

BUNTS SANGHA'S
S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE AND MANAGEMENT STUDIES

DEPARTMENT OF MANAGEMENT STUDIES
NOTICE

Join our Cloud HD Video Meeting

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Bunts Sangha's S M Shetty Educational Institutions is inviting you to a scheduled Zoom meeting.

Topic: **MENTAL WELLBEING DURING PENDING** BY COUNSELLING CENTRE FOR BAF & BMS DEPARTMENTS
Time: Jul 6, 2021 10:10 AM India

Join Zoom Meeting

<https://us02web.zoom.us/j/87438369881?pwd=UENIU0hxaIN6RzJZNC80aXR3SVdYdz09>

Meeting ID: 874 3836 9881

Passcode: BD8q63

This is great initiative taken up by our institution's Counseling centre
All the students should attend and get benefitted

15:45 ✓✓

BUNTS SANGHA'S
S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE AND MANAGEMENT STUDIES

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MENTAL WELL-BEING ORIENTATION

The Department of Management Studies in association with the counseling centre of the college organised a session on Mental Well Being.

This session was conducted to be break the ice between the students of the department and the counseling session to up keep the mental health of students during this time of pendamic.

This session was moderated by Adv. Hamid Khan and hosted by Mr. Ashish Navik. The session was also attended by the coordinator Ms. Nidhi Chandorkar. The resource person for the session was Ms. Natasha Mehta from college counseling centre.

The session was attended by nearly 180 students from BMSand BAF departments. The session was conducted on July 6, 2021

ATTENDANCE

FULL NAME OF THE STUDENT (STARTING WITH SURNAME)	CLASS
Yadav Priya	SYBMS B
Mohit Bhowmick	TYBAF
Dhavan prathamesh Sushil	SYBMS B
Aggarwal Akshat	TYBMS A
Subin shibin	TYBAF
Naik Nisha	SYBAF
Priyanka Shettigar	TYBAF
Shetty Nidhi Vijay	SYBAF
Patel Dipesh	SYBMS B
Kondhalkar Reshma	TYBAF
Shetty Ashmith Jagadish	SYBAF
Khan Jannat	SYBMS A

Ramchandani Sahil	TYBMS B
Shetty Nishma	TYBAF
Sharma Anand	SYBMS B
Ganatra Jeet	SYBAF
Faruqui shifaa	TYBAF
Shetty Sushan	TYBAF
Salian pawan	SYBAF
Gupta sachin	SYBMS B
Salvi Prathamesh	TYBMS A
Shaikh Mohammed ramiz	SYBAF
Bhandari konika sampatlal	SYBMS B
Advankar Chaitanya	TYBAF
Pathre sushant	SYBMS B
Mehendale Sunil Aditya	SYBAF
Shetty Jeshma	SYBAF
Khamkar Vardhan Mahendra	SYBAF
Shetty Sweekrati	SYBMS A
Sonar Nupur Mukesh	TYBAF
Pal ganga padamsingh	TYBAF
Kanojia Shweta	TYBAF
Patel Anas shamshuddin	SYBMS B
Shetty sushanth	SYBMS B
SAKSHI SONWALKAR	TYBAF
Shetty. Anusha. Vishwanath	SYBAF
Shivranjan Shetty	TYBAF
Shetty Shobit Ravi	SYBMS A
Pranav Pravinkumar	TYBAF
Yadav Himanshu Girjashankar	TYBAF

Moolya Nitin Shekar	SYBMS B
Dsouza Roger Allwyn	SYBMS B
menezes kenin	TYBAF
Sehgal Agastya	SYBAF
Rane Sanika Shripad	TYBAF
Sanil Tanish Udaykumar	SYBMS B
Rajde Bhavya	TYBAF
Abdul Rehman Nasir	TYBAF
Shetty Nidhi	SYBMS A
PATEL BALJI NAMRATA	TYBAF
NIDHI MAHENDRA SHETTY	TYBAF
Bhanushali k Chandresh	TYBAF
Palan Ujwal Manjunath	SYBMS B
Rasal Saharsh Nilesh	SYBAF
Shaikh Mohammad sohail Ismail	TYBAF
Prajapat Shyam Sharwan Kumar	SYBMS B
Shetty Manisha	TYBAF
Bhanushali Krishna	TYBAF
Faruqui Aman	TYBAF
Sahu Pragati	SYBMS A
Shetty Shreyas Gopal	SYBAF
Achary Rakshita Murthy	SYBMS B
Shetty Nijit	TYBAF
Tiwari Sakshi Santosh	SYBAF
Gupta Vikash	SYBMS B
Choudhary kanchan	SYBMS A
Malap Nilam Dilip	SYBAF
Shaikh Adnan Riyaz	SYBMS B

