



MARATHWADA MITRA MANDAL'S
COLLEGE OF COMMERCE

Affiliated to Savitribai Phule Pune University, Re-Accredited by NAAC with "A" Grade
ISO 9001:2015 Certified, Awarded as Best College by Savitribai Phule Pune University
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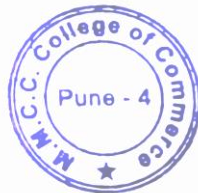
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**REPORT ON GUEST LECTURE - "STRESS AND CONFLICT
MANAGEMENT"**



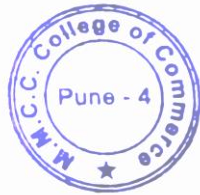
The Department of Commerce organized a guest session on "Stress and Conflict Management" for M.Com students on 05/10/2024. The resource person was Mrs. Dhanashree Ghade, an experienced psychologist.

The primary objective of the session was to help the students better understand and manage stress in their personal and professional lives. The speakers began by explaining the different types of stress, its causes, and its impact on both mental and physical well-being. She also discussed conflict management and how unresolved stress can lead to conflicts.



During the lecture, Mrs. Ghare emphasized the importance of self-awareness and emotional intelligence as crucial tools for managing stress. She introduced practical exercises, such as breathing techniques, yoga and mindfulness practices, to help students cope with stress more effectively. Additionally, strategies for managing conflicts were discussed, focusing on effective communication, empathy, and problem-solving.

In total 172 students actively participated, asking questions, and engaging in discussions. Overall, the event was a great success, providing students with valuable insights into stress management and conflict resolution.



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