



Prof. Dr. Avinash S. Jagtap
M.Sc. Ph.D.
PRINCIPAL

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॥ सिद्धिरनेकान्तात् ॥

Anekant Education Society's

TULJARAM CHATURCHAND COLLEGE

of Arts, Science and Commerce, Baramati - 413102.

Dist. Pune. Maharashtra, India.

Empowered Autonomous Status

Religious Minority Institute

NAAC Reaccredited 'A+' Grade, CGPA 3.55

NAAC-SSR

Cycle IV

2019 - 2024

Criterion VII: - Institutional Values and Best Practices

7.2.1

Q1M

Best Practice-II Women Empowerment

WORKSHOP ON ORAL AND MENTAL HEALTH FOR GIRLS Activity by Department of Bachelor of Business Administration 27/02/2024

A workshop on oral and mental health for girl students entitled: *Be a Stress Smart and Smile Brighter, Live Better* was organized by Department of BBA on 27th February, 2024. The workshop was conducted in two sessions, Session first was on mental health and Session second was on physical health. The resource person for the workshop were Mrs. Smita Shah and 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. Mrs. Smita Shah delved provided practical coping strategies and relaxation techniques for managing daily stress effectively. 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. Total 89 students attended the workshop.



Felicitation of the guest by Mrs. Dipali Anapat, Head, BBA department



Photographs of the program



Dr. Ruhi Shah guiding the gril students on health issues



Psychologist and Therapist Mrs. Smita Shah guiding on meditation



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

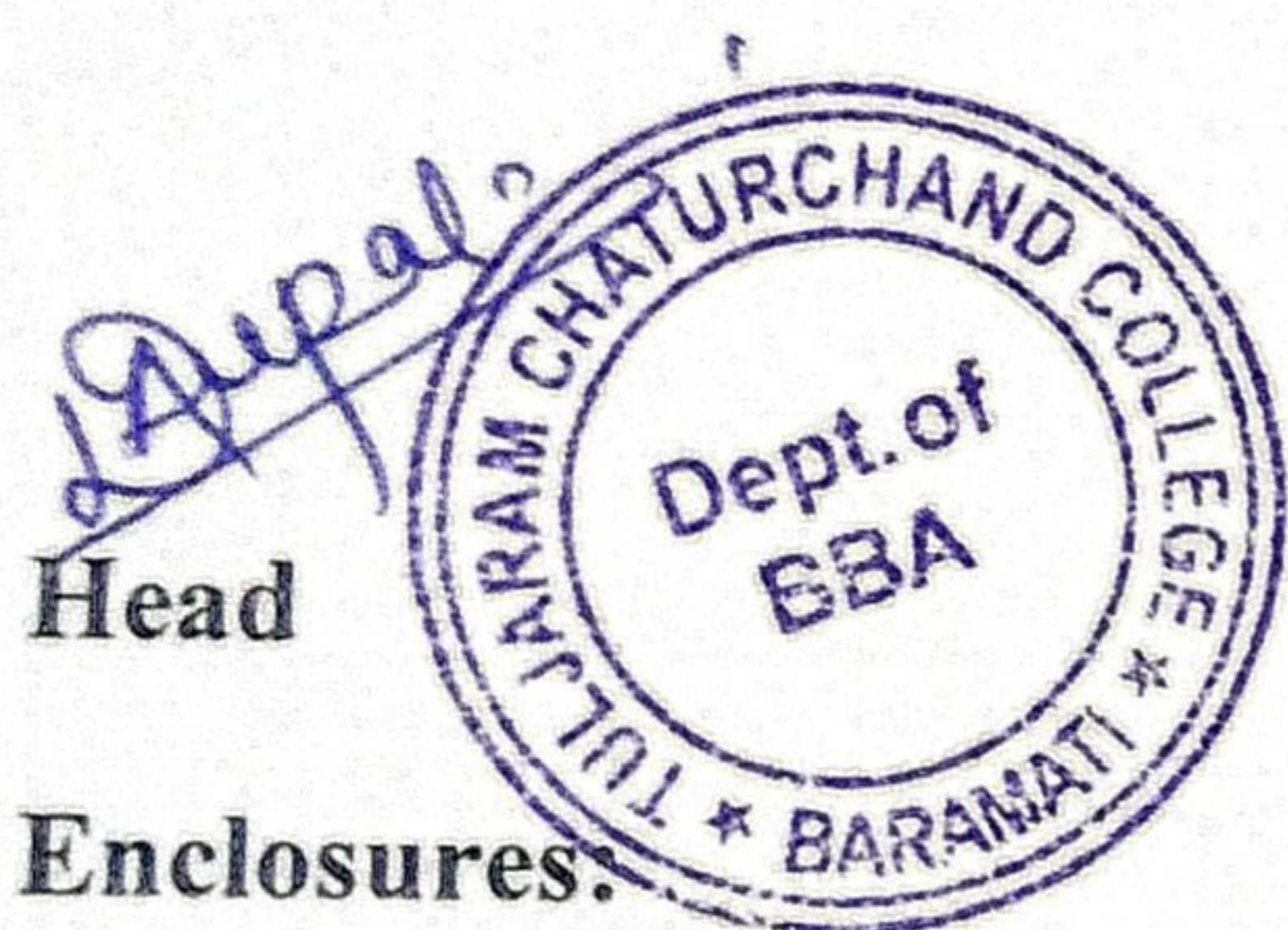


in overall health and well-being and also encourages the adoption of healthy lifestyle habits that support oral and physical hygiene, including balanced nutrition, hydration, and regular exercise.

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.



[Signature]

IQAC Coordinator

[Signature]

Principal

Enclosures:

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)

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

Department of Business Administration.

Guest Lecture Bill Form.

Respected sir,

Department of BBA organized and executed workshop on "Be a Stress Smart" and "Smile Brighter, Live Better" Under ED Cell on 27th Feb 2024.

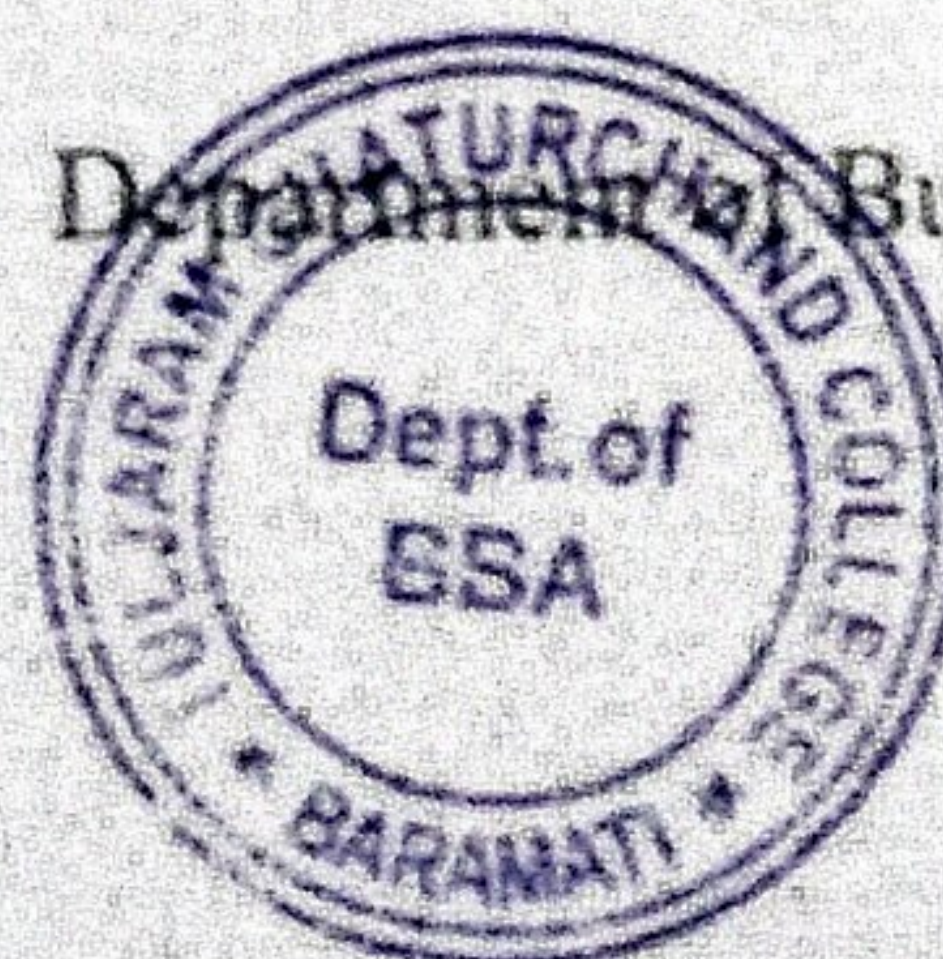
Regarding the same we are requesting to reimburse the remuneration as follows:

