

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



Dr. Kishor S. Nikam
Principal

ESTABLISHMENT OF PSYCHOLOGICAL COUNSELLING & MENTAL HEALTH SUPPORT PLATFORM

TO WHOMSOEVER IT MAY CONCERN

This is to certify that **Marathwada Mitra Mandal's College of Commerce**, 202/A, Deccan Gymkhana, Pune – 411004, has established a dedicated and structured **platform for seeking help, guidance, and psychological counselling related to mental health** for students, teaching faculty, and non-teaching staff of the institution.

The college has appointed a **qualified professional counsellor**, who is **available on the college campus on all working days from 10.00 a.m. to 5.00 p.m.** to provide counselling, emotional support, and guidance on mental health and wellbeing issues.

To strengthen mental wellbeing and awareness, the institution **regularly conducts workshops, awareness sessions, and interactive programmes on mental health and emotional wellbeing** for students and for both teaching and non-teaching staff.

Further, to ensure easy accessibility and timely support for students, the **counsellor's contact details have been shared through Google Classroom**, enabling students to seek guidance and counselling whenever required.

The institution remains committed to fostering a **safe, supportive, inclusive, and mentally healthy campus environment**, promoting holistic wellbeing of all stakeholders.

<chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://mmcc.edu.in/wp-content/uploads/2025/07/Report-On-a-Workshop-on-Mental-Health-Well-Being-Emotional-intelligence-and-How-to-Handle-Failure.pdf>

<chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://mmcc.edu.in/wp-content/uploads/2024/10/Report-on-Mental-health.pdf>

Place: Pune – 411 004
Date: 05-01-2026




Dr. Kishor S. Nikam
Principal



MARATHWADA MITRA MANDAL, PUNE

202/A, Deccan Gymkhana, Pune - 411004

Registration Under Societies Registration Act 1860-Mah./523 Dated 06/01/1967

Registration Under Bombay Public Trust Act 1950-F-338(P) Dated 19/01/1967

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Shivajirao D. Ganage, President

Bhauasaheb G. Jadhav, Exe. President

Kishor H. Mungale, Secretary

MMM/MMCC/APNT/2023-24/780

Date :24/6/2024

To,

Mrs. Dhanashree Ghare
C-21, Kumar Elixir Apartment
Pune - 411045

Subject: Appointment as Educational Counselor

Dear Madame,

We are pleased to appoint you as an Educational Counselor at Marathwada Mitra Mandal's College of Coommerce, 202/A, Deccan Gymkhana, Pune - 411 004 , considering your vast experience and academic expertise in guiding students.

Terms and Conditions:

1. Your remuneration will be based on the sessions conducted by you, subject to statutory deductions as applicable.
2. You are expected to provide counseling to students on career guidance, academic challenges, and personal or family-related concerns affecting their educational progress.
3. You will conduct individual and group sessions as required, ensuring a supportive and confidential environment for students.
4. Your role also includes assisting students in developing problem-solving skills, emotional resilience, and decision-making abilities.
5. This appointment is purely on a contractual basis and does not establish any permanent employment relationship with the institution.
6. The college reserves the right to review and modify the scope of your services based on institutional requirements.
7. We are confident that your guidance and support will be invaluable to our students and will contribute significantly to the overall growth of the institution.

Kindly sign and return the duplicate copy of this letter as a token of your acceptance and acknowledgment of the terms mentioned.

We look forward to a fruitful association.

For Marathwada Mitra Mandal

Prin. B.G. Jadhav
Executive President



**Ganesh
Raosahe
b Patare**

Digitally signed
by Ganesh
Raosaheb Patare
Date: 2025.02.02
11:55:11 +05'30'



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principal@mmcc.edu.in, enquiry@mmcc.edu.in, www.mmcc.edu.in

DEPARTMENT OF BUSINESS ADMINISTRATION

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

Date: 3rd 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
Head Of Department

Dr. Ganesh Patare
Principal (I/C)





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Department of Computer Application

Report on “Guest Session on Mental Wellbeing & Emotional Stability”

Introduction

A guest session on the topic “Mental Wellbeing & Emotional Stability” was organized for all S.Y. & T.Y. BBA (CA) students on 21st July 2025. The primary objective of the session was to create awareness about the importance of maintaining good mental health and achieving emotional balance, especially among young adults facing academic, personal, and career-related pressures. The guest speaker, Mrs. Dhanashree Ghare, focused on coping strategies for stress, anxiety, and emotional fatigue, and highlighted the value of self-care and seeking support when needed. The session was attended by 183 students.

Highlights An experienced resource person guided students through practical techniques like mindfulness, breathing exercises, and positive thinking to manage emotions effectively. The session was interactive and insightful, allowing students to express their thoughts and concerns in a safe and supportive environment. The session inspired students to incorporate self-care practices and balanced routines into their daily lives.

Outcome

- The session encouraged students to reflect on their emotional triggers and develop healthier responses to challenging situations.
- Participants learned practical methods such as mindfulness, deep breathing, and journaling to cope with stress and anxiety.
- Students have shown willingness to discuss their issues with the Counsellor, Dhanashree Ghare.



Conclusion

The session encouraged students to appreciate the blessings in their lives and the security of their environment.

 <p>Pune, Maharashtra, India 2024, Room 34, Daxan Gymkhana, Pune, Maharashtra 411004, India Lat: 18.528916° Long: 73.833221° 21/07/2025 12:32 PM GMT +05:30</p>	 <p>Pune, Maharashtra, India 2024, Room 34, Daxan Gymkhana, Pune, Maharashtra 411004, India Lat: 18.528916° Long: 73.833221° 21/07/2025 12:33 PM GMT +05:30</p>
<p>Dhanashree mam briefing on how exercise is important for mental and physical health.</p>	<p>The interactive session to make healthy choices for mind and body</p>



Dr. Pranita Raskar
Guest Session Coordinator



Prof. Nidhi Satavlekar
HOD, BBA(CA)



Dr. Ganesh Patare
Principal(I/C)

