

**HEALTH AND COUNSELING COMMITTEE
ACTIVITY REPORT 2023-2024**

Part A) Information about Organizing Team

IQAC ACTIVITY No: HCC02

NAME OF THE ACTIVITY: Stress Management			
DATE	DEPARTMENT	COMMITTEE	COORDINATOR NAME
24-02-2024	NA	Health and Counselling	Ms. Minu Khan
DURATION	VENUE	PARTICIPANTS (Nos)	NATURE: Outdoor/Indoor
1 hour	Classroom	76	Indoor
NAME OF THE SPEAKER/ ORGANIZATION		CONTACT DETAILS OF THE SPEAKER/ ORGANIZATION	
NA		NA	
FACULTY SUPPORT:	1. Ms. Vianna Pillai	2.	
	3.	4.	
	5.	6.	
STUDENT SUPPORT:	A. Dhruvita Bhoir	B. Rahul Rajpurohit	
	C. Hamid Khan	D.	
	E.	F.	
	G.	H.	
	I.	J.	

Part B) Brief Information about the Activity (CRITERION NO. -): 3.4.1, 5.1.3

TOPIC OF THE ACTIVITY	Stress Management
OBJECTIVES	<ol style="list-style-type: none"> To understand the current stress levels among the students. To give students an idea on their stress responses and how it impacts their well-being. To share effective stress management techniques with the students.
METHODOLOGY	Participative
OUTCOMES	<ol style="list-style-type: none"> The students learned about their stress levels in academic and personal aspects. The students understood their stressors and frequent stress-patterns. The students understood and learned a few effective stress management and breathing techniques.



Part C) Proofs & Documents Attached (Tick mark the proofs attached):

<input type="checkbox"/>	1. Directions by Authority	<input checked="" type="checkbox"/>	6. Activity Report	<input type="checkbox"/>	11. Account Settlement
<input type="checkbox"/>	2. Proposal Note	<input type="checkbox"/>	7. Brief Profile Guest	<input type="checkbox"/>	12. News Material
<input type="checkbox"/>	3. Approval Letter	<input checked="" type="checkbox"/>	8. Attendance Gender/Sem/Course	<input checked="" type="checkbox"/>	13. Feed Back Report
<input checked="" type="checkbox"/>	4. Notice & Schedule	<input type="checkbox"/>	9. Certificate	<input type="checkbox"/>	14. Any Other
<input type="checkbox"/>	5. Organising Committee	<input checked="" type="checkbox"/>	10. Geo-tagged Photographs	<input type="checkbox"/>	

Part D) Social Media:

Web Site Signature & Date		Twitter Signature & Date		Instagram Signature & Date		Facebook Signature & Date	
DOS	DOP	DOS	DOP	DOS	DOP	DOS	DOP

Part D) IQAC Cell:

IQAC Cell Activity Number:

NAME & SIGNATURE OF COORDINATOR	NAME & SIGNATURE OF PRINCIPAL	IQAC Documentation	IQAC COORDINATOR (SEAL & SIGNATURE)
 Ms. Minu Khan	 Dr. (Mrs) Satinder Kaur Gujral	13	

I/C Principal
Reena Mehta College of Arts, Science
Commerce & Mgt. Studies
Bhayandar (West), Dist. Thane - 401 101.

IQAC CO-ORDINATOR
Reena Mehta College of Arts, Science,
Commerce & Mgt. Studies
Bhayandar (West), Dist. Thane - 401 101.

NOTE: - The report has been scanned and submitted. *uj*

Signature (Scanned by) _____

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Signature _____

Signature _____



JEEVAN JYOT EDUCATIONAL CHARITABLE TRUST
REENA MEHTA COLLEGE
OF ARTS, SCIENCE, COMMERCE & MANAGEMENT STUDIES
Affiliated to University of Mumbai | NAAC Accredited "A" Grade | ISO 9001:2015 | Gujarati Linguistic Minority
Section 2 (f) of the UGC Act 1956

Date: 19/02/2024

Notice

Department of Health and Counselling is hosting a Stress Management Activity to express impact of stress and the importance of its management.