Name Of Faculty/Speakers	Role	Amount Rs.	Bank A/C details
Session 1 Mrs. Smita Shah Clinical Psychologist, Therapist, Yoga Teacher, Baramati	Speaker	2500/-	A/C No – 912010049320759 Axis Bank Ltd IFSC Code: UTIB0001325
Session 2 Dr. Ruhi Shah BDS, Working as an Associate Dentist with Dr. Ashutosh Atole at Bhagyoday Dental Clinic, Baramati	Speaker	2500/-	A/C No – 110601504007 ICICI Bank IFSC Code – ICIC0001106
Prof. Sanika R. Doshi	Workshop Coordinator	500/-	Ac/no 60180250819 Bank of Maharashtra IFSC Code: MAHB0001625
	Total	5,000/-	

Thanking you,

Deepali

Prof. Deepali Chavan



Date 24/02/2024

To,

Principal,

Tuljaram Chaturchand College of Arts Science & Commerce, Baramati

Subject- Permission to Organize One Day Workshop On

“Be a Stress Smart” and “Smile Brighter, Live Better”

Respected sir,

Department of BBA wants to organize one day workshop on **“Be a Stress Smart” and “Smile Brighter, Live Better”** for all students, teaching and non-teaching staff.

Details of workshop:

Date and Time	Title of The Workshop	Objectives	Speakers
Session 1 27 th February, 2024 11.00am – 1.00pm	“Be a Stress Smart”	1. Provide practical coping strategies and relaxation techniques for managing daily stress effectively. 2. Educate participants about the physiological and psychological aspects of stress and its impact on mental health.	Mrs. Smita Shah (Clinical Psychologist, Therapist, Yoga Teacher)
Session 2 27 th February, 2024 1.30pm - 3.30pm	“Smile Brighter, Live Better”	1. Encourage the adoption of healthy lifestyle habits that support oral and physical hygiene, including balanced nutrition, hydration, and regular exercise. 2. Provide participants with a comprehensive understanding of the importance of oral and physical hygiene in overall health and well-being.	Dr. Ruhi Shah (BDS) (Working as an Associate dentist with Dr. Ashutosh Atole at Bhagyoday Dental Clinic, Baramati)

Remuneration Details –

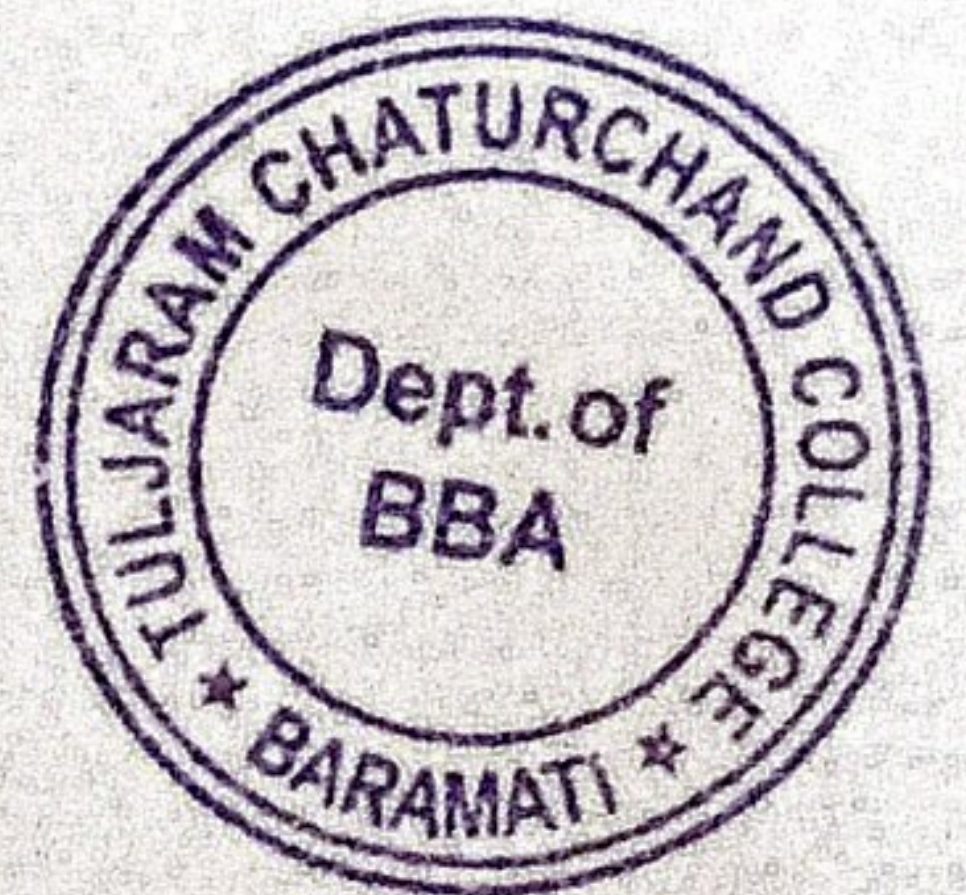
Particular	Amount [in Rs]
Mrs. Smita Shah	2,500/-
Dr. Ruhi Shah	2,500/-
Prof. Sanika Doshi (Workshop Coordinator)	500/-
Total	5,500/-

