

Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati
(Autonomous)

Programme/Activity Reporting format

Sr. No.	Item	Particulars
1.	Name of the Department/Committee	BBA
2.	Title of the Programme	Workshop - Session 1 - "Be a Stress Smart" Session 2 - "Smile Brighter, Live Better"
3.	Date of the programme	27 th Feb 2024
4.	Name of Event Coordinator	Ms. Sanika R. Doshi
5.	Name of Resource Person	Session 1 - Mrs. Smita Shah Session 2 - Dr. Ruhi Shah
6.	Level of the programme: College/University/State/National	Department
7.	Funded by: College/University etc.	ED cell
8.	Number of Participated Students	Session 1 - 84 Session 2 - 49

Detail information of the programme/activity:

A workshop on "Be a Stress Smart" and "Smile Brighter, Live Better" was organized by Department of BBA at Seminar Hall P416(Prerana building). The workshop was conducted in two Sessions, Session1 was on mental health – "Be a Stress Smart" and Session 2 was on physical health- "Smile Brighter, Live Better". The resource person for the workshop Session 1 was Mrs. Smita Shah and Session 2 was Dr. Ruhi Shah. Mrs. Smita Shah is a Psychologist, Therapist and Yoga Teacher and Dr. Ruhi Shah is a BDS, working as an Associate Dentist

The Session 1 began with the felicitation of Mrs. Smita Shah by Prof. D.S. Chavan (Head, Dept of BBA), who welcomed her and expressed gratitude for his presence. The lecture was anchored by Ms. Muskan Khwaza, a TYBBA student, who introduced the topic and the speaker with great enthusiasm and energy. The Session 2 began with the felicitation of Dr. Ruhi Shah by Prof. D.S. Chavan (Head, Dept of BBA), who welcomed her and expressed gratitude for his presence. The lecture was anchored by Ms. Muskan Khwaza, a TYBBA student, who introduced the topic and the speaker with great enthusiasm and energy.

Mrs. Smita Shah delved provided practical coping strategies and relaxation techniques for managing daily stress effectively. She presented thought-provoking insights and real-life examples to illustrate the importance of Stress Management. Dr. Ruhi Shah provided participants with a comprehensive understanding of the importance of oral and physical hygiene

