



MARATHWADA MITRA MANDAL'S  
**COLLEGE OF COMMERCE**

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**DEPARTMENT OF BUSINESS ADMINISTRATION**

**Report On a Workshop on “Mental Health & Well Being- Emotional Intelligence and How to Handle Failure”**

**Date: 3<sup>rd</sup> July, 2025**

**Time: 10:30 am onwards**

**Venue: Classroom No. 101**

The Department of Business Administration had organised a workshop on “Mental Health & Well Being- Emotional Intelligence and How to Handle Failure” for SY and TY students of BBA and BBA-IB.

**Objective:**

The primary objective of the workshop was to help students understand the importance of mental health and emotional well-being. It also aimed to equip students with techniques for managing emotions, stress, and setbacks in order to create a safe and open platform for discussion.

**Observations:**

The session began with an overview of mental health, breaking common myths and encouraging students to seek help when needed. Mrs Dhanashree Ghare explained the five components of EI — self-awareness, self-regulation, motivation, empathy, and social skills. Real-life examples and activities were used to explain how EI can positively impact relationships and performance. Emphasis was laid on embracing failure as part of growth. Strategies like self-reflection, learning mindset, resilience-building, and support systems were discussed. Students participated actively in the discussion and had a two-way communication with the speaker which helped them relate the concepts to real-life situations. A dedicated segment allowed students to voice their concerns and clarify doubts related to emotional struggles and handling setbacks.

**Key Outcomes:**

Total 108 students attended the workshop. The workshop successfully met its objectives by creating a supportive and enriching environment for students to understand and nurture their emotional well-being. It highlighted the importance of integrating mental health awareness into the academic journey. The organizers plan to continue such initiatives to foster a healthy, resilient, and emotionally intelligent student community. The workshop was organised by Asst. Prof. Reshma Awati and coordinated by all the faculties of Department of Business Administration.





*Mrs Dhanashree Ghare, certified counsellor delivering lecture to students on “Mental Health & Well Being- Emotional Intelligence and How to Handle Failure”*



*Dr. Gurmeet Kaur Rajpal*

**Dr. Gurmeet Kaur Rajpal**  
Head Of Department

*Dr. Ganesh Patore*

**Dr. Ganesh Patore**  
Principal (I/C)

