



Sonopant Dandekar Shikshan Mandali's  
Sonopant Dandekar Arts,  
V. S. Apte Commerce &  
M. H. Mehta Science College, Palghar

Estb.: 14 August 1968

Dr. Kiran Save, Principal

Kharekuran Road, Palghar (W), Tal. & Dist. Palghar,  
Maharashtra - 401 404, INDIA  
Tel. : +91 - 2525 - 252163  
Principal : +91 - 2525 - 252317  
Email : sdscollege@yahoo.com  
Web. : www.sdscollege.com

Ref No :

Date :

## **NOTICE**

**11<sup>th</sup> August, 2022**

All the students of BMS, BAF and BBI are hereby informed that we are organizing "Guest Lecture on "Stress Management" on **12<sup>th</sup> August, 2022 on First Floor, BMS Building, Class Room No. 8 Audio/Video Room at 11 am**

It is Compulsory for all the students to participate in the above said Guest Lecture.

Kindly register yourself through the link given below -

<https://forms.gle/dfjMfPei5eS5mgUX9>

In Case of any queries you may contact Head of the Department.

*S.S. Mishra*

Dr. Shreya Mishra

Head of Department

BMS, BAF, BBI, BFM & M.Com



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**Guest Lecture on Stress Management**  
**Department of Commerce & Department of Management Studies**

**List of Participants**

Sonopant Dandekar Shikshan Mandali's  
 SONOPANT DANDEKAR ARTS, V. S. APTE COMMERCE  
 AND M. H. MEHTA SCIENCE COLLEGE,  
 Palghar, Dist - Palghar, Pin- 401 404.

**Guest Lecture on "STRESS MANAGEMENT"**  
 Organized by: Department of BMS/BAF/BI

Date: 12<sup>th</sup> August, 2022 Speaker: Sheena Omprakash

Sr.	Roll. No.	Name of the Student	Class	Sign
1	979107	Ayesha H. Khan	TYBMS(HR)	Ayesha
2	97117	Ratnesh yadav.	SYBMS(Fin)	Ratnesh
3	98093	Aman Ansari	TYBMS(HR)	Aman
4	98092	Pamila Bhagat	TYBMS(HR)	Pamila
5	60104	Kush Lakman Aude	F.Y.B.com	Kush
6	20062	Namrata Rajendra Thale	SY.BAF	Namrata
7	98101	Swagatika Ganesha Sutar	TYBMS	Swagatika
8	21060	Priya R. Mishra	TYBAF	Priya
9	60021	Sakshi M Mahadik	F.Y.B.com	Sakshi
10	60019	Shreeta Ajay Shah	F.Y.B.com	Shreeta
11	60111	Suvana Vilas Dauda	F.Y.B.com	Suvana
12	60031	Riya Prashant Raut	F.Y.B.com	Riya
13	80060	Parth Hanuman Nanavare	T.Y.B.com	Parth
14	80056	Sakshi Sahebrao Nighut	T.Y.B.com	Sakshi
15	80061	Trupti Vitthal Nikam	T.Y.B.com	Trupti
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Date: 12<sup>th</sup> August, 2022 Speaker: Sheena Omprakash

Sr.	Roll. No.	Name of the Student	Class	Sign
1	1164	Neha Tiwari	F.Y.B.com	
2	1126	Mehwish Sabrawala	F.Y.B.COM	
3	98021	Tiwari Pinky Rajesh	TY. BMS	
4	98012	Ritu Dharmendra Yadav	TY.BMS	
5		Siddehi Sandesh Raut	FY.B.com	
6	1142	Shrutika Ajay More	FY.B.com	
7	60106	Sonal Karsan Dhadi	Fy.B.Com	
8	98047	Bharti. Laxman Epili.	TYBMS	
9	98033	Sakshi Anand Singh	TYBMS	
10	98031	Ankita Manibhushan Pandey	TYBMS	
11	97044	Jyoti. Rajesh. Chauhan	SYBMS	
12	60212	Apeksha Kishor Salekar.	F.Y.B.com	
13	60103	Kashish Prashant Patil	F.Y.B.com	
14	97096	Priya Rajesh Pandey	SYBMS	
15	97105	Radhika Santosh Trakute	SYBMS	
16	97043	Mahima Lalramkmath Jaiswal	SYBMS	
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**Organized by: Department of BMS/BAF/BBI**

