



MARATHWADA MITRA MANDAL'S
COLLEGE OF COMMERCE

Affiliated to Savitribai Phule Pune University, Re-Accredited by NAAC
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Department of Commerce
Report on Guest Session

1. **Nature of the event:** Induction Program (Guest lecture Series)
2. **Title of the event:** Life Skills Management through Indian Knowledge System (IKS)
3. **Organized by:** Department of Commerce
4. **Date:** 30th June 2026 & 03rd July 2026
5. **Time:** 09:00 AM – 10:00 AM
6. **Venue:** Lecture hall no.3
7. **Objectives of the Program:**

The primary objectives of conducting the session were :

- **To develop holistic personality** by integrating physical, mental, emotional, intellectual, and spiritual dimensions of life based on Indian Knowledge Systems.
- **To promote self-awareness and self-management** through the study of concepts such as *Pancha Kosha* (five sheaths), Yoga, meditation, and mindfulness.
- **To inculcate ethical values and moral responsibility** by understanding the teachings of the Vedas, Upanishads, Bhagavad Gita, and other Indian philosophical traditions, enabling students to make responsible decisions.
- **To enhance life skills** such as effective communication, emotional intelligence, critical thinking, problem-solving, leadership, teamwork, and resilience for personal and professional success.
- **To promote mental well-being and stress management** by introducing practices like Yoga, Pranayama, meditation, and positive thinking for a balanced lifestyle.

8. **Audience:**

The session was specifically arranged for FY BCom students for lifelong learning and holistic success by equipping them with practical life-management skills that contribute to personal fulfillment, social harmony, and professional excellence.

9. **Number of Participants:**

A total of 150 participants actively attended the session, contributing to its overall success.



10. Brief description of the event:

The **Life Skills Management through Indian Knowledge System (IKS)** program was organized to introduce students to the timeless wisdom of India's rich knowledge traditions and their relevance in modern life. The program focused on developing essential life skills such as self-awareness, emotional intelligence, effective communication, ethical decision-making, leadership, stress management, and resilience through the principles of Yoga, meditation, the Bhagavad Gita, Panchakosha, and other Indian philosophical concepts.

11. Learning Outcome:

After attending the session, students were able to:

1. Develop a holistic understanding of life skills through the principles of Indian Knowledge Systems.
2. Enhance self-awareness, emotional intelligence, and self-management for personal growth.
3. Apply ethical values, integrity, and responsible decision-making in academic, professional, and personal life.
4. Practice stress management techniques such as Yoga, meditation, mindfulness, and breathing exercises to improve mental well-being.
5. Strengthen communication, leadership, teamwork, and interpersonal skills through value-based learning.
6. Appreciate India's rich cultural and philosophical heritage and recognize its relevance in promoting sustainable and harmonious living.
7. Develop a positive attitude, resilience, and confidence to face personal and professional challenges effectively.

12. Photographs:



Resource person Shri. Bhushan Prabhu (ISKON) is conducting the session



13. Feedback:

The feedback received from the participants was highly positive. Students appreciated the insightful sessions on Indian Knowledge Systems and their practical relevance in managing everyday life. They found the discussions on self-awareness, stress management, ethical values, Yoga, and mindfulness to be engaging and beneficial. Participants expressed that the program enhanced their understanding of holistic well-being and motivated them to adopt value-based practices in their personal and professional lives. Overall, the event was well received, and students recommended organizing more such sessions in the future.

14. Acknowledgement:

The success of the session was made possible by the collective efforts of many individuals. The Department extends its deepest gratitude to:

- **Principal Dr. Kishor Nikam** for sparing his valuable time, sharing his expertise, and motivating the students with his insightful talk.
- **Head of Department, Dr. Ganesh Patare**, for his constant encouragement, support, and guidance in planning and executing the session.
- **Asst.Prof. Rekha Katarmal, Dr.Sushil Gangane & Dr.Shilpa Kabra** for their minute planning and tireless efforts.
- **Resource Person: Shri. Bhushan Prabhu (ISKON)** for conducting the session effectively.
- All the **faculty members** of the Department of Commerce for their presence and cooperation.

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Authorized By:



Dr. Kishor Nikam
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