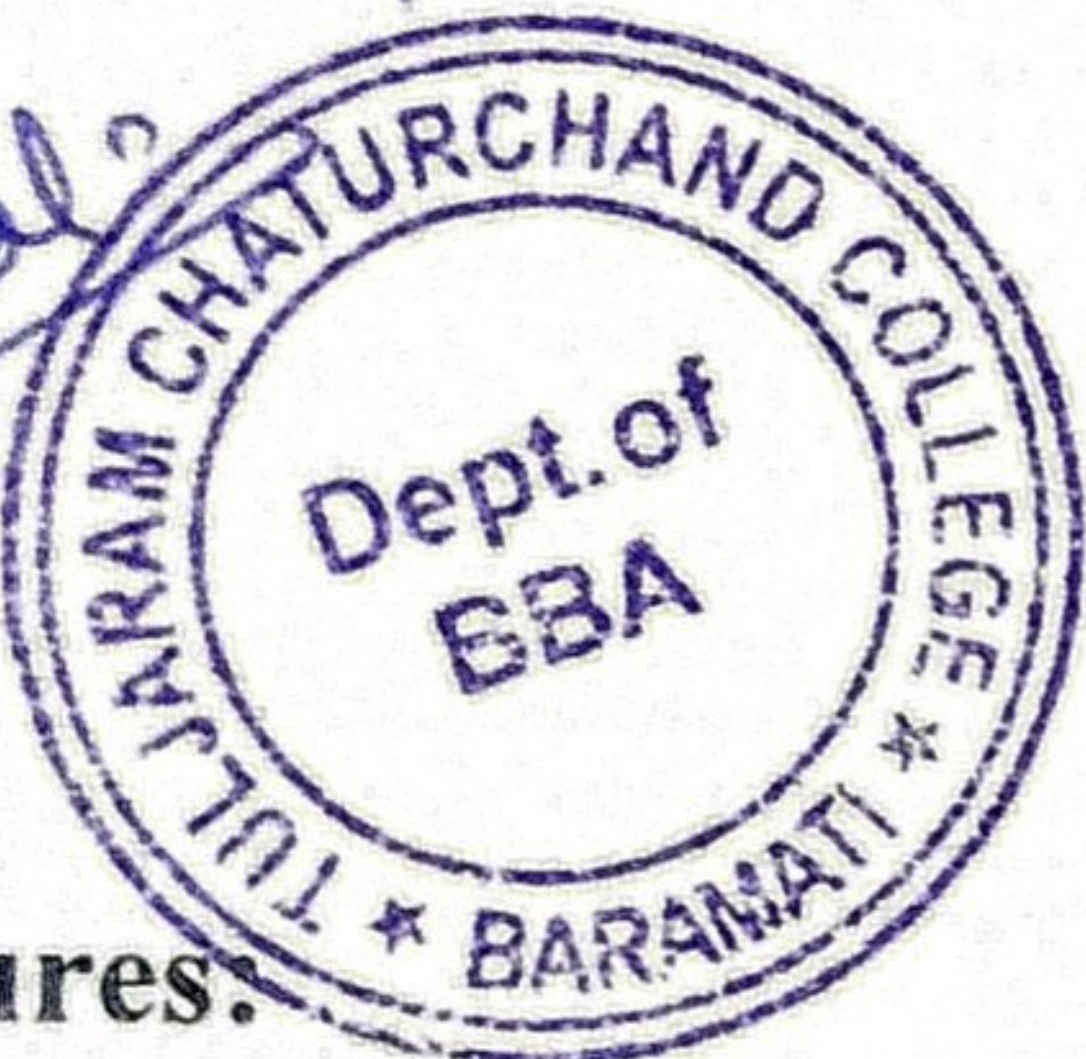



in overall health and well-being and also encourages the adoption of healthy lifestyle habits that support oral and physical hygiene, including balanced nutrition, hydration, and regular exercise.

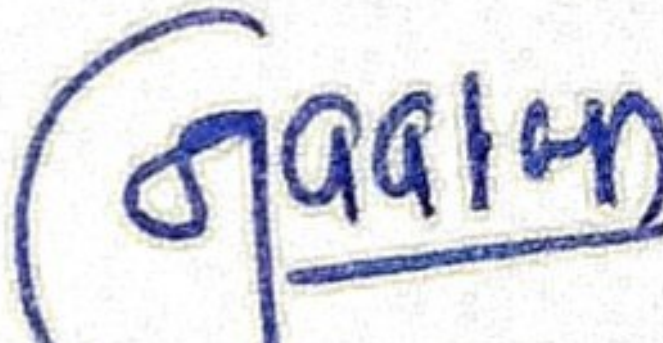
After the workshop, a vote of thanks was given by Sakshi Parkale, another TYBBA student, who expressed gratitude to Mrs. Smita Shah and Dr. Ruhi Shah for sharing his valuable knowledge and expertise with the audience. She also thanked Prof. D.S. Chavan (Head, Dept of BBA) for his support and everyone who attended the event.

There was a lively Q&A session with the audience, allowing for engaging discussions and deeper exploration of the topic. Participants expressed appreciation for the opportunity to learn from the expert and how to cope up with stress and about physical health issues.

Overall, the workshop was a resounding success, providing attendees with a deeper understanding of Stress Management techniques and importance of oral and physical hygiene. The event was informative, engaging, and well-received by all participants. We extend our sincere thanks to Mrs. Smita Shah and Dr. Ruhi Shah for his insightful presentation and to everyone who contributed to making this event a success.

Sapal
Head
Enclosures:



IQAC Coordinator


Principal

1. Permission letter of the Principal
2. Notice
3. Attendance
4. Copy of Feedback forms
5. Total 4 Geo-tagged photographs with captions: Inauguration (1), during programme (2) & Valedictory (1)