Date: 24th February, Saturday

Timings: 9 am to 10 am

Venue: Classroom

Join us for an insightful and effective session bringing in the essence of well-being.

Regards,

Signature: *Minu Khan*

Convenor: Ms. Minu Khan

Committee: Health and Counselling

Dr. (Mrs.) Satinder Kaur Gujral

I/C Principal

I/C Principal
Reena Mehta College of Arts, Science
& Mgt. Studies
Bhayandar (West), Dist. Thane - 401 101





Date: - 24th February 2024

ACTIVITY REPORT

Name of the Activity: Stress Management

Name of the Programme: Health & Counselling Committee

Batch: - 2023-2024

Semester: -II, IV, VI

Section: -

Duration: - 1 Hour

Report on Stress Management

The stress assessment workshop held by the college Health and Counseling department aimed to evaluate the stress levels of students across courses and equip them with coping strategies. Through interactive discussion, the stress assessment was conducted, and concluded with guided reflections along with a fun puzzle related with the types of effective ways to manage stressors. The Perceived Stress Scale was assessed and the scores helped the students to identify their stress levels. Furthermore, they were explained the impacts of stress on their well-being. Practical techniques like deep breathing and mindfulness were introduced to facilitate stress management. Information about campus counseling services and peer support emphasized help-seeking behavior. The puzzle was a fun activity to conclude the activity and left the students with a couple of do-able techniques in order to manage stress as well as lead to a healthy well-being.

The celebration was concluded with distribution of chocolates as a token of appreciation for the first two students to score the maximum number of words in the least amount of time.

Overall, the activity left a pivotal impact on the students and brought a delightful insight about stress and its management.

Regards

Signature:



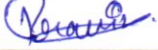
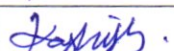

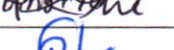

















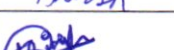

Convener: Ms. Minu Khan

Committee: Health and Counselling Committee

Date: 24/02/24

Attendance Record of Activity

NAME OF THE ACTIVITY: Stress Management

Sr. No.	Name of the Students	M/F	Program/Class/ Stream	Sign.
1.	SHAHEEN KHAN	F	SYBMS	
2.	Husien Jalali	F	SYBMS	
3.	Pravin Parmar	M	SYBMS	
4.	Kashish Suthar	F	SYBMS.	
5.	Amrta K. Rana	F	SYBMS	
6.	Riya Chauhan	F	SYBMS	
7.	Saurav Anand	M	SYBMS	
8.	Mustafa Shopurwala	M	SYBMS	
9.	Shivam P	M	TYBAF	
10.	Nikhil.	M	TYBAF	
11.	Pratham	M	TYBAF	
12.	Pratik	M	TYBAF	
13.	Vishal.	M	TYBAF	
14.	Abdul.	M	TYBAF	
15.	Farheen.	F	TYBAF	
16.	Fatima	F	TYBI	
17.	Seoni	F	TYBBI	
18.	Prityank.	F	TYBBI	
19.	Harsh	M	TYBBI	
20.	Mahek Singh	F	FYBMS	
21.	Iqra Ansari	F	FYBMS	
22.	Pravina Desai	F	TYBAF	
23.	Heera malviya	M	FYBMS	
24.	Meera Sharma	F	FYBMS	
25.	Hamidullah Khan	M	TYBMS	

Signature: Mehar

HoD:- Minu Khan

Health & Counselling
Committee.