Please allow us to conduct the workshop and provide stated remuneration.

Thanking you,

Recommended to
remuneration
24/2/24

Dupal
Prof.D.S. Chavan
HOD
(Dept. Of BBA)



A. N. K. D.
24/02/24

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

Organizes

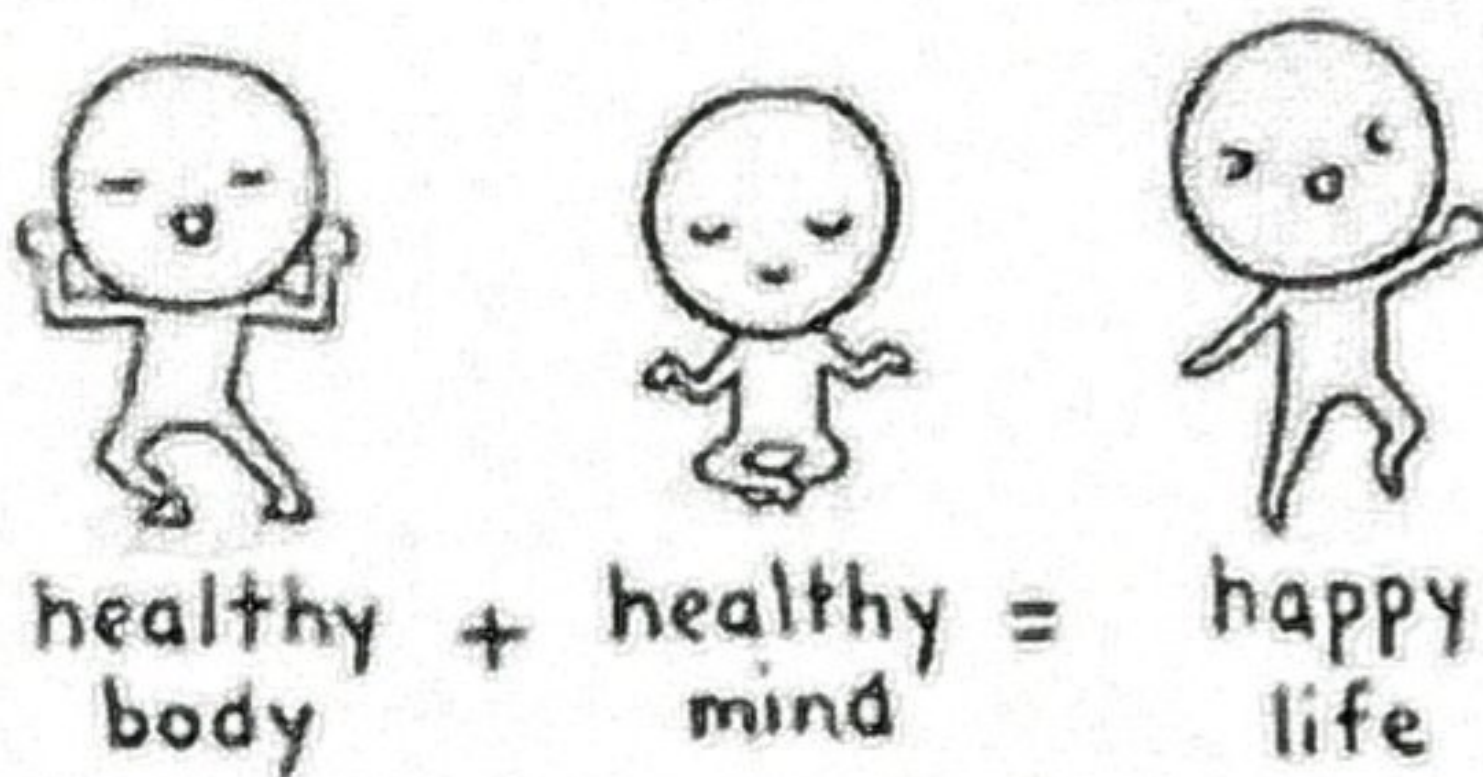
Workshop On 27th February, 2024

Session 1 - "Be a Stress Smart"

Time - 11.00am - 1.00pm

Speaker - Mrs. Smita Shah

(Clinical Psychologist, Therapist, Yoga
Teacher)



Session 2 - "Smile Brighter, Live Better"

Time - 1.30pm - 3.30pm

Speaker - Dr. Ruhi Shah

(BDS)

(Working as an Associate dentist)



Venus: Seminar Hall(Prerana Building)

Prof.Sanika Doshi
Coordinator

Prof. Deepali Chavan
Head of Dept of BBA

Dr. Avinash Jagtap
Principal

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

Department of Business Administration

Attendance sheet

Workshop on "Be a Stress Smart"

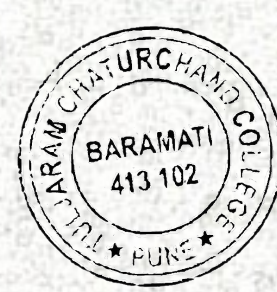
Day & Date: Tuesday, 27th Feb 2024

Sr.No	Roll No	Class	Name of Student	Sign
1	12689	FY-BBA	khade shruti Ravindra	shruti
2	12646	F.Y-BBA	Pathan Tehamin Yusuf	Tehamin
3	12604	FY BBA	Sawant Priya Babasaheb	Priya
4	12636	FY BBA	Chavan Diya vasant	Diya
5	12635	FY-BBA	Dhaytonde sakshi Dhanaji	Sakshi
6	12606	FY-BBA	Waghmare Payal Rajendra	Payal
7	12676	FY-BBA	Patel Mahak Jagdish	Mahak