Date: 12<sup>th</sup> August, 2022 Speaker: Sheena Omprakash

Sr.	Roll. No.	Name of the Student	Class	Sign
1	98111	Nikki Verma	TYBMS	
2	98060	Chandini Singh	TYBMS	
3	97080	Nandani Dhodi	SYBMS	
4	60087	Poathamesh Patil	FyB com	
5	98082	Parita Shale	TY.BMS	
6	98073	Sunny Sah	TY.BMS	
7	98089	Somraj GUPTA	TY.BMS	
8	98043	Ankush Pal	TYBMS	
9	98069	Bupali Dhodi	TYBMS	
10	98071	Kankana IS Kundwaj	TYBMS	
11	98115	Saurav. satish. Saroj	TYBMS	
12	98007	Yusuf. S. Sehwawala	TYBMS	
13	98108	Sakshi R. Gupta	TYBMS	
14	98117	Aeshvi. R. Sonkar	TYBMS	
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## Guest Lecture on Stress Management

Department of Commerce & Department of Management Studies

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**Guest Lecture on "STRESS MANAGEMENT"**  
 Organized by: Department of BMS/BAF/BBI

Date: 12<sup>th</sup> August, 2022 Speaker: Sheena Omprakash

Sr.	Roll. No.	Name of the Student	Class	Sign
1	97053	Achal vishwas Patil	SYBMS	<i>Apatil</i>
2	60029	Diksha Rajendra Dalvi	PYB.com	<i>D.R. Dalvi</i>
3	60062	Karishma Gupta	FYB.com	<i>Karishma</i>
4	60020	paswan Sonali Nandkishor	fyb.com	<i>Sonali</i>
5	20018	Bhavisha S. Patil	SY.BAF	<i>Patil</i>
6	20019	LAKSHMI KUMAR	SY.BAF	<i>Lakshmi</i>
7	60079	Pooja Panda	FYB.com	<i>Pooja</i>
8	60059	Achal kamlesh chauhan	F.Y.B.com	<i>Achal</i>
9	60061	Kanchan Dhangada	F.Y.B.com	<i>Kanchan</i>
10	60018	Fulnanti Dalhase	F.Y.B.com	<i>Fulnanti</i>
11	47017	Aiyukh Shinde	SYBMS	<i>Aiyukh</i>
12	97052	sumeshb.v. RAJPUT	SYBMS	<i>Sumesh</i>
13	97111	Manas Gharat	SYBMS	<i>Manas</i>
14	20009	Suraj waware	SYBAF	<i>Suraj</i>
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**Organized by: Department of BMS/BAF/BBI**

Date: 12<sup>th</sup> August, 2022 Speaker: Sheena Omprakash

Sr.	Roll. No.	Name of the Student	Class	Sign
1	1185	Kismatali Nawabali Kham	F.Y.B.Com	(Kham)
2	1193	Jain Teet Mukesh	FYBCOM	(Teet)
3	98019	Aditya Sanjay Neve	T.Y.(B.M.S)	<del>Neve</del>
4	09002	Vaibhav .Nelachand. borawane	T.Y.(B.M.S)	Sonolane
5	1217	harshdeep Mohan Rawate	F.Y.Bcom	Rawate
6	31014	vijay moukya	T.Y.BBI	(Vijay)
7	60113	Aarti .M. Chaudhary	F.Y.B.com	Aarti
8	60011	Sanaj .M. Chaudhary	F.Y.B.com	Sanaj
9	21104	Pratik .K. Patil	T.Y.BAF	Pratik
10	21096	Sumit . Pawade	T.Y.BAF	Sumit
11	97018	Darshika M. Ray	SYBMS	Darshika
12	97019	Sayali H. Patil	SYBMS	Sayali
13	97092	Hement Pandey	SYBMS	Hement
14	97059	Utkarish Bhavarel	SYBMS	Utkarish
15	97112	Harshain S. Biswadkar	SYBMS	Harshain
16	20005	Saahil Sahil Rais	SYBAF	Saahil
17	97084	Zeehen .S.khoja	SYBMS	Zeehen
18	97113	Aditya Churi	SYBMS	Aditya
19	97109	Prasanna Patil	SYBMS	Prasanna
20	1199	shruti Tare	F.Y.BCOM	Shruti
21	1186	Priyali Raut	F.Y.Bcom	P.Gi.Raul
22	60114	prachiti Vartak	F.Y.BCOM	prachiti
23	60040	Chaudhary Rokaiyya	F.Y. Bcom	Chaudhary
24	60056	Ragbheer Annu	F.Y.Bcom	Ragbheer
25	60054	Sahani Sandhya	F.Y.B.com	Sandhya
26	60041	Jaya Gupta	F.Y.B.com	Jaya
27	1175	Yadav Anchal	F.Y.B.com	Anchal
28	1162	Gupta Sneha	F.Y.B.com	Sneha
29	1170	Mansuri Sabiya	F.Y.B.com	Sabiya
30	1276	Kushwaha Sarita	F.Y.B.com	Sarita
31	1211	Riyas Pizani	F.Y.B.com	Riyas
32	1222	Somesh R. M...	F.Y.B.com	Somesh