Date: 24/02/24

Attendance Record of Activity

NAME OF THE ACTIVITY: Stress Management -

Sr. No.	Name of the Students	M/F	Program/Class/ Stream	Sign.
1.	Manav Kamat	M	FYBA.	<u>Manav Kamat</u>
2.	Priyanshu Chembey	M	FYBA.	<u>Priyanshu Chembey</u>
3.	Sugreev Kumar Parajapati	M	FYBA	<u>Sugreev</u>
4.	Harsh Vijay Tiwari	M	FYB.com	<u>Harsh Tiwari</u>
5.	Soham - Madav	M	S.Y.B.A.	<u>Soham</u>
6.	Aza Mazhar	F	S.Y.B.A	<u>Aza</u>
7.	Khan Saima	F	S.Y.B.A	<u>Khan Saima</u>
8.	Fazrukh Hussain	M	F.Y.B.com	<u>F Hussain</u>
9.	Rutika R Vyas	F	S.Y.B.A	<u>Rutika</u>
10.	Anjali Jainwal	F	FYBA	<u>Anjali Jainwal</u>
11.	Jagruhi Munshi	F	FYB.com	<u>Jagruhi</u>
12.	Ansari Aaliya	F	FYB.com	<u>Aaliya</u>
13.	Satware Muskan	F	FYB.com	<u>Muskan</u>
14.	Shaiikh Tehzeeb	F	FYB.com	<u>Tehzeeb</u>
15.	Tanvi Ghosh	F	FYB.com	<u>Tghosh</u>
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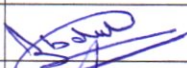



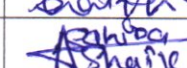
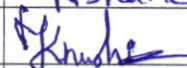
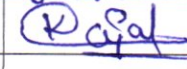
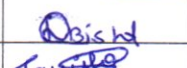
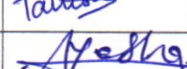
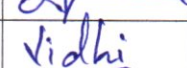
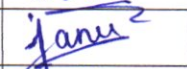
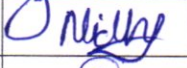

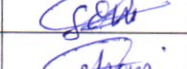
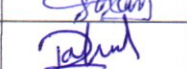
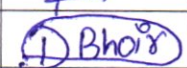



Convenor: Minu Khan
Health & Counselling
Committee.



Date: 24/02/24.

Attendance Record of Activity

NAME OF THE ACTIVITY: Stress Management.

Sr. No.	Name of the Students	M/F	Program/Class/ Stream	Sign.
1.	Sharikh Abdullah	M	SV B.COM	
2.	Dhanu Gupta	m	SY BCOM	
3.	Sujeet Maharana	M	SY BCOM	
4.	Amaan Shaikh	M	SY BCOM	
5.	Sagarikha Shaikh	F	SYBCOM	
6.	Rahiba Shaikh	F	SYBCOM	
7.	Khushi Maurya	F	SYBCOM	
8.	Kajal Kanjija	F	SY BCOM	
9.	Deepa Bisht	F	SY BCOM	
10.	Tanisha Mitra	F	FYBA	
11.	Ayesha Shaikh	F	FYBA	
12.	Vidhi Baria	F	FYBA	
13.	Janu Parmar	F	FYBA	
14.	Nidhi Kanjija	F	FYBA	
15.	Riya Satardekar	F	SY BCOM	
16.	Soni Chaudhary	F	SY BCOM	
17.	Shama Shaikh	F	SY BCOM	
18.	RAHUL RAJPOHIT	M	FYBA	
19.	Dhruvita Bhoir	F	SYBA	
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Signature: Melhan

