

COLLEGE OF COMMERCE



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202/A, Deccan Gymkhana, Pune – 411004
principal@mmcc.edu.in, enquiry@mmcc.edu.in, www.mmcc.edu.in

Department of Computer Science

Report on Guest Session on “Handling Anxiety and Stress: Building Resilience for Academic and Personal Success”

1. **Nature of the event:** Guest Session
2. **Title of the event:** Handling Anxiety and Stress: Building Resilience for Academic and Personal Success
3. **Organized by:** Department of Computer Science
4. **Date:** Friday, 24th July 2026
5. **Time:** 11:00 AM to 12:00 PM
6. **Venue:** Dnyaneshwar Hall
7. **Resource Person:** Mrs. Dhanashree Ghare
8. **Objectives of the Program:**

The primary objectives of conducting this competition were

 1. To create awareness about the causes, signs, and impact of anxiety and stress on students' academic performance and personal well-being.
 2. To equip students with practical stress management and anxiety reduction techniques for everyday challenges.
 3. To promote emotional resilience by developing positive coping strategies and a growth mindset.
 4. To encourage healthy lifestyle habits that support mental, emotional, and physical well-being.
 5. To inspire students to maintain a balanced approach towards academics and personal life while seeking support whenever needed.
9. **Participants and Audience:**

The guest session on "Handling Anxiety and Stress: Building Resilience for Academic and Personal Success" was organized for undergraduate students of the Department of Computer Science with the objective of promoting mental well-being and equipping students with practical strategies to effectively manage anxiety, stress, and academic pressures. The session aimed to create awareness about emotional health, encourage positive coping mechanisms, strengthen resilience, and inspire students to maintain a healthy balance between academic responsibilities and personal life.
10. **Number of Participants:**

A total of 160 students, along with faculty members and student volunteers, enthusiastically participated in the guest session. Their active involvement in the interactive discussions and activities contributed significantly to the success of the programme.

11. Brief description of the event:

The Department of Computer Science successfully organized a guest session on "Handling Anxiety and Stress: Building Resilience for Academic and Personal Success" to promote mental health awareness and support students in developing effective coping strategies for academic and personal challenges.



The session was delivered by Mrs. Dhanashree Ghare, an experienced resource person in the field of mental health and student well-being. She began by explaining the concepts of anxiety and stress, helping students understand their common causes, symptoms, and impact on academic performance, relationships, and overall quality of life. She emphasized that experiencing stress is a natural part of life, but learning to manage it effectively is essential for maintaining both physical and emotional well-being.

To make the session more engaging and thought-provoking, Mrs. Dhanashree Ghare conducted an interactive self-reflection activity. She distributed small chits to all the students and asked them to anonymously write one thing they did not like about themselves or a personal challenge they wished to overcome. After collecting the chits, she randomly redistributed them among the participants and invited students to read aloud and discuss the thoughts written on the chit they had received. Through this activity, students realized that many of their peers experienced similar insecurities, fears, and self-doubts. Mrs. Ghare explained the importance of self-acceptance, empathy, and positive self-talk, encouraging students to focus on their strengths rather than their perceived shortcomings. The activity created a supportive and non-judgmental environment, fostering emotional openness, mutual understanding, and resilience among the participants.

During the interactive session, Mrs. Ghare discussed the importance of self-awareness, emotional regulation, and adopting a positive mindset to overcome challenging situations. She introduced practical stress management techniques such as deep breathing exercises, mindfulness practices, relaxation methods, effective time management, and maintaining a healthy daily routine. She also encouraged students to seek support from family, friends, teachers, or professional counselors whenever required, highlighting that asking for help is a sign of strength rather than weakness.

The resource person further explained the concept of resilience and motivated students to develop confidence, adaptability, problem-solving abilities, and emotional intelligence to cope with academic pressure and personal setbacks. Through real-life examples, engaging discussions, and practical activities, she inspired students to cultivate healthy habits, maintain a balanced lifestyle, and focus on personal growth alongside academic success.

The session concluded with an interactive question-and-answer session, where students actively shared their experiences and clarified their concerns related to stress management and emotional well-being. The programme was highly informative and encouraged students to adopt positive strategies for leading a healthy, balanced, and successful academic life.

12. Learning Outcome:

The guest session successfully fulfilled its objectives and provided students with valuable knowledge, practical skills, and meaningful insights, leading to the following learning outcomes:

- Students developed a better understanding of anxiety, stress, and their impact on academic performance and personal well-being.
- Students learned practical techniques for managing stress, including mindfulness, relaxation exercises, time management, and healthy lifestyle practices.
- Students recognized the importance of emotional resilience, self-confidence, and positive coping strategies in overcoming challenges.
- Students became aware of the significance of seeking timely support from family, teachers, peers, and professional counselors whenever necessary.
- Students were motivated to maintain a balanced approach towards academics and personal life, enabling them to enhance their overall well-being and achieve long-term personal and professional success.



13. Photographs:



14. Feedback:

Participants expressed highly positive feedback about the guest session and appreciated its relevance to their academic and personal lives. Students found the session insightful, interactive, and engaging, particularly the practical stress management techniques and self-reflection activity conducted by the resource person. They shared that the session helped them better understand anxiety and stress, encouraged them to adopt healthy coping strategies, and motivated them to build resilience, self-confidence, and a positive outlook towards life's challenges.



15. Acknowledgment:

The Department of Computer Science sincerely acknowledges and expresses its heartfelt gratitude to everyone who contributed to the successful organization of the guest session on "Handling Anxiety and Stress: Building Resilience for Academic and Personal Success."

- Principal, Dr. Kishor Nikam, for his constant encouragement and unwavering support in organizing student development programmes.
- Head of Department, Dr. Rajeshwari Biradar, for her valuable guidance, motivation, and continuous support throughout the planning and execution of the programme.
- Mrs. Dhanashree Ghare, Resource Person, for delivering an insightful, interactive, and inspiring session that empowered students with practical strategies for managing anxiety, stress, and building resilience.
- Student coordinators and volunteers, for their dedicated efforts, coordination, and assistance in ensuring the smooth conduct of the programme.
- All faculty and staff members of the Department of Computer Science, for their cooperation, support, and collective efforts in making the guest session a grand success.

Prepared By:



Prof. Charushila Nigudkar
Co-ordinator

Verified By:



Dr. Rajeshwari Biradar
Head of Department

Authorized By:



Dr. Kishor Nikam
Principal

