



MARATHWADA MITRA MANDAL'S

COLLEGE OF COMMERCE

Affiliated to Savitribai Phule Pune University, Re-Accredited by NAAC
ISO 9001:2015 Certified, Awarded as Best College by Savitribai Phule Pune University
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Extra Mural Committee Report on Guest Session

1. **Nature of the Event:** Guest Session series
2. **Title of the Event:** Sant Gadgebaba Vyakhyanmala
3. **Organized by:** Extra Mural Committee
4. **Date:** 29th September to 1st October 2026
5. **Time:** 09:30 AM – 10:30 AM
6. **Venue:** Marathwada Mitra Mandal's College of Commerce, Pune
7. **Resource Person:** Dr. Vijaya Date, Dr. Shivaji Pacharne and CS Gayatri Shitole
8. **Objectives of the Program:**
 - To create awareness among students about the importance of mental health and emotional well-being.
 - To encourage students to overcome the fear of failure and develop resilience in challenging situations.
 - To enhance students' soft skills, communication abilities, and interpersonal relationships.
 - To promote positive thinking, self-confidence, and a growth-oriented mindset.
 - To motivate students to develop a balanced approach towards academic, personal, and professional life.
9. **Audience:**

The Session was specifically arranged for Undergraduate students of the college.
10. **Number of Participants:**

A total of 350 students attended these sessions.

11. Brief description of the event:

The college organised a series of three guest lectures to guide students towards personal development, emotional well-being, and the development of essential life skills.

The first guest lecture focused on **Mental Health by Dr. Vijaya Date**, highlighting the importance of emotional well-being, stress management, self-care, and seeking support when required. Students were encouraged to adopt healthy habits and maintain a balance between academic responsibilities and personal life.

The second guest lecture by **Dr. Shivaji Pacharane** focused on **Development of Soft Skills and Positive Thinking**. It highlighted the importance of communication skills, teamwork, leadership, interpersonal relationships, and professional etiquette. The session also encouraged students to develop a positive attitude, practise constructive thinking, and approach challenges with confidence and determination.

The third guest lecture, titled **“Napas Hona Awghad Nasta” (नापास होणं अवघड नसतं)** by **CS. Kalyani Shirole**, aimed to change students' perceptions of failure. The session emphasised that failure is not the end of success but an opportunity to learn, improve, and move forward. Students were motivated to overcome setbacks, build confidence, and remain determined in pursuing their goals.

12. Learning Outcome:

- Understand the importance of mental health and emotional well-being.
- Identify effective ways to manage stress and academic pressure.
- Develop a positive attitude towards failure and learn from their mistakes.
- Improve self-confidence, resilience, and determination.
- Recognise the importance of communication, teamwork, leadership, and interpersonal skills.
- Adopt positive thinking and a growth mindset in academic and personal life.
- Apply the learnings to improve their personal development and future professional performance.

13. Photographs:



14. Feedback:

Students actively participated and shared positive feedback about the sessions.

15. Acknowledgement:

The success of these sessions was made possible by the collective efforts of many individuals. The Committee extends its deepest gratitude to:

Principal Dr. Kishore Nikam for sparing his valuable time, sharing his expertise, and motivating the students with his insightful talk.

The student volunteers who worked with enthusiasm, dedication, and teamwork in smooth conduct of the session

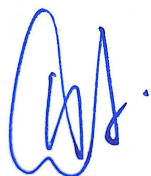
All the members of the extra mural committee for their presence and cooperation.

Prepared By:



Asst.Prof.Rekha Katarmal
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Verified By:



Dr.Ganesh Patare
Academic Coordinator

Authorised By:



Dr.Kishor Nikam
Principal

