



MARATHWADA MITRA MANDAL'S
COLLEGE OF COMMERCE

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Department of Business Administration
Report on Guest Session on Resilience and Mental Health- “How to Manage Stress”

1. **Event Name:** Guest Session on Resilience and Mental Health- “How to Manage Stress”
2. **Organized by:** Department of Business Administration
3. **Day and Date:** Monday, 13th July 2026
4. **Venue:** P. B. Sawant Hall
5. **Resource Person:** Mrs. Dhanashree Ghare, Certified Counsellor
6. **Objectives of the Program:**
 - To create awareness about mental health and emotional well-being among students.
 - To help students understand the causes and effects of stress in academic and personal life.
 - To equip students with practical techniques for managing stress and building resilience.
 - To encourage students to maintain a healthy balance between academic, personal, and social responsibilities.
7. **Audience:**

The session was organised for students of SY and TY BBA and BBA-IB.
8. **Number of Participants:**

A total of 106 students attended the session.
9. **Brief description of the event:**

The Department of Business Administration organized a guest session on "Resilience and Mental Health – How to Manage Stress" to help students understand the importance of emotional well-being, resilience, and healthy stress management practices. The session was conducted by Mrs. Dhanashree Ghare, Certified Counsellor, who engaged students through a series of interactive activities and evidence-based discussions.



The session began with a reflective activity where students anonymously wrote down a word or sentence describing something they disliked about themselves or a belief that hindered their personal growth. The slips were collected, randomly redistributed, and read aloud without revealing anyone's identity. This exercise helped students realize that many of their classmates shared similar fears, insecurities, and anxieties. The activity encouraged empathy, self-acceptance, and openness, while reinforcing the idea that personal struggles are common and can be addressed constructively.

Mrs. Ghare emphasized the importance of understanding and accepting emotions rather than suppressing them or resorting to unhealthy coping mechanisms such as oversleeping, overeating, or addictions. She explained that acknowledging emotions is the first step towards building resilience and emotional strength.

The resource person also introduced students to the research of psychologist Daniel Gilbert, which demonstrates that while positive and negative life events significantly influence our happiness in the short term, individuals eventually return to their baseline level of well-being. Through this discussion, students learned that both success and setbacks are temporary, highlighting the importance of taking calculated risks, embracing challenges, and maintaining emotional balance.

The session further explored adaptive and maladaptive coping strategies, encouraging students to evaluate how they currently respond to stress and how healthier coping mechanisms can improve their overall well-being. Students discussed different goals of coping and understood the value of accepting difficult emotions instead of avoiding them.

A key segment of the session focused on cognitive reframing, where students learned how changing the way they interpret situations can positively influence their emotions and behavior. Through practical examples, students practiced reframing negative self-statements into more realistic and constructive perspectives. Mrs. Ghare also used relatable analogies and examples to help students understand how perspectives shape emotional responses and demonstrated how humor can be an effective tool in overcoming everyday challenges.

The session concluded with a discussion on the importance of maintaining physical health through regular exercise and its positive impact on confidence, emotional resilience, and stress management. Throughout the program, students actively participated in discussions, reflected on their experiences, and gained practical strategies to manage stress and enhance their mental well-being.

10. Learning Outcome:

- Students developed greater self-awareness by recognising that personal fears and insecurities are common and manageable.
- Students understood the importance of accepting emotions and adopting healthy coping strategies instead of avoiding stress.
- They learned practical techniques such as cognitive reframing to challenge negative thoughts and develop a more positive outlook.



- Students gained insights into resilience, emotional well-being, and the temporary nature of both successes and setbacks.
- The session encouraged students to prioritise mental and physical well-being through healthy lifestyle practices and emotional self-care.
- Students became more confident in handling academic and personal challenges with a balanced and resilient mindset.

11. Photographs:



Mrs. Dhanashree Ghare, certified counsellor, addressing the students.



12. Acknowledgement:

The Department of Business Administration expresses its sincere gratitude to **Principal Dr. Kishor Nikam** for his constant encouragement and support in organizing this guest session.

We extend our heartfelt thanks to **Mrs. Dhanashree Ghare, Certified Counsellor**, for sharing her valuable time, expertise, and practical insights on resilience, mental health, and stress management. Her interactive session provided students with effective strategies to cope with stress, build emotional resilience, and maintain overall well-being.

We also express our sincere appreciation to **Dr. Ganesh Paatre, Academic Co-ordinator, Dr. Gurmeet Kaur Rajpal, Head of the Department**, faculty members, and student volunteers for their dedicated efforts in planning, coordinating, and successfully conducting the session.

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