8	12641	FY BBA	Barge Aarya Ranjeet	A.R.Barge
9	12621	FY BBA	Kawar Kiran Chanshapan	Kiran
10	12671	FY BBA	Jadhav Prapti Kiran	Prapti
11	12616	FY BBA	Bhandari Prachi Raju	Prachi
12	12684	FY BBA	Jadhav Pooja kelshnaji	Pooja
13	12651	FY BBA	Salunke Tejal Kantilal	Tejal
14	12633	FY BBA	Sul Nishigandha Ganesh	Nishigandha
15	12688	FY BBA	Patil Pragati Balasaheb	Pragati
16	12805	TY-BBA	More Akanksha Jayram	Akanksha
17	12825	TY-BBA	Ghelke dipali Jalindar	Dipali
18	12823	TY-BBA	Gaikwad Sakshi Anand	Sakshi
19	12827	TY-BBA	Jadhav Sakshi Anjun	Sakshi
20	12816	TY-BBA	Kanherkar Ankita santosh	Ankita
21	12851	TY-BBA	Parkale sakshi Dnyandeo	Sakshi
22	12824	TY-BBA	Raut Lashitika Ashok	Lashitika
23	12831	TY-BBA	Shinde Rutuja Anand	Rutuja
24	12830	TY-BBA	Kirdak Sakshi Sanjay	Sakshi
25	12747	SY-BBA	Hamble Pratibha Anil	Pratibha
26	12706	SY-BBA	Zagade Srushti Amit	Srushti
27	12703	SY-BBA	Saisant Gauri Jalindar	Saisant
28	12705	SY-BBA	Jagtap Sayali Subhash	S.S.Jagtap
29	12712	SY-BBA	Gade Rutuja Appasaheb	Rutuja
30	12741	SY-BBA	Mulik Nikita Somnath	N.S.Mulik
31	12742	SY-BBA	Bharpade Sanjana Shikaji	S.S.Bharpade
32	12750	SY-BBA	Borate Tejaswini Haridra	Tejaswini
33	12755	SY-BBA	Veer Salash Babasaheb	Salash
34	12836	TY-BBA	Gharpade Vaishnavi Santosh	Vaishnavi
35	12702	SY-BBA	Surana Sanika Nilesh	Surana S