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## Guest Lecture on Stress Management

Department of Commerce & Department of Management Studies

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**Guest Lecture on "STRESS MANAGEMENT"**  
Organized-by: Department of BMS/BAF/BBI

Date: 12<sup>th</sup> August, 2022 Speaker: Sheena Omprakash

Sr.	Roll. No.	Name of the Student	Class	Sign
1	60082	Sanika Dinesh Patil	F.Y. B.com	S.D. Patil
2	60060	Nikita Nitesh Dumada	F.Y. B.com	N.N. Dumada
3	60039	Sanika Chandrakant Gharat.	F.Y. B.com	Gharat.
4	60027	Pratiksha Hemant Londhe	F.Y. B.com	Londhe.
5	60112	Dilshad Amir Sati	F.Y. B.com	D.A. Sati
6	60076	Kritika Pritam Barad	F.Y. B.com	KBarad
7		Neceta pandurang Dhodi	F.Y. B.com	Neceta
8		Anamika Sanjay Tiwari	F.Y. B.com	Tiwari
9	97082	Vaishnavi Harising pujari	S.Y. BMS	Vpujari
10	97026	Mutafa Abdul shakih	S.Y. BMS	Mshakih
11	97021	Anjali Chandrabhan Singh	S.Y. BMS	Asingh
12	97022	Prati Dinesh Amre	S.Y. BMS	Amre
13	97075	Shreya Shrikant Joshi	S.Y. BMS	SJoshi
14	97076	Manali Rajesh Panchal	S.Y. BMS	MPanchal
15				
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*S.S. Mishra*

**Dr. Shreya Mishra**  
Assistant Professor and Head  
Department of BMS, BAF & BBI



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**Guest Lecture on Stress Management**  
 Department of Commerce & Department of Management Studies  
**Photographs**

**Date: 12<sup>th</sup> August, 2022**



ENTERPRISE (N)

PQ66+72F, Mission Compound, Banjar para, Boisar, Palghar, Maharashtra 401404, India

Palghar  
 Maharashtra  
 India

28°C  
 82°F

2022-08-12(Fri) 12:08(pm)



ENTERPRISE (N)

PQ66+72F, Mission Compound, Banjar para, Boisar, Palghar, Maharashtra 401404, India

Palghar  
 Maharashtra  
 India

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**Glimpse of the Program**

*S.S. Mishra*

**Dr. Shreya Mishra**  
Assistant Professor and Head  
Department of BMS, BAF & BBI



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## Thanks, Letter to Coordinator

Sonopant Dandekar Shikshan Mandali's  
**SONOPANT DANDEKAR ARTS, V. S. APTE COMMERCE  
AND M. H. MEHTA SCIENCE COLLEGE**  
Tal. Palghar, Dist. Palghar, Pin - 401 404.  
Code.: (02525) 252163, Prin : 252317 • Resi.: 252316  
website : www.sdscollege.com • Email:sdscollege@yahoo.com  
(NAAC Reaccredited 'B' Grade)