Mulugu Sandhya	TYBAF
Karotra Jayesh Jayram	SYBAF
Manish shetty	SYBAF
Kale Ekta Vikas	SYBMS B
Aman Surana	SYBMS A
Nadar sneha muthukrishnan	SYBAF
Shetty Aditi Mohan	SYBAF
Bhat Shrinidhi Srikara	TYBAF
Deodhar Sakshi Rajesh	SYBAF
Chaube Manorama	SYBMS B
shakshi rai	SYBMS B
Swami Ganesh	TYBMS A
yadav vishwajeet dinesh kumar	SYBMS B
Shetty Niriksha	SYBAF
Ronit Shetty	TYBMS A
Tiwari Anurag Gulabchand	TYBAF
Kamble prerna Gangadhar	TYBAF
Shetty Vineesh	SYBMS A
Lobo Calvin valerian	SYBAF
Nair Krishnadas	TYBAF
Kulal Pravita	SYBMS B
Moolya Dhiraj krishna	SYBMS A
Costa Aaron	TYBAF
Gurav Prerana	SYBMS A
Ravidas Ankit	TYBAF
MS.SURTI ZAINAB FIDAHUSAIN	SYBAF
Mali Ruchi	SYBAF
Shetty Swati	SYBAF

Konar Laxmankarthik .N.	TYBAF
pranay shetty	TYBAF
Poyyara Radhika Dilip	SYBMS B
Kotian Divya Harish	TYBAF
Khan Mohd Abdul Rehman Mohd Seraj	SYBAF
Shirsat Ritesh Pravin	SYBMS A
Das Sumitkumar	SYBAF
Krishna jaiswal	SYBAF
Moolya Vadiraj Raksha	SYBAF
Poojari Jayesh	SYBMS B
Shetty Roshini	SYBAF
Harihar Samantara	TYBAF
Shetty Abhishek	TYBAF
Pujari varsha sabu	SYBAF
Poojary Sudeep Dinesh	SYBMS B
Dal Prajakta Rohidas	TYBAF
Shetty Roopali Rama	TYBAF
Shetty Rishika	TYBAF
Shetty Suraj Sudhakar	SYBMS A
Wakchaure Sakshi Balasaheb	SYBAF
Maker Malvi	TYBMS B
Kunder Navya Shekar	SYBAF
Chauhan Archana Surendra	SYBAF
Monterio Danica	SYBMS A
Thakur Chandraprakash Sudhir	TYBAF
Shetty Shloka	TYBAF
Ajit Aaryan	SYBMS A
Gowda Shivraj	TYBAF

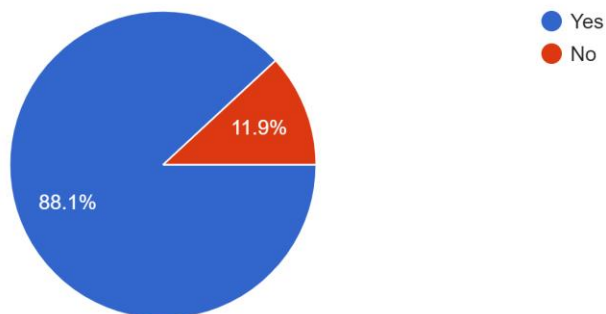
Khan Aliza Javed	SYBAF
Parmar Krinal Rohit	SYBAF
Yadav Ankush	SYBMS A
Shetty Sakshi Prakash	SYBAF
Patel Riddhi Ashwin	SYBMS A
tawde anagha	SYBAF
Mishra Komal	SYBAF
Salian Poorvi Jagdish	TYBAF
Poojari Dharshan Anand	SYBAF
Md Sajid Shaikh	TYBAF
Iyer Swaminathan	SYBAF
Pawar Avani Ravindra	SYBAF
Patel Dravita	SYBAF
Shetty Krishi Sathish	SYBAF
Paliwal Tanisha	SYBAF
Panchal Sanjana Ramesh	SYBAF
Kolamkannie Shirley	TYBAF
Mohanty Abhishek	SYBMS A
Jaiswal Roshani Jayprakash	SYBMS A
Shreenith Kotian	TYBMS A
Suvarna Manish	TYBAF
Sharma Bhumika	SYBAF
shetty nikta	SYBAF
Arte Devyani Parag	SYBAF
Arshad Hussain Shaikh	TYBAF
Shetty Rakshit Bhaskar	TYBMS A
Shetty meghna guruprasad	SYBMS A
Kunnutgi meenakshi	TYBMS A
Aniket	SYBAF

RUDRAKSH JITENDRA SOLANKI	SYBMS A
Purabia raj sunil	TYBAF
Shetty Rohithaksha	SYBAF
Bangera Khushi Suresh	SYBMS A
Rashi Amrit Kaur	SYBMS A
wagh dunesh sunil	SYBAF
Nishad amrutlal	TYBAF
Panja Anuska	TYBAF
Mulik Bhakti Jitendra	TYBAF
Devadiga Sharan Ramesh	TYBAF
Heda Dhawal kailash chandra	SYBAF
Rajeshirke Manali Santosh	TYBAF
Solanki Payal Jayantilal	SYBAF
Samarth Uday Shetty	SYBMS B
Shaikh Mohammed Umer	SYBAF
Uchil Vinisha	SYBMS A
Khatri Krishna HomBahadur	SYBMS B
Koli Rahul Anand	SYBAF
Baig anam	TYBMS A
Kashish Khanuja	SYBMS A
Pawan Kumar Sharma	SYBAF
Gange Latika Santosh	SYBMS B
Singh Shiksha	TYBMS A
Dhanjal Jaspreet Kaur	SYBAF

FEEDBACK

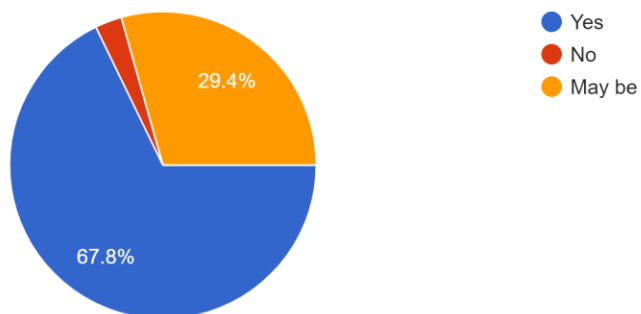
Are you aware that we have a counseling center facility in our college?

177 responses



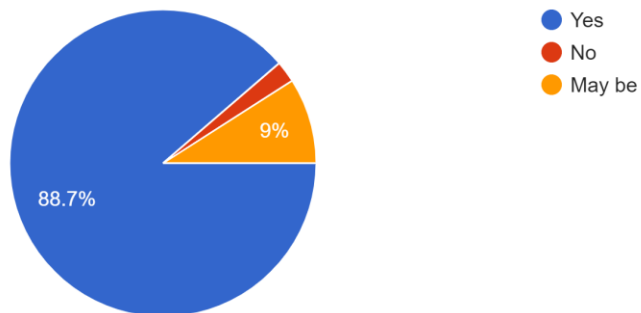
In case you require any guidance, would you like to approach the counselor?

177 responses



Do you think that mental well being should be given more importance during this time of pandemic?

177 responses



Would you like to share if anything is bothering you during this pandemic time? 177 responses

No

Nothing

no

-

.

Yes

Nothing much

No

Na

.

Not as such

-

yes

None

There is nothing

Family problems

May be later

Nothing to share

Nooo

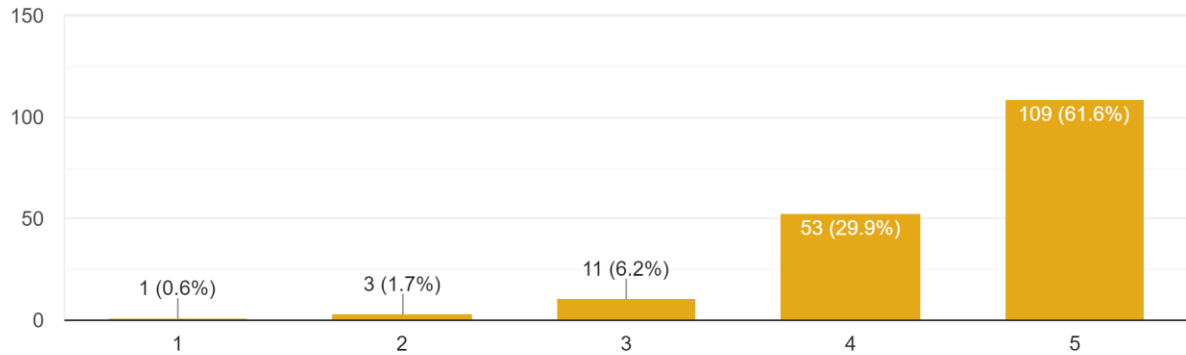
Many things

Yes

The whole pandemic and being held down

Rate your overall experience about this session

177 responses



Would you like to have a counselling session on any topic of your choice? If yes, mention the area to be covered.

Yes, Family tension, how to overcome suffocation. Feeling lost

Yes anyone

want to try for study abroad

The Discipline of Sensible Investing

Stress ,depression

Stress

self-esteem, communication.

overthinking and anxiety

Our mind beyond the universe

more session like this should be conducted

Mental health is good

mental health

How to be confident
How to be at peace
Handling stress
Family disputes
Confusion in career and work
Anxiety
Acceptance

ATR

- The feedback has been shared with the counselling centre.
- Most of the students are looking for session on stress management and mental peace
- Some are seeking guidance related to family stress
- A session on gaining confidence can also be taken

PICTURES