			Birajdar Poo Lakshman	RLB rajole
36	12767	SY BBA	Bhasale Sakshi chhagan	Asal
37	12815	T.Y. BBA	Alhya Pisal	Asal
38	12719	SY BBA	Deokar Saugabh	Asal
39	12884	TY BBA	Yamur Tushar	Asal
40	12869	TY BBA	Modi Darshana Rajendra	Asal
41	12710	SY BBA	Shendage Pratiksha Karsahab	Asal
42	12722	S.Y BBA	Salunkhe Vaishnavi Sanjay	Asal
43	12723	S.Y BBA	Rede-patil Kadambari Rajkumar	Asal
44	12724	S.Y BBA	Jalale pranav Rahul	Asal
45	12752	SY BBA	Gaikwad Nikhil Jawahar	Asal
46	12704	SY BBA	Nage Abhishek Kaniphnath	Asal
47	12732	SY BBA	Dupargade Rohinash Sanjay	Asal
48	12754	SY BBA	Sumit Ravindra Pansare	Asal
49	12748	SY BBA	Kamthe Om Jitendra	Asal
50	12731	SY BBA	Om Somnath Bhepkar	Asal
51	12687	FY BBA	Soham Satish Pawar	Asal
52	12629	FY BBA	Dev Amit Kalwanji	Asal
53	12818	TY BBA	Gaoliya Joti Sandeep	Asal
54	12819	TY BBA	Jankar Saniket Santosh	Asal
55	12822	T.Y. BBA	Gawade Ayush Yogesh	Asal
56	12612	FY BBA	Upale Santosh Sunil	Asal
57	12628	FY BBA	Puri Ansh Ajesh	Asal
58	12618	FY BBA	Chavan Parth Anil	Asal
59	12627	F.Y BBA	Takle Jaydev Nana	Asal
60	12609	F.Y. BBA	Dharmadhikari Piyush Durgesh	Asal
61	12667	F.Y. BBA	Udale Om Baburao	Asal
62	12672	F.Y BBA	More Prasad Zumber	Asal
63	12617	FY. BBA	Meshram Tejas Gautam	Asal
64	12679	FY. BBA	Kadam Premraj Sujit	Asal
65	12625	FY BBA	Shinde Nikhil Bhagwan	Asal
66	12615	FY BBA	Saraf Siddesh Vijay	Asal
67	12664	F.Y. BBA	Kale Bhayash Popal	Asal
68	12601	F.Y. BBA	Masal Anuj Ramesh	Asal
69	12872	TY. BBA	Patelkar Aman Bhagwan	Asal
70	12803	TY. BBA	Pawar Chaitanya Dhananjay	Asal
71	12804	TY BBA	Kadam Rohit Santosh	Asal
72	12603	FY BBA	Nate Rohan Suresh	Asal
73	12642	FY BBA	Shinde Aditya Dattatray	Asal
74	12643	FY BBA	Londhe Ritesh Raju	Asal
75	12683	F.Y. BBA	Jadhav Aditya Narayan	Asal
76	12620	F.Y BBA	Waghmare Akshay Balabhab	Asal
77	12852	T.Y. BBA	SUMBRE AKSHAY NAMDEV	Asal
78	12647	F.Y. BBA	DOSHI PARAS VAIBHAV	Asal
79	12670	F.Y. BBA		Asal

