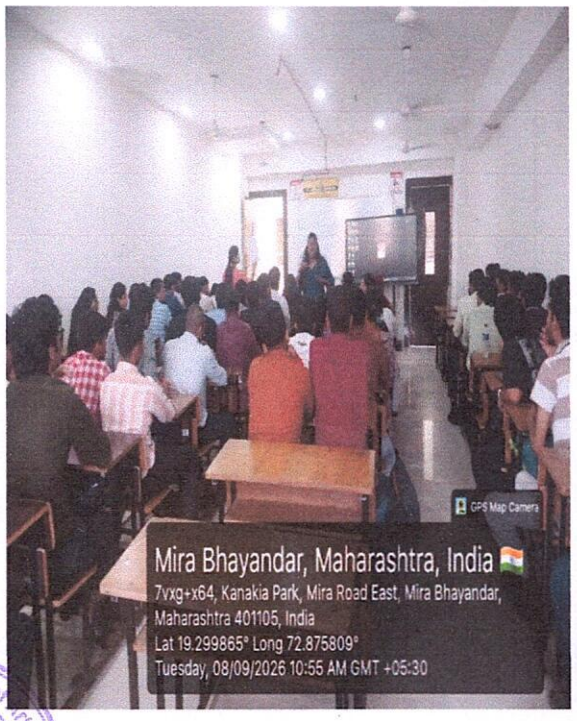
Dr. Vaishali Kothiya
I/C Principal

I/C Principal
Shree L. R. Tiwari Degree College of Arts, Comm. & Sci.
Kanakia Park, Mira Road (East),
Dist. Thane - 401107. Maharashtra

Glimpses of the Orientation







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Attendance Sheet

Name of the Event: A SESSION ON Resilience and well-being

Name of the Department/Committee/Cell/Club: Dept IT/CS with IQAC

Name of the Speaker: ROOPA KANOJIA JAIN. **Date:** 08 SEPT 2020.

Sr.No.	Name of the Student	Class	Gender M/F	Signature
1.	Riddhi Chauhan	TYCS	F	
2.	Firdaus Patel	TYCS	F	
3.	Anees Khan	TYCS	M	
4.	Rehan Shaikh	TYCS	M	
5.	Ariyan Siddiqui	TYCS	M	
6.	JAY Vishwakarma	TYCS	M	
7.	Anurg Yadav	TYCS	M	
8.	Gautam Choudhary	TYCS	M	
9.	Ronak Mishra	TYCS	M	
10.	Vivek Sahu	TYCS	M	
11.	Shivam Yadav	TYCS	M	
12.	Vijay Vishwakarma	TYCS	M	
13.	Parth Shalunke	TYCS	M	
14.	Harsh Mistry	TYCS	M	
15.	Ibrahim shaikh	TYCS	M	
16.	Rishi SHETTY	TYCS	M	
17.	JAY MODI	TYCS	M	
18.	Abhvir Sharma	TYCS	M	
19.	Mohammed Zeeshan Khan	TYCS	M	
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Attendance Sheet

Name of the Event: A session on Resilience and well-being

Name of the Department/Committee/Cell/Club: Dept IT /CS with IQAC.

Name of the Speaker: ROOPA KANOJIA JAIN. **Date:** 08 SEPT 2026.

Sr.No.	Name of the Student	Class	Gender M/F	Signature
1.	Khushboo Gupta	TYIT	F	
2.	Dhruvi Dhadhi	TYIT	F	
3.	Aspif Sharma	TYIT	M	
4.	Dubey Ashutosh Shriram	TYIT	M	
5.	Shukla Ritik Ramdaras	TYIT	M	
6.	Gupta Ashish Joy	TYIT	M	
7.	Verma Akhilesh Kedarnath	TYIT	M	
8.	Shilpi Yadav	TYCS	F	
9.	Bhavana Rathod	TYCS	F	
10.	Huda Sayyed	TYCS	F	
11.	Khushi Singh	TYCS	F	
12.	Mehak Shaikh	TYCS	F	
13.	Pooja Shiudkar	TYCS	F	
14.	Shilpi Gupta	TYCS	F	
15.	Ayesha Qureshi	TYCS	F	
16.	Gurtej Bhogal	TYCS	M	
17.	Shree Shelar	TYCS	M	
18.	Harsh Nayak	TYCS	M	
19.	Hirendra Vishwakarma	TYCS	M	
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Attendance Sheet

Name of the Event: A session on Resilience and Well-being.

Name of the Department/Committee/Cell/Club: Dept IT / CS with IQAC

Name of the Speaker: ROOPA KANOJIA JAIN. **Date:** 08 SEPT 2020.

Sr.No.	Name of the Student	Class	Gender M/F	Signature
1.	ROHIT MISHRA	TY - CS	M	
2.	ADARSH MISHRA	TY - CS	M	
3.	ARYAN YADAV	TY - CS	M	
4.	PREM SINGH	TY - CS	M	
5.	Zahid Yakheen	TY - IT	M	
6.	Ishant Thakur	TY - IT	M	Ishant
7.	Abhishek Ramkumar Sharma	TY. IT	M	
8.	Lavesh More	TY - IT	M	Lavesh
9.	Sunny mourya	TY - IT	M	Sunny
10.	Pratthmesh Mane	TY - IT	M	
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Attendance Sheet

Name of the Event: A session on RESILIENCE AND WELL-BEING.

Name of the Department/Committee/Cell/Club: Dept IT / CS with IQAC.

Name of the Speaker: ROOPA KANOJIA JAIN **Date:** 08 SEPT 2026.

Sr.No.	Name of the Student	Class	Gender M/F	Signature
1.	RIMSHA KHAN	TY CS	F	Rimsha.
2.	LAKSHMI RAMANADHAN	TY CS	F	Lachu.
3.	Laxmi Prajapati	TY CS	F	
4.	Ragini Pal	TYCS	F	
5.	Priyanshi Singh	TYCS	F	
6.	Radha singh	TY IT	F	Radha
7.	Ujala Mishra	TY IT	F	Ujala
8.	KHAN YASMEEN WARSI	TY IT	F	Yasmeen.
9.	NPheeta Vishwakarma	TYIT	F	
10.	Sufiyaan Khan	TY IT	M	
11.	Faraz Shaikh	TYIT	M	
12.	Aman Yadav	TYIT	M	
13.	Vivek Yadav	TYIT	M	
14.	KHAN AFFAN	TYIT	M	Affan.
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