

MIT | Arts, Commerce
& Science College
An Autonomous College Affiliated to Savitribai Phule Pune University
Accredited by NAAC with "A" Grade

School of Computer Science and Application
Department of Computer Application
Mental Health & Wellbeing Cell
Anubhuti Club

Academic Year 2026-27

Date: 16/09/2026

NOTICE

All students are hereby informed that the **Department of Computer Application**, in association with the **Mental Health & Well-Being Cell**, and **Anubhuti Club** is organizing a **Guest Lecture** on "**Holistic Excellence: Mental Health and Academic Growth.**"

The session aims to create awareness about mental health, promote emotional well-being, and help students develop healthy coping strategies to manage academic and personal challenges.

Details of the Guest Lecture:

- **Topic:** Holistic Excellence: Mental Health and Academic Growth
- **Speaker:** Shrinidhi Bhurke
- **Date:** Thursday, 17/09/2026
- **Time:** 12:00 noon
- **Venue:** Seminar Hall

All students are requested to attend the session and make the best use of this valuable opportunity.



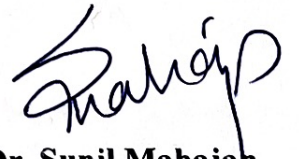
Dr. Dipali Tawar

Coordinator – Anubhuti Club
Member Secretary – Mental Health
and Well Being Cell



Prof. Amit Tale

HOD, Computer Application.



Dr. Sunil Mahajan

Associate Dean - Student Affairs



Dr. Padmavati Undale
Nodal Officer



Dr. Akshada Kulkarni
Deputy Director



Dr. B.B. Waphare
Director



MIT | Arts, Commerce & Science College

An Autonomous College Affiliated to Savitribai Phule Pune University

Accredited by NAAC with "A" Grade

Alandi(D), Pune-412105

Computer Application Department

In association with Mental Health and Wellbeing Cell

and Anubhuti Club

Academic Year 2026–27

Date: 28th September 2026

Report of Guest Lecture on “Holistic Excellence: Mental Health and Academic Growth”

Date: Thursday, 17th September 2026

Introduction: The Department of Computer Application, in association with the Mental Health and Wellbeing Cell and Anubhuti Club, MAEER's MIT Arts, Commerce & Science College, Alandi (D), organized a Guest Lecture on the topic “Holistic Excellence: Mental Health and Academic Growth” on Thursday, 17th September 2026 at 1:00 am in the Seminar Hall. The session aimed to create awareness about mental health, promote emotional well-being, and help students develop healthy coping strategies to manage academic and personal challenges.

The lecture was delivered by Mrs. Shrinidhi Bhurke, Assistant Professor, BBA/BBA-IB Department for the students.

Coordinator: Dr. Dipali B. Tawar



Objectives:

1. To create awareness about mental health among students.
2. To promote emotional well-being.
3. To help students develop healthy coping strategies.
4. To guide students in managing academic and personal challenges for holistic growth.

Details of the Session:

During the session, the speaker addressed the students on “Holistic Excellence: Mental Health and Academic Growth” and interacted with them on the importance of looking after mental health while pursuing academic goals. It was emphasized that emotional well-being and academic growth go hand in hand, and that true excellence is achieved when both are nurtured together.

Students were made aware of the everyday academic and personal challenges that can affect mental health, and were guided on healthy ways of coping with stress, pressure and difficult situations so that they can stay balanced, focused and motivated.

The session concluded with a mediation exercise, in which the students participated very actively and enthusiastically.

The session was well received by the students, who were encouraged to take care of their mental health and to seek support whenever needed.

Outcomes:

1. Students became aware of the importance of mental health and emotional well-being.
2. Students understood how emotional well-being supports academic growth.
3. Students learned healthy coping strategies to manage academic and personal challenges.
4. Students were encouraged to adopt a balanced, positive and resilient approach towards holistic excellence.

About Participants:

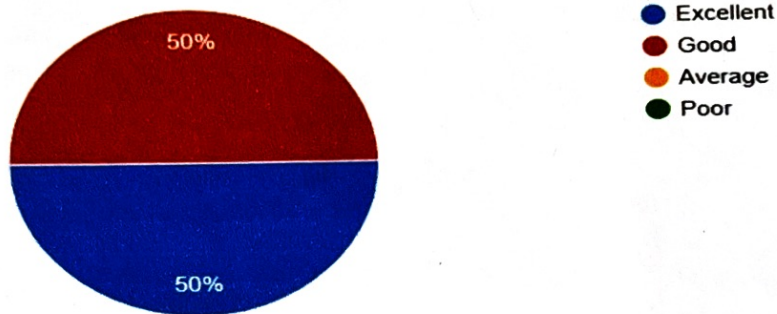
The event was organized for students of the college and received enthusiastic participation from **100** students (56 Girls, 44 Boys)



Feedback received from students:

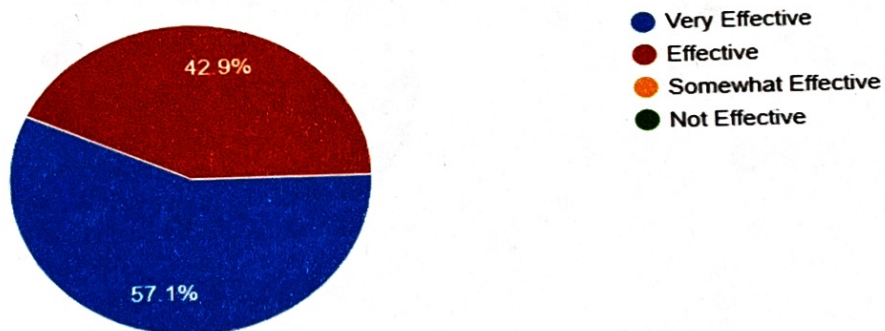
How would you rate the overall content and relevance of the session to your academic and personal life?

14 responses



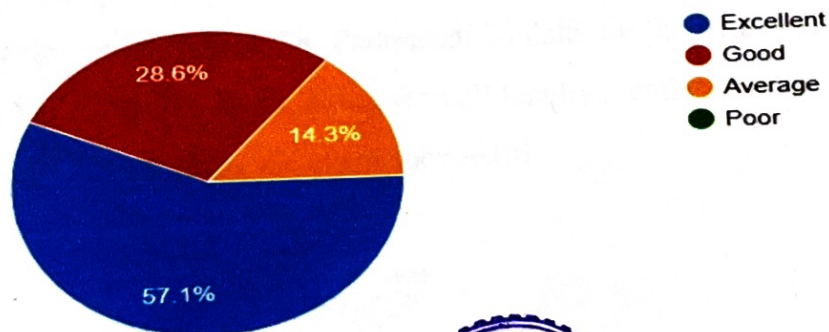
How effectively did the speaker explain the concepts of self discipline and time management?

14 responses



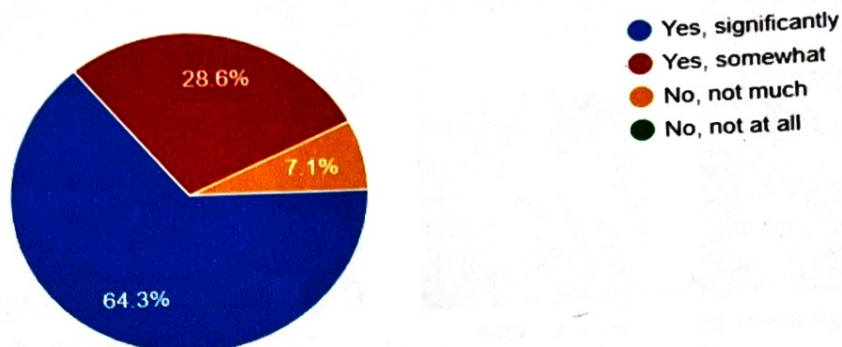
How would you rate the interaction and engagement during the session (Q&A, discussions, activities, etc.)?

14 responses



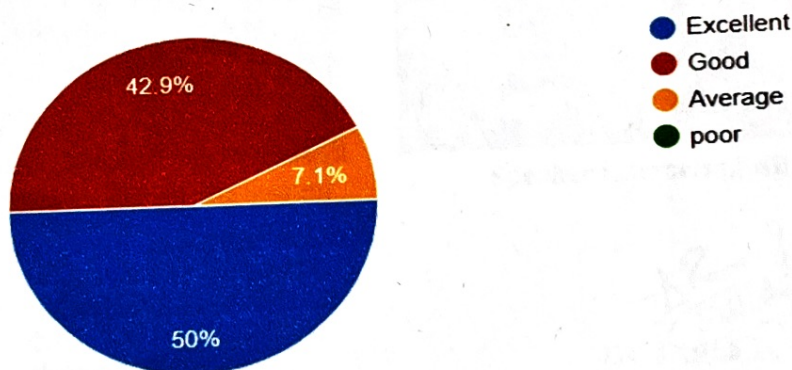
Did the session improve your understanding of mental health and emotional well-being?

14 responses



Overall, how would you rate this lecture?

14 responses



Acknowledgement:

The organizing committee sincerely expresses its gratitude to Dr. B. B. Waphare, Director, for his constant support and encouragement. We extend our heartfelt thanks to the Deputy Director, Dr. Akshada Kulkarni, and the Nodal Officer, Dr. Padmavati Undale, for their valuable guidance. Special thanks to Coordinator, Dr. Dipali B. Tawar, along with all faculty members and non-teaching staff, for their cooperation and support in making the event successful.



Glimpses from the Program:



Mrs. Shrinidhi Bhurke addressing the students



Students attentively listening to the lecture



Students and faculty members during the session



Speaker interacting with the students

Prepared by:


Prof. Punam Toke


Dr. Dipali B. Tawar
Anubhuti Club Coordinator &
Secretary Mental Health and
Wellbeing Cell

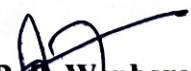

Dr. Sunil P. Mahajan
Associate Dean - Student Affairs


Prof. Amit Tale
HOD - Computer Application
Department


Dr. Padmavati Undale
Nodal Officer - Mental Health
and Wellbeing Cell


Dr. Akshada Kulkarni
Deputy Director




Dr. B. B. Waphare
Director



Arts, Commerce
& Science College

An Autonomous College Affiliated to Savitribai Phule Pune University

Accredited by NAAC with "A" Grade

Alandi (D), Pune - 412105

School of Computer Science and Application

Department Of Computer Application

In association with Mental Health and Wellbeing Cell & Anubhuti
Club

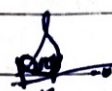
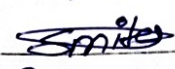
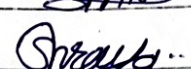
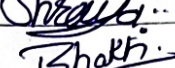
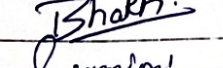
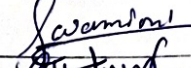
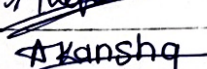
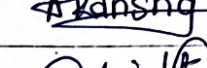
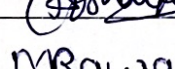
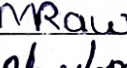
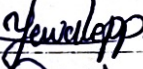
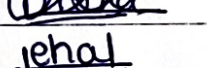
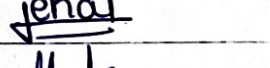
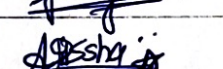
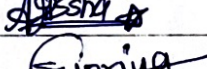
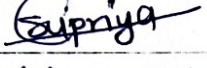
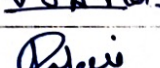
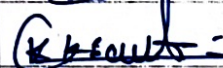
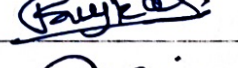
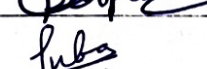
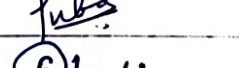
Academic Year 2026-27

Date: 17/09/2026

ATTENDANCE SHEET

Guest Lecture on "Holistic Excellence: Mental Health and Academic Growth"

SR.NO	NAME OF STUDENT	CLASS	SIGN
1]	Kaveri . Vishnu . Zingad	BBA	
2]	Vaibhavi Mahendra Gadave	BCA	
3]	Manisha Rajput	BBA	
4.	Vaishnavi R. Jangid	BBA	
5	Riya Kumari	BBA	
6.)	Aayushi Sharma	BBA	
7)	Shravya Uttam Patil	BCA	
8)	Anushka Patel	BCA	
9)	Isha Rajput	BBA IB	
10)	Aaditi Shinde	BBA	
11)	Chavi Sharma	BBA	
12)	Pranjal Rokade	BCA	
13)	Vaishnavi . Ranjankar	BCA	
14)	Manasi Patil	BCA	
15)	Anushka . F. Ninawe	BCA	
16)	Pariney Gaware	BCA	
17]	Shravya Adhav	BCA	
18]	Janhavi Jadhav	BBA IB	
19]	Harshada Gaikwad	BBA	
20	Gayatri Doundkar	BCA	

SR.NO	NAME OF STUDENT	CLASS	SIGN
21]	Siddhi Prashant Sanap	BBA	
22]	Vidhi Shirish Patil	BCA	
23)	Vidula Vikas Hole	BCA	
24)	Smita Suryabham Kalamkar	BCA	
25]	Shreya Sunil choudhari	BBA-IB	
26]	Bhakti Rawsahab Kadam	BBA-IB	
27)	Swamini Rahul Shilimkar	BBA	
28)	Anushka Nishu Thakur	BBA-IB	
29)	Akansha Santosh kumbhar	BBA	
30)	Aadiba Kaleem Shaikh	BCA	
31]	Mamta Tejendra Rawat	BCA	
32]	Priyanka Panchuram Yewale	BCA	
33]	Disha Hariram Bobale	BCA	
34]	Mehal Tushar Waghulde	BCA	
35]	Janhavi Nirvutti Landge	BBA-IB	
36]	Diksha Kamalakar Ankulge	BBA	
37)	Supriya Ramu Divtinwad	BCA	
38]	Anarase vaishnavi sarata	BCA	
39)	Anjali Shrimant Jadhav	BCA	
40]	Kalyani Kishor Patil	BCA	
41]	Prajakta Santosh Raykar	BCA	
42]	Tanuja Ravindra Tanpure	BCA	
43]	Baig Tuba Mohammad Ali	BCA	
44]	Shruti Sachin Atole	BCA	
45]	Gunjan Patil	BCA	
46]	Pooja Rupendra chavan	BCA	
47]	Swapnali Kiran Mendhekar	BCA	
48]	Bhakti damodar savant	BBA	
49]	Arya Patil	BCA	
50]	Anushka chauhan	BBA	
51]	Shreya K. Patil	BBA IB	

SR.NO	NAME OF STUDENT	CLASS	SIGN
52)	Samruddhi Jadhav	BBA - IB	Samruddhi
53)	Rutuja Kadus.	BCA	Rutuja
54)	Nivedita Javalagi	BCA	Nivedita
55)	Harnakshi Mali	BCA	Harnakshi
56)	Mayur Manoj Kunjur	BBA - IB	Mayur
57)	Rudra B. Japkar	BBA	RJapkar
58)	Sahil S. Bhasale	BBA	S.Bhasale
59)	Atharv Orwade	BBA - IB	Atharv
60)	Jay Abhijit Modi	BBA	Jay A Modi
61)	Aashish Mahan Jagtap	BBA	Aashish
62)	Shreyash Pramod Lande	BBA	Shreyash
63)	Aryan Balaji Gudekar	BBA - IB	Aryan
64)	Yash Chandelu RAP	BBA -	Yash
65)	Sanskar Kengale	BBA - IB	S.D.K
66)	Sarthak Santosh Mule	BBA	Santosh
67)	Krushna N. Ladhe	BCA	K.N.
68)	Sonam Deshe	BCA	Sonam
69)	Aaryan Jagtap	BBA - IB	Aaryan
70)	Tejas Bhavade	BCA	Tejas
71)	Om Patil	BCA	Om
72)	Dhaval N. Mahajan	BCA	Dhaval
73)	OM. V. Narkhede	BCA	OM
74)	Archit Purkar	BCA	Archit
75)	Premkumar Fulsundar.	BBA	Premkumar
76)	Tushar. Shinde	BBA	Tushar
77)	Bohara Sudarshan	BCA	S.G.B.
78)	Sudhakar Behera	BCA	Sudhakar
79)	Sumit Naiknaware	BCA	Sumit
80)	Jaideep S. Salunkhe	BBA	Jaideep
81)	Vedant Kaulle	BCA	Vedant
82)	Saksham Nandshwan	BCA	Saksham

SR.NO	NAME OF STUDENT	CLASS	SIGN
83)	Akshay Solankar	BCA	<u>Akshay</u>
84)	Om Rakshe	BCA	<u>Om</u>
85)	Yash Sambhaji Gujar	BBA	<u>Yash</u>
86)	Pratik Bulkrushna wale	BBA IB	<u>P. Bulkrushna</u>
87)	Tushar Ikkar	BCA	<u>Tushar</u>
88)	Vivek Patil	BCA	<u>Vivek</u>
89)	Paikar chetan Babanrao	BCA	<u>Paikar</u>
90)	Ronil Sunil Koderu	BCA	<u>Ronil</u>
91)	Karthik Nair	BBA	<u>Karthik</u>
92)	Tanmay R. Adhau	BCA FY	<u>T.R. Adhau</u>
93)	Raj Patil	BCA	<u>Raj</u>
94)	Anugrah Bejani	BCA FY	<u>Anugrah</u>
95)	Ishan Ghodekar	BBA	<u>Ishan</u>
96)	Vijay Khare	BBA	<u>Vijay</u>
97)	Satish Gaikwad	BCA	<u>Satish</u>
98)	Pradyumna Joshi	BCA	<u>Pradyumna</u>
99)	Prasanna Chavan	BCA	<u>Prasanna</u>
100)	Gayatri Ghorhe	BCA	<u>Gayatri</u>