80	12602	F.Y. BBA	Thorat Jaydip Fulaji	Asal
81	12713	SY. BBA	Mane-Deshmukh Shreshthi	Asal
82	12749	SY BBA	Jaurjale Bhagyashree Balaso	Asal
83	12813	TY BBA	Kuwaza murkan.P. Hasim	Asal
84	12814	TY BBA	Chava Divya Muralidhar Rao	Asal



Anekant Education Society's

Tuljaram Chaturchand College of Arts, Science and Commerce,

Baramati (Autonomous)

Department of Business Administration

Attendance sheet

Workshop on "Smile Brighter, Live Better"

Day & Date: Tuesday, 27th Feb 2024

Sr.No	Roll No	Class	Name of Student	Sign
1.	12715	SYBBA	Dixit Siddhesh Rajendra	
2.	12716	SY.B.BA	Bagade Santosh Ramchandra	
3.	12769	SYBBA	Oihal Dattatray Ramdas	
4.	12616	FYBBA	Bhandari Pranali Raju	
5.	12671	FYBBA	Jadhav Prapti Kiran	
6.	12684	FYBBA	Jadhav Pooja Keishnaji	
7.	12851	T4BBA	Parkale Sakshi Dnyandev	
8.	12816	T4BBA	Kanherkar Ankita Santosh	
9.	12824	T4BBA	Raut Kshittia Ashok	
10.	12831	T4BBA	Shinde Rutuja Ankush	
11.	12805	T.Y.BBA	More Akanksha Jayram	
12.	12825	T.Y.BBA	Shelke Dipali Jalindar	
13.	12633	FY BBA	Sul Nishigandha Ganesh	
14.	12651	FY BBA	Salunke Tejal Kantilal	
15.	12623	FYBBA	Jagtap Samesh Mahesh	
16.	12683	FY.BBA	Landhe Ritesh Raju	
17.	12748	SYBBA	Sumit Ravindra Pansare	
18.	12754	SYBBA	Mohinesh sanjay duparguole	
19.	12752	SYBBA	Jelani Premnath Behul	
20.	12732	SYBBA	Nage Abhishek Kaniphnath	
21.	12704	SYBBA	Gaikwad Nikhil Jawahar	
22.	12711	SYBBA	Gengde Darshan Sanjay	
23.	12731	SYBBA	Karthe Om Siteraba	
24.	12705	SYBBA	Sayali Subhash Jagtap	
25.	12703	SYBBA	Sawant Gournee Jalindar	
26.	12706	SYBBA	Zagade Smushti Amit	
27.	12646	F.Y.BBA	Fathan Tehamin Yusuf	
28.	12689	Fy. BBA	Khade Shruti Ravindra	
29.	12604	FY BBA	Sawant Priya Babasheeb	
30.	12741	SYBBA	mulik Nikita Somnath	
31.	12742	SYBBA	Gharpade Sanjana Shivaji	
32.	12771	SYBBA	Geelade Akanksha Jitenbra	
33.	12815	T.Y.BBA	Bhosale Sakshi chhagan	
34.	12830	T.Y.BBA	Kirdale Sakshi sanjay	
35.	12827	T.Y.BBA	Jadhav sakshi Arjun	



Anekant Education Society's

**Tuljaram Chaturchand College of Arts, Science and Commerce,
Baramati (Autonomous)**

Event Name: - Workshop on "Be a Stress Smart"

Resource Person- Mrs. Smita Shah [Clinical Psychologist, Therapist, Yoga Teacher]

Organizing Department: - Department of BBA

Date: 27th Feb 2024

Time: 11.00pm-1.00pm

FEEDBACK FORM

Name: - Ansh Ajesh Puri

Class: - F.Y BBA

1. Rate the content of the workshop

- Average
 Good
 Very Good
 Excellent

2. The workshop helped you to understand mental health problems?

- Yes
 No

3. The speaker provided information about stress management.

- Strongly Agree
 Agree
 Neutral
 Disagree

4. The speaker used good techniques for stress free lifestyle.

- Yes
 No

5. Overall, how would you rate this workshop?

- Average
 Good
 Very Good
 Excellent

6. Any other Suggestions: - The workshop was great and very interactive and had a lot of activities so it was perfect.

Apuri