HoD:- Heath & Minu Khan
 Health & Counselling
 Committee



Date: 24/02/24

Attendance Record of Activity

NAME OF THE ACTIVITY: Stress Management

Sr. No.	Name of the Students	M/F	Program/Class/ Stream	Sign.
1.	Kaetik Shavema	M	FyBA	<u>Kaetiks</u>
2.	Ravindra Ganohary	M	FYBA	<u>Randhary</u>
3.	Zayan Mose	M	FY Bcom	<u>Zayan</u>
4.	Fatin Karol	M	FY Bcom	<u>Fatin</u>
5.	Gurunath V Saundalkar	M	F.Y. Bcom	<u>Gurunath</u>
6.	Shreyash Kulal	M	F.Y. Bcom	<u>Shreyash</u>
7.	Trisha Shaikh	F	sy. BCOM	<u>Trisha</u>
8.	Sugra Khan	F	Sy. BCOM	<u>Sugra</u>
9.	Choudhary Faika	F	sy. BCOM	<u>Faika</u>
10.	Shreediti Singh	F	SY. BCOM	<u>Shreediti</u>
11.	Asma Shaikh	F	SY. BCOM	<u>Asma</u>
12.	Sabrin Qureshi	F	FY Bcom	<u>Sabrin</u>
13.	Quetch Aram	F	FYBA	<u>Quetch</u>
14.	Talha Kadge	M	FYBMS	<u>Kadge</u>
15.	Saundhambate	M	FYBMS	<u>Saundhambate</u>
16.	Anurag Mawya	M	FY-BMS	<u>Anurag</u>
17.	Yarun singal.	M	FY-BMS	<u>Yarun</u>
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Signature: Minu Khan

HoD:- Minu Khan

Health & Counselling
Committee.



Date: 24/02/24.

Attendance Record of Activity

FACULTY ATTENDANCE: Stress Management

Sr. No.	Name of the Faculty	Sign	Name of the Faculty	Sign.
1.	Vinita Khedwal	(VK)		
2.	Ruby Ghosh	R.G		
3.	K. Kauri	KK		
4.	Shreya Kelkar	SK		
5.	Vianna Pillai	Vanna		
6.	Archana Patil	Patil		
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Signature: Minu Khan

HoD:- Minu Khan
 Health & counselling
 committee.



Date: - 24th February 2024

ACTIVITY REPORT

Name of the Activity: Stress Management

Name of the Programme: Health & Counselling Committee

Batch: - 2023-2024

Semester: -II, IV, VI

Section: -

Duration: - 1 Hour



Perceived Stress Scale

A more precise measure of personal stress can be determined by using a variety of instruments that have been designed to help measure individual stress levels. The first of these is called the **Perceived Stress Scale**.

The Perceived Stress Scale (PSS) is a classic stress assessment instrument. The tool, while originally developed in 1983, remains a popular choice for helping us understand how different situations affect our feelings and our perceived stress. The questions in this scale ask about your feelings and thoughts during the last month. In each case, you will be asked to indicate how often you felt or thought a certain way. Although some of the questions are similar, there are differences between them and you should treat each one as a separate question. The best approach is to answer fairly quickly. That is, don't try to count up the number of times you felt a particular way; rather indicate the alternative that seems like a reasonable estimate.

For each question choose from the following alternatives:

0 - never 1 - almost never 2 - sometimes 3 - fairly often 4 - very often

- _____ 1. In the last month, how often have you been upset because of something that happened unexpectedly?
- _____ 2. In the last month, how often have you felt that you were unable to control the important things in your life?
- _____ 3. In the last month, how often have you felt nervous and stressed?
- _____ 4. In the last month, how often have you felt confident about your ability to handle your personal problems?
- _____ 5. In the last month, how often have you felt that things were going your way?
- _____ 6. In the last month, how often have you found that you could not cope with all the things that you had to do?
- _____ 7. In the last month, how often have you been able to control irritations in your life?
- _____ 8. In the last month, how often have you felt that you were on top of things?
- _____ 9. In the last month, how often have you been angered because of things that happened that were outside of your control?
- _____ 10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

Stress Relief Strategies

E N O E M O S O T K L A T T
A R A C C A L M M U S I C E H
G N I T N I A P F E L N N M
L E S S S C R E E N T I M E
I R P E E L S R E P O R P S
C H E A L T H Y F O O D R C
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D Y S S E N L U F D N I M I
L E N O P E X E R C I S E D
N H I E S D E E L I A O L T



Regards

Signature:

Convener: Ms. Minu Khan

Committee: Health and Counselling Committee

I/C Principal
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