



Pimpri Chinchwad Education Trust's
S. B. PATIL INSTITUTE OF MANAGEMENT

AICTE Approved | Permanently Affiliated to SPPU, Pune

NBA Accredited | NAAC Accredited |

Sector No. 26, Pradhikaran, Nigdi, Pune - 411 044.

Phone: 020-27656900 / 87960 76060 / 78875 70600

Email: sbpatilmba@gmail.com, Website: www.sbpatilmba.com



EVENT REPORT

Name of the Event / Activity	“Stress Management”
Name of the Guest Speaker (if any)	Dr. Rajeev Nagarkar
Committee / Cell (if any)	Guest Session
Faculty Coordinator Name	Dr. Sanjay S. Gaikwad
Student Coordinator Name	-
Day & Date	7th & 8th September 2023
Venue	SBPIM – Semianr Hall - 1
Number of Participants	195
Nature of the Activity (Curricular / Co-Curricular / Extra-Curricular)	Extra-Curricular

Brief Information of the Activity:

Topic of the Activity: - “Stress Management”

Objectives: -

To aware students about different techniques of stress management.

Outcome: -

Student will able to manage their stress at professional and personal life.

Brief Report :-

Dr. Rajeev Nagarkar was the guest speaker for the “Stress Management” session. He is renowned Ayurvedic Doctor and has been trained in Rational Emotive Behaviour Therapy (REBT), Hypnotherapy, Eastern Concepts of Psychology i.e. Satva, Rajas and Tamas (SRT). He is currently pursuing Masters in Transactional Analysis (MTA). The session was conducted for MBA I year students for how to manage the stress in working and personal life. The session was organized by faculty member, Dr. Sanjay Gaikwad and hosted by Ms. Sakshi Garud and Ms. Jyoti Shekde.

The event began with the short introduction about the guest speaker and then the session was handed over to Dr. Rajeev. He gave insightful thoughts on how to get rid of stress or avoid stress with real life examples.

Sir interacted with the students and made them understand the exact definition of freedom, listening and stress. He said that freedom comes with responsibilities and Do's and Don'ts. Sir also mentioned about acceptance in life. His words were, "Learn to accept everything that comes to you" and "Know your strength."

He also gave a beautiful abbreviation of MBA in his own words as, "Mind and Behaviour Administration". He concluded the session by the quote, "Human being is a set of definition, be comfortable with oneself. The overall session was very interactive.

Geo-tag Photos: -

<p><i>Flyer 1</i></p>	<p><i>Flyer 2</i></p>
<p><i>Felicitaton of Dr. Rajeev by Dr. Kirti Dharwadkar, Director, SBPIM</i></p>	<p><i>Session by Dr. Rajeev Nagarkar</i></p>



Session on "Stress Management" by Dr. Rajeev Nagarkar

Dr. Sanjay S. Gaikwad
Event Coordinator

Dr. Amarish Padma
IQAC Coordinator

Dr. Kirti Dharwadkar
Director





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Ref. No. – SBPIM/R&D/2023-24/GS

Date: 4th September 2023

CIRCULAR

All the students of Division A & B of MBA – 1st year are hereby informed that, a guest session is organized on 7th September 2023. The details are as follows –

Day & Date: Thursday, 7th September 2023.

Topic: Stress Management

Guest Speaker: Dr. Rajeev Nagarkar.

Time: 10.00 AM – 12.00 Noon

Venue: SBPIM, Seminar Hall.

Attendance is compulsory for the session.

Dr. Sanjay Gaikwad
Coordinator

Dr. Amarish Padma
IQAC- Coordinator



Dr. Roopali Kudare
Head Academics

Dr. Kirti Dharwadkar
Director

Copy To:
Class Coordinators



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Ref. No. – SBPIM/R&D/2023-24/GS

Date: 4th September 2023

CIRCULAR

All the students of Division C & D of MBA – 1st year are hereby informed that, a guest session is organized on 7th September 2023. The details are as follows –

Day & Date: Friday, 8th September 2023.

Topic: Stress Management

Guest Speaker: Dr. Rajeev Nagarkar.

Time: 10.00 AM – 12.00 Noon

Venue: SBPIM, Seminar Hall.

Attendance is compulsory for the session.

Dr. Sanjay Gaikwad
Coordinator

Dr. Amarish Padma
IQAC- Coordinator



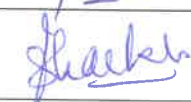



Dr. Roopali Kudare
Head Academics

Dr. Kirti Dharwadkar
Director

Copy To:
Class Coordinators

Circulated in the classroom:

Sr. No.	Semester / Division	Name of the Faculty Member	Signature
1	II/A	Dr. Sanjay Gokhad	
2	II/B	Ghanshar Pardeshi	
3	II/C	Jrām Vansari	
4	II/D	Rishikesh Kumar	



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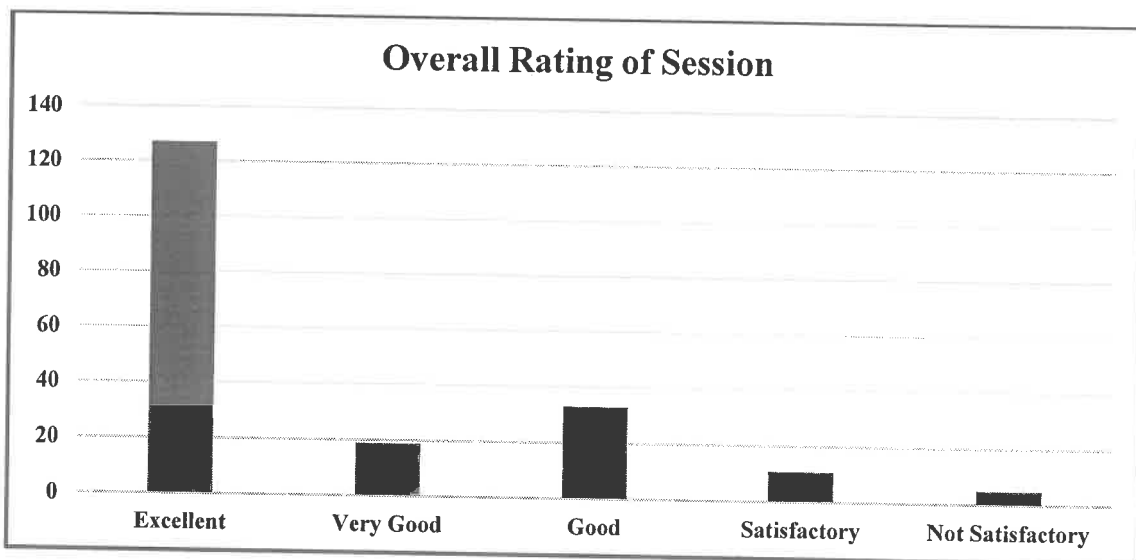
Topic – Stress Management

Date – 7th & 8th September 2023

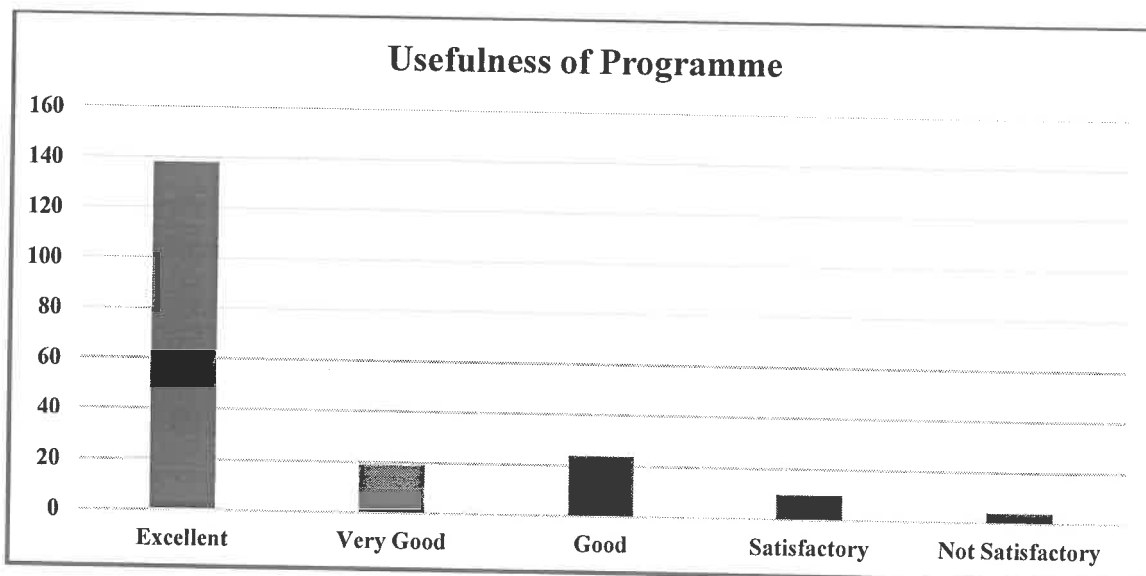
Venue – Seminar Hall – 1, SBPIM

– FEEDBACK ANALYSIS –

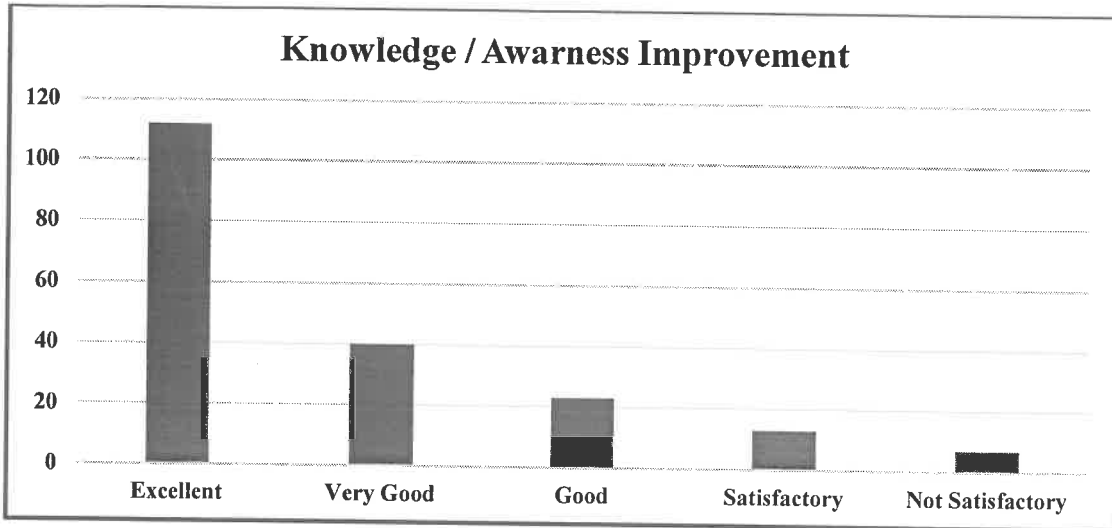
1. How do you rate the overall session?



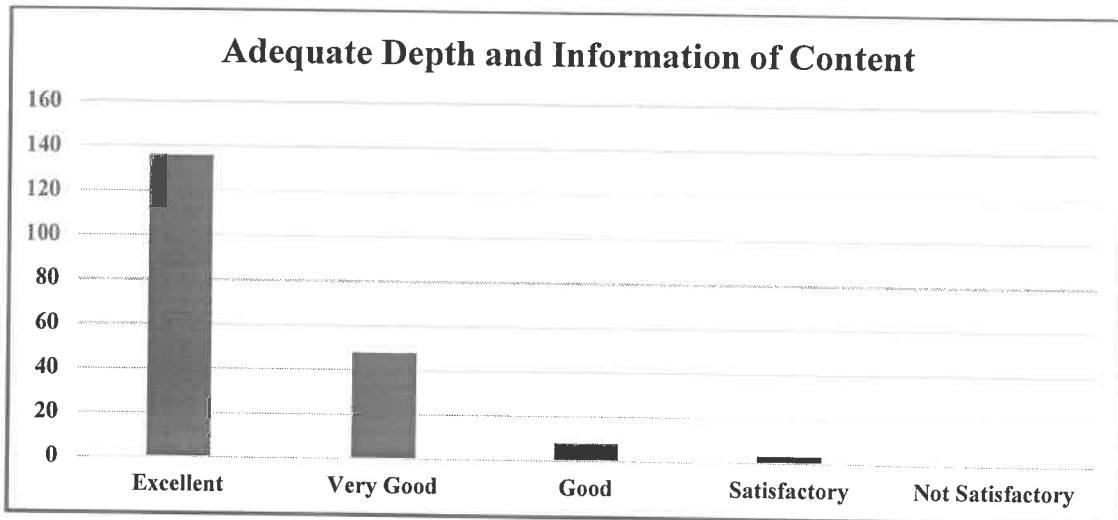
2. The Programme was useful to my professional and personal life.



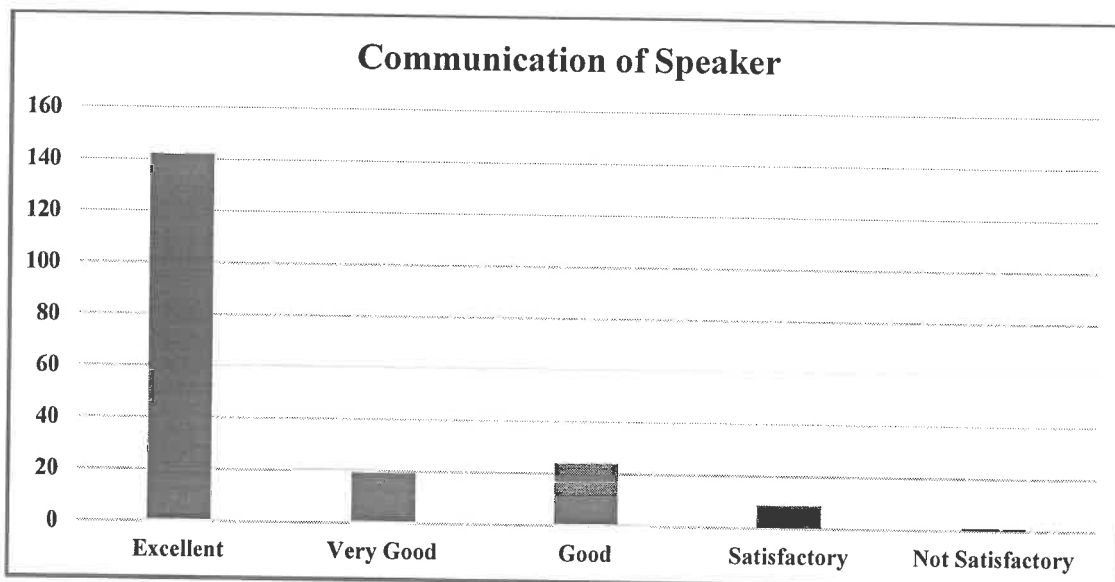
3. My awareness / knowledge has been improved after attending this session.



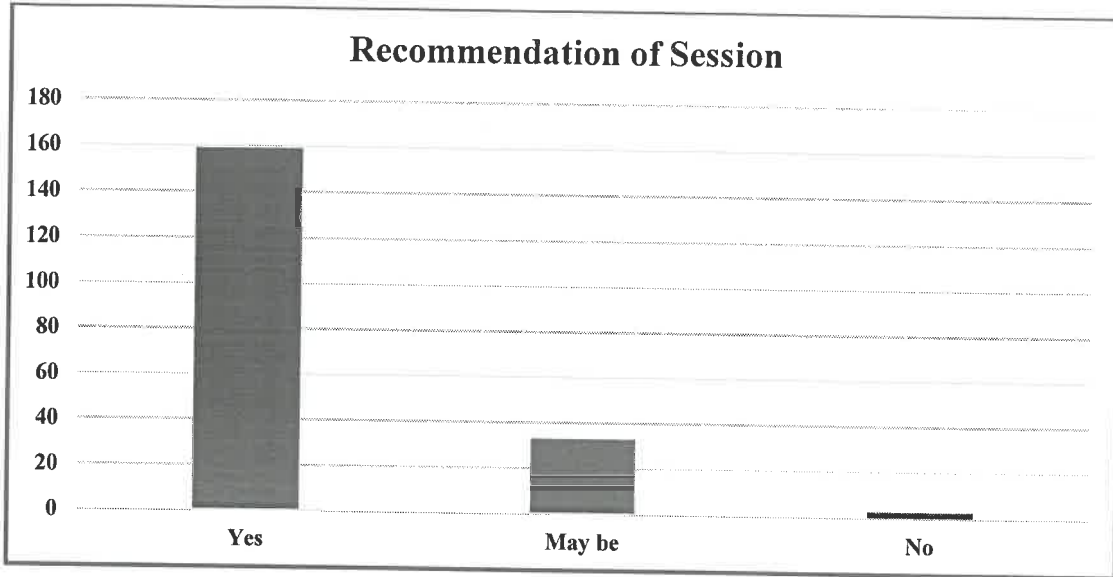
4. The contents presented were carrying adequate depth and information.



5. The speaker was a good communicator.



6. I will recommend this Programme / session to my colleagues and juniors.



Feedback Analysis Report: -

Most of the students were very satisfied with the content, usefulness, knowledge and communication of speaker. Students have also thoroughly enjoyed the session and recommended session for further batches.

Dr. Sanjay S. Gaikwad

Coordinator

S. B. PATIL INSTITUTE OF MANAGEMENT
ATTENDANCE SHEET
GUEST SESSION

Date: - 07/09/2023

Time: - 10:00 to 12:00

Class: - MBA 1st Year (Batch 2023-25)

Semester - I

Topic: - Stress Management

Division: - A

Name of Dr. Rajeev Nagarkar

SR. NO.	ROLL NO.	NAME OF THE STUDENT	SIGNATURE
1	FYMBA2325001	Attar Khushboo Jamir	
2	FYMBA2325002	Bhalekar Shradha Ulhas	
3	FYMBA2325003	Bhosale Prachi Pravin	
4	FYMBA2325004	Bhumkar Rutuja Sanjay	
5	FYMBA2325005	Chalse Jyoti Vinod	
6	FYMBA2325006	Chaudhari Parag Kishor	
7	FYMBA2325007	Chaudhari Vaishnavi Keshav	
8	FYMBA2325008	Chavan Anushka Ramakant	
9	FYMBA2325009	Chavan Manali Digambar	
10	FYMBA2325010	Desai Aishwarya Dasharath	
11	FYMBA2325011	Deshmukh Sakshi Prashant	
12	FYMBA2325012	Dhage Chirag Arun	
13	FYMBA2325013	Dhas Sujit Sunil	
14	FYMBA2325014	Fartade Aniket Sukhdev	
15	FYMBA2325015	Gade Kunal Navnath	
16	FYMBA2325016	Gaikwad Tanmay Rajesh	
17	FYMBA2325017	Gamot Prem Rajesh	
18	FYMBA2325018	Goyal Surbhi	
19	FYMBA2325019	Gupta Priya	
20	FYMBA2325020	Hadole Swapnil Prashant	
21	FYMBA2325021	Harihar Kaivalya Rajendra	
22	FYMBA2325022	Hubli Radha Bajrang	
23	FYMBA2325023	Kamble Pratik Ramesh	
24	FYMBA2325024	Kamble Vaishnavi Shamrao	
25	FYMBA2325025	Kapure Nimish Sandip	
26	FYMBA2325026	Kharwade Omkar Babasaheb	
27	FYMBA2325027	Kulkarni Niyati Atul	
28	FYMBA2325028	Kulkarni Yogesh Deepak	
29	FYMBA2325029	Lad Shubham Bhaskar	
30	FYMBA2325030	Madake Ajay Bhausahab	
31	FYMBA2325031	Mahajan Mayur Bhanudas	
32	FYMBA2325032	Mishra Pratik Rajkumar	
33	FYMBA2325033	More Rohit Nilkanth	
34	FYMBA2325034	Mundada Harshali Santosh	

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ATTENDANCE SHEET
GUEST SESSION

Date: - 07/09/2023

Time: - 10:00 to 12:00

Class: - MBA 1st Year (Batch 2023-25)

Semester - I

Topic: - Stress Management

Division: - B

Name of: Dr. Rajeev Nagarkar

SR. NO.	ROLL NO.	NAME OF THE STUDENT	SIGNATURE
1	FYMBA2325070	Adsul Pratik Bhausahab	
2	FYMBA2325071	Ahirrao Sachin Manoj	
3	FYMBA2325072	Apune Vaishnavi Ramesh	
4	FYMBA2325073	Arulkar Shreyash Parshuram	
5	FYMBA2325074	Bandgar Ritesh Sunil	
6	FYMBA2325075	Bankar Pooja Rajendra	
7	FYMBA2325076	Bhagwat Vaishnavi Balaji	
8	FYMBA2325077	Bhaik Ashwini Kondiba	
9	FYMBA2325078	Bhamre Samiksha Manohar	
10	FYMBA2325079	Borhade Sanika Ganesh	
11	FYMBA2325080	Chaudhari Jueely Yashwant	
12	FYMBA2325081	Deore Shradha Sanjay	
13	FYMBA2325082	Dhage Sanjana Ashok	
14	FYMBA2325083	Dhore Mayuri Bhagwat	
15	FYMBA2325084	Dhulshette Mayuri Anantrao	
16	FYMBA2325085	Gaikwad Shivdhan Rameshwar	
17	FYMBA2325086	Garud Sakshi Suresh	
18	FYMBA2325087	Ghadge Vikram Jayawant	
19	FYMBA2325088	Ghonge Prachi Anant	
20	FYMBA2325089	Gupta Shraddha Munnalal	
21	FYMBA2325090	Gurjar Mamta Mangilal	
22	FYMBA2325091	Jadhav Akash Baban	
23	FYMBA2325092	Jagtap Ashwathi Rajkumar	
24	FYMBA2325093	Jagtap Vaishnavi Sudhakar	
25	FYMBA2325094	Jain Lalit Rajesh	
26	FYMBA2325095	Jawak Sakshi Prakash	
27	FYMBA2325096	Joshi Chaitanya Rajesh	
28	FYMBA2325097	Kadam Ramkishan Munjabhau	
29	FYMBA2325098	Kakde Vaishnav Vinay	
30	FYMBA2325099	Kalbhor Siddhi Deepak	
31	FYMBA2325100	Kamble Anuradha Tanaji	
32	FYMBA2325101	Kamble Nilesh Sunil	
33	FYMBA2325102	Karad Vidya Krushna	
34	FYMBA2325103	Karnik Rutwik Dhananjay	

P.C.E.T.'S
S. B. PATIL INSTITUTE OF MANAGEMENT
ATTENDANCE SHEET
GUEST SESSION

Date: - 08/09/2023

Time: - 10:00 to 12:00

Class: - MBA 1st Year (Batch 2023-25)

Semester - I

Topic: - Stress Management

Division: - C

Name of Dr. Rajeev Nagarkar

Sr. No.	Roll No.	Name of the Student	Signature
1	FYMBA2325139	Ade Ankita Charandas	<i>Aade</i>
2	FYMBA2325140	Ambilkar Yash Ramesh	
3	FYMBA2325141	Bagul Kartik Dattatray	
4	FYMBA2325142	Bhadage Darshan Satish	
5	FYMBA2325143	Bhalekar Digvijay Ganesh	
6	FYMBA2325144	Bhalekar Sanjana Nandkumar	<i>Bhalekar</i>
7	FYMBA2325145	Borhade Komal Hanumant	<i>Komal</i>
8	FYMBA2325146	Chaudhari Keshav Sunil	
9	FYMBA2325147	Chavan Akanksha Ravindra	<i>Chavan</i>
10	FYMBA2325148	Chavan Rushikesh Bhagwan	
11	FYMBA2325149	Chavan Yuvraj Raju	<i>Chavan</i>
12	FYMBA2325150	Dahapute Mahesh Rambhauji	<i>Dahapute</i>
13	FYMBA2325151	Dande Aditi Bharat	<i>Dande</i>
14	FYMBA2325152	Dapke Hindvi Shankar	<i>Hindvi</i>
15	FYMBA2325153	Darawade Rutuja Ravindra	<i>Darawade</i>
16	FYMBA2325154	Deshmukh Mokshada Diliprao	<i>Deshmukh</i>
17	FYMBA2325155	Chawada Dharmik Sanjay	<i>Chawada</i>
18	FYMBA2325156	Gadewar Janhavi Balaji	<i>Gadewar</i>
19	FYMBA2325157	Gaiki Sumit Dnyaneshwar	<i>Gaiki</i>
20	FYMBA2325158	Gaikwad Tushar Karan	
21	FYMBA2325159	Gavande Vishal Santosh	<i>Gavande</i>
22	FYMBA2325160	Gawande Dhanashri Ashokrao	
23	FYMBA2325161	Ghabade Akanksha Gorakshanath	<i>Ghabade</i>
24	FYMBA2325162	Ghode Shrikant Ganesh	
25	FYMBA2325163	Ghuge Pranav Vijay	
26	FYMBA2325164	Giri Trupti Pandurang	<i>Giri</i>
27	FYMBA2325165	Gole Anushka Rajendra	
28	FYMBA2325166	Gulhane Sarang Dineshrao	<i>Gulhane</i>
29	FYMBA2325167	Hagavane Swaraj Malhari	<i>Hagavane</i>
30	FYMBA2325168	Hiwarale Dipalee Gajanan	<i>Hiwarale</i>
31	FYMBA2325169	Ingole Akshay Ashok	
32	FYMBA2325170	Jade Yash Shrikant	<i>Jade</i>
33	FYMBA2325171	Jogdande Manasi Sheetalkumar	<i>Manasi</i>
34	FYMBA2325172	Kadam Pooja Subhash	<i>Kadam</i>

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GUEST SESSION

Date: - 08/09/2023

Time: - 10:00 to 12:00

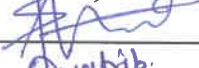
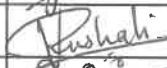
Class: - MBA 1st Year (Batch 2023-25)

Semester - I

Topic: - Stress Management

Division: - D

Name of Dr. Rajeev Nagarkar

SR. NO.	ROLL NO.	NAME OF THE STUDENT	SIGNATURE
1	FYMBA2325207	Badgujar Om Ravindra	
2	FYMBA2325208	Bansode Jayesh Sanjay	
3	FYMBA2325209	Barde Rutuja Sandeep	
4	FYMBA2325210	Barure Vaishali Ashok	
5	FYMBA2325211	Bhalekar Ritesh Ramdas	
6	FYMBA2325212	Bhalerao Pratik Nagesh	
7	FYMBA2325213	Bhalerao Sakshi Sandip	
8	FYMBA2325214	Bhavsar Gayatri Suresh	
9	FYMBA2325215	Bhoi Yuvraj Dinkar	
10	FYMBA2325216	Bhujbal Sakshi Rajesh	
11	FYMBA2325217	Bhumkar Tanvi Madan	
12	FYMBA2325218	Chaskar Shivani Santosh	
13	FYMBA2325219	Chavan Omkar Ashok	
14	FYMBA2325220	Chavhan Kritik Ramesh	
15	FYMBA2325221	Damodar Pragati Dadarao	
16	FYMBA2325222	Desi Shruti Shirish	
17	FYMBA2325223	Dhanokar Vaishnavee Gajanan	
18	FYMBA2325224	Dighe Pradip Sukdeo	
19	FYMBA2325225	Fadale Vaishnavi Vikas	
20	FYMBA2325226	Gadekar Sakshi Sharad	
21	FYMBA2325227	Gadhe Vrushali Dhananjay	
22	FYMBA2325228	Giri Aastha Mukund	
23	FYMBA2325229	Godhane Soham Vinod	
24	FYMBA2325230	Gunjal Vikrant Goraksha	
25	FYMBA2325231	Gurav Mrunal Jayvant	
26	FYMBA2325232	Handa Akshita	
27	FYMBA2325233	Handal Akanksha Vijay	
28	FYMBA2325234	Hangarge Poornima Vasant	
29	FYMBA2325235	Ingle Utpal Dilip	
30	FYMBA2325236	Jadhao Shubham Ramchandra	
31	FYMBA2325237	Jagtap Yash Digamber	
32	FYMBA2325238	Jamadar Onkar Sudhakar	
33	FYMBA2325239	Kalbhor Aditya	
34	FYMBA2325240	Kalokhe Shravani Babasaheb	