Ref. No. : \_\_\_\_\_ Date : 12/08/2022

To,  
**Mrs. Sheena Omprakash**  
Managing Trustee  
Himalayan Meditation,

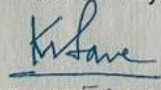
**Subject : Letter of Appreciation.**

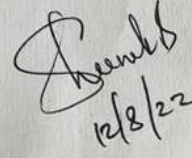
Respected Madam,

Thank you very much for delivering an informative & thought provoking lecture as Resource Person on **Stress Management** for the UG students & Teacher Co-ordinators of the Sonopant Dandekar College, Palghar held on **12<sup>th</sup> August, 2022.**

It was really a splendid presentation that exposed participants to the unexplored dimensions.

Looking forward to taking this collaboration to great new heights.

Yours faithfully,  
  
**(Dr. Kiran J. Save)**  
Principal  
**PRINCIPAL**  
SONOPANT DANDEKAR ARTS,  
V. S. APTE COMMERCE &  
M. H. MEHTA SCIENCE COLLEGE  
PALGHAR (W.R.)  
DIST. PALGHAR, PIN - 401 404.

  
12/8/22



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**Guest Lecture on Stress Management**  
**Department of Commerce & Department of Management Studies**  
**“Stress Management ”**  
**EVENT REPORT**

<b>Name of the Event</b>	<b>: “Guest Lecture on Stress Management”</b>
<b>Date</b>	<b>: 12<sup>th</sup> August 2022</b>
<b>Time</b>	<b>: 11.00 a.m. to 12.30 p.m.</b>
<b>No. of Students</b>	
<b>Participated</b>	<b>: 105</b>
<b>About the Event</b>	

We Department of Commerce and Department of Management Studies, Sonopant Dandekar College, Palghar wish to organize a Stress Management Session for B.Com. & BMS students.

The session was conducted by **Mrs. Sheena Omprakash**, Managing Trustee, Himalayan Meditation who guided the participants regarding stress and stressors and various other aspects of stress.

**Content of the session**

- Introduction to Stress
- Understanding the stress response and its impact on the body and mind.
- Self-assessment tools to gauge personal stress levels.
- Identifying specific stress triggers in one's life.
- Introduction to mindfulness meditation and its benefits.
- Effective time management skills to reduce stress related to time constraints.



Ref No.:

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Event Objective :

Stress Management lecture for Commerce and Management Students. The lecture was focused on raising awareness among participants about the impact of stress on physical and mental health. Its focus was on encouraging participants to cultivate a positive mindset and learn how to reframe negative thoughts to reduce the emotional impact of stressors.

Learning Outcome :

- 1) **Increased Awareness:** Participants became more aware of the concept of stress, its causes, and its impact on their physical and mental health.
- 2) **Stress Identification:** Participants were able to identify and recognize their own stressors and the signs and symptoms of stress in their lives.
- 3) **Coping Strategies:** Participants learned a range of stress management techniques and coping strategies, such as deep breathing exercises, progressive muscle relaxation, and mindfulness meditation.
- 4) **Time Management Skills:** Participants developed skills for effective time management and prioritization to reduce stress related to time pressures.
- 5) **Stress Reduction Techniques:** Participants understood and were able to practice stress-reduction techniques, such as physical exercise, proper nutrition, and getting adequate sleep.
- 6) **Resilience Building:** Participants gained insights into resilience-building strategies to enhance their ability to bounce back from stressful situations.
- 7) **Communication Skills:** Participants improved their communication and interpersonal skills to reduce stress in their relationships, both personal and professional.
- 8) **Positive Mindset:** Participants gained a more positive outlook and learned to reframe negative thoughts to reduce the emotional impact of stressors.

Overall, the "Stress Management" program aims to empower participants with the knowledge and tools they need to effectively understand and manage stress, leading to improved mental and emotional well-being. The specific objectives of a stress management lecture can be tailored to the needs and expectations of the audience and the goals of the session.

*S.S. Mishra*

**Dr. Shreya Mishra**  
Assistant Professor and Head  
Department of BMS, BAF & BBI