

REPORT ON

WEBINAR ON SKILL DEVELOPMENT: MINDING THE MIND

Date- 12<sup>th</sup> Sept. 2020  
Day- Saturday  
Time- 2pm to 3:30pm  
Platform- Zoom link

The Department of Hospital and Healthcare Management, Symbiosis Institute of Health Sciences (SIHS, MBA-HHM) organised an in-house webinar on emotional wellness and mindfulness. The webinar was conducted by Dr. Girija Mahale and the SCEW team in virtual mode on Zoom, which was for both senior batch MBA-HHM (2019-20) and the junior batch MBA-HHM (2020-22). The webinar was started with an introductory speech by Dr. Roopashree, Academic Committee In-charge.

About the speakers-

❖ **Dr. Girija Mahale**

*Consultant Psychiatrist with specialisation in youth mental health and Head ,  
Symbiosis Centre for Emotional Wellbeing*



- After pursuing her MD in Psychiatry from KEM, Mumbai, she migrated to Australia where she did her fellowship in Psychiatry.
- She has varied experience but her expertise lies in the field of youth mental health.
- Her passion for creating an emotionally resilient community has lead her to work in the areas of prevention and early intervention for the last couple of years.
- She's also a loving mother of two, and enjoys music, dance and travelling.

❖ **Ms. Tanmayee Khambete**

*Psychological Counsellor*



- She is the psychological counsellor for the SB road, Model colony and Khadki campuses.
- She is a clinical psychologist who has completed her :  
Bachelor's degree from Fergusson College, Pune,  
Post Graduate Diploma in Counselling Psychology from DES,



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Post Graduate Diploma in Counselling Psychology from DES,  
M.A. in Clinical Psychology from Fergusson College, Pune  
M.S. in Clinical Mental Health Counselling from Long Island University, NY.
- She has had extensive experience in working with young adults and adults with IDD
- Mainly focuses in vocational training, resume and skill building
- She also conducts self- improvement workshops and psycho educational classes.

### **Topics Covered-**

1. Mindfulness and its benefits
2. Intrinsic vs. Extrinsic Motivation
3. Major Components of Motivation
4. Resilience
5. Adolescent Problems
6. Social Media And Abuse
7. Self Care During a Crisis

### **Points Discussed-**

- ✓ Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings and thoughts without any judgement.
- ✓ A desire fuelled by passion and emotional energy will bring about the greatest results in life.
- ✓ One should live their life without worrying about other people's thoughts and opinion, to generate self-awareness and to live their life to the fullest potential.
- ✓ Mindfulness/ Colour Breathing activity should be done for 5mins every day to relax our mind and to fill ourselves with positivity.
- ✓ Benefits of Mindfulness - it reduces stress and anxiety, improves sleep, improves physical health and wellbeing, relationship benefits, improves focus and enhances emotional awareness.
- ✓ Self-regulation techniques of behaviour focus on Cognitive Strategies as they play a critical role in guiding goal-directed behaviour.
- ✓ Behavioural Therapy helps us to understand about our emotional thoughts, and how to channelize our emotions.
- ✓ Intrinsic Motivation refers to behaviour that is driven by internal rewards. We do it because it's enjoyable and interesting to us, rather than because of an outside incentive or pressure to do it, such as a reward or deadline.
- ✓ Extrinsic Motivation is when we are motivated to perform a behaviour or engage in an activity because we want to earn a reward such as money, grades or to avoid something unpleasant.
- ✓ Major components of motivation are
  - Activation- involves the decision to initiate a behaviour
  - Persistence- it is the continued effort towards a goal, even though obstacles may exist
  - Intensity- concentration and vigour that goes into pursuing a goal
- ✓ Resilience is the process of adapting to adversity and trauma. It is knowing how to cope in spite of setbacks, barriers or limited resources in life.
- ✓ Various domains of Resilience are
  - Physical- includes endurance, strength and physical flexibility
  - Emotional- includes positive outlook, self- regulation and emotional flexibility

- Mental - includes ability to focus, incorporate multiple points of views and mental flexibility
- Spiritual- includes commitment to values, tolerance of others values and beliefs
- ✓ During a crisis, like the covid-19 pandemic, practicing self-care is important for our well being.
- ✓ Meditation, connecting with our loved ones, eating well-balanced meals, exercising regularly, avoiding the news and social media for a while are some ways to practice Self-Care during a crisis.

### **Conclusion-**

The session was quite interactive and very insightful. The points and discussion led us to know about various coping strategies that can be applied in our daily life to get through difficult times. Session concluded with a wholehearted Vote of thanks by Dr. Roopashree, academic committee in charge.

MBA HHM Webinar 12/9 - Goo x +

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SYMBIOSIS CENTER FOR EMOTIONAL WELLBEING

Minding the mind

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1:39:04



MBA HHM Webinar 12/9 - Google Docs

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Tanmayee Khambet...

Self check-in:  
**HOW ARE YOU FEELING?**

03:28 1:07:00





Dr.Roopashree M.R &lt;drroopashree@sihspune.org&gt;

## Invitation for the inhouse Webinar: Minding the mind, From SIHS: Dr.Roopashree.M.R

2 messages

Dr.Roopashree M.R &lt;drroopashree@sihspune.org&gt;

Thu, Sep 10, 2020 at 1:11 PM

To: jr.a@sihspune.org, jr.b@sihspune.org, sr.a@sihspune.org, sr.b@sihspune.org

Cc: Ms Sakshi Sheth <sakshi@sihspune.org>, Rahul Waghmare <rahulw@sihspune.org>, "Dr.Sammita Jadhav" <dr\_jadhav@sihspune.org>, RAJU RAUT <itsupport@sihspune.org>, NETWORK ADMINISTRATOR <networkadmin@sihspune.org>, "Ms.Shraddha Karhadkar" <aao@sihspune.org>, "Cc:" <mbafaculty@sihspune.org>, "Ms.Devika Shetty" <devikashetty@sihspune.org>, "Dr.Pramod Mishra" <drpramod@sihspune.org>, "PA to Dean, FOHS" <patodean@sihspune.org>, shruti parakh <placementofficer@sihspune.org>, Priti Kulkarni <priti@sihspune.org>, Parag Rishipathak <director\_schs@siu.edu.in>, Dean FOHS <deanfohs@siu.edu.in>

Dear All,

Greetings.

We take this opportunity to cordially invite you to a webinar on the following:

We have Invited the SCEW team for this week's webinar.

The program details are as follows:

- Date: 12/Sept/2020,
- Day: Saturday
- Topic: Minding the Mind
- Time: 2pm and 3.30 pm
- Platform: Zoom link

Speakers:

1. Dr Girija Mahale - Consultant Psychiatrist with specialisation in youth mental health and Head, Symbiosis Centre for Emotional Wellbeing
2. Ms Tanmayee Khambete- Psychological Counsellor.

Kindly find the below zoom details. You are invited to a Zoom meeting.

Register in advance for this meeting:

<https://zoom.us/meeting/register/tJlqdOGhqD8vHNxw2oj6dSWS9Kk3uRc76PVq>

After registering, you will receive a confirmation email containing information about joining the meeting.

You can join the zoom session by using the link.

**Justification for this knowledge sharing program:** We want to invite Dr. Girija Mahale and the SCEW team for this webinar on emotional wellness and mindfulness for our MBA-HHM students (both senior and junior batch students). 1 HOUR session + 30 min Q&A session (1 hr and 30 min event).

As this is one of the requirements for criteria-7 which states, we have to have a health promotion program and wellness, knowledge sharing events help to motivate students for improving their performances.

As our students want to interact with counselling team and get insights of coping up phenomena during the pandemic period.

As this was suggested by academic committee members too, we are conducting this webinar.

Let us make the session interactive.

Please note the following instructions:

- 1) Please ensure you join the session by 1.50 am.
- 2) Use only Your Name (First Name, PRN number) to join the zoom session.
- 3) You will be on in MUTE mode while the session is ON.
- 4) While the Q & A session starts and while you get the chance, you can ask your question.
- 5) Please TURN on your Video STREAM while you ask the question.
- 6) You will introduce yourself by name, program which you are pursuing and the institute (full form) at which you are studying, then ask your questions.
- 7) You may also ask the question by using the chat messages option too.
- 8) Please go on the MUTE mode IMMEDIATELY after completion of your question.
- 9) We have 30 mins (3.00 noon to 3.30 pm) for Q & A and we will most probably be able to take all questions.
- 10) The respective academic committee student members will formulate a report and hand it over to their coordinators for record and documentation purposes.

Thank you and hope to meet you online on 12/Sept/2020.

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*Thanks and Regards,*

**Dr. Roopashree.M.R**  
**Assistant Professor,**  
**Healthcare Management,**



Symbiosis Institute of Health Sciences

**A Constituent of Symbiosis International (DEEMED) University**  
**M.No. 94497532421/9513363418**

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**Dr.Roopashree M.R** <drroopashree@sihspune.org>

Sat, Sep 12, 2020 at 9:53 AM

To: jr.a@sihspune.org, jr.b@sihspune.org, sr.a@sihspune.org, sr.b@sihspune.org

Cc: Ms Sakshi Sheth <sakshi@sihspune.org>, Rahul Waghmare <rahulw@sihspune.org>, "Dr.Sammita Jadhav"

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<networkadmin@sihspune.org>, "Ms.Shraddha Karhadkar" <aao@sihspune.org>, "Cc:" <mbafaculty@sihspune.org>,

"Ms.Devika Shetty" <devikashetty@sihspune.org>, "Dr.Pramod Mishra" <drpramod@sihspune.org>, "PA to Dean, FOHS"

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1/16/2021

Symbiosis Institute of Health Sciences Mail - Invitation for the inhouse Webinar: Minding the mind, From SIHS: Dr. Roopashree.M.R

Dear All,

Gentle reminder for today's Inhouse webinar. For the registration, link is provided below.

Kindly join by 1:50 pm, As we are starting the academic program of minding the mind at 2.00PM.

Warm regards,  
Dr. Roopashree



Name (Original Name)

Reeya Chaurasia 19040141141

Moindrila Halder 20040141003

SWASTIKA TANDON

Kinjel Shah 20040141105 (Kinjel Shah)

SHRDDHA SAHAY

Samudraneel Acharya

Nikita 19040141052

SUPARNA MONDAL

Digvijay Shishodia 19040141061

MENDU divya

Sharvani Patil

sitaram shendarkar

SAMREEN SHAIKH

Deepti Rekha Sutar 20040141093 (Deepti Rekha Sutar)

SARONA BHUIYA

Sowmya Baggu

Shivani Ghatge

Sakshi Ingle prn 80

Roja Agastin Singarayar

sakshi Deshpande (Naaz Shaikh)

Gaurav Khani

Priyanka Adsule

Prachi Jalan

Sayli Rao

Ayush Pratap Singh

Mrunal Kamble

Sakshi Parsodkar

prashanti mudgal

Mrunal Waghmare

Akshata Goje

Rakshita Raut

Zainab Bhajibhai

Vaishnavi Khode

mohana kalyani gangi 2004014067

Pratik Rokade

Simran Pandey

Anita Tamang

Shaurya Shakya

Pruthvi Danyamraju

Pinak Joshi

Paramita Adhikari

Abhipsha 19040141058

Dr Girija Mahale

Sumit Dulange

Swati Prasad

Nikita Sharma

Priyanka Sahoo  
Sakshi Shigwan  
Niladri Banerjee  
Anuj Kale  
Paramita Datta  
Sarvesh Tamhankar  
Ankit Singh  
PRIYA MOHOD  
alia shirar  
Zill Bhavsar  
Sangeeta Muchandikar  
arijit das  
Dr. Honey Rohida  
Zahra Alibhai  
Mahek Gupta  
Abhiruchi Ruchi  
Isha Baxi  
Snehal Ranjane  
ujwal  
Priti Kulkarni  
prajwal dapke  
Ruchita Chalasani  
MUKUL BEHERA  
Edwin Emmanuval  
Akash Shinde  
Omkar Diwakar  
Harshada Patil 19040141108  
Pradnya Rajdeep  
Dixita Kapadia  
Dr. Dharmendra Dubey  
Arpita Dutta  
Symbiosis International University  
Arpita Dutta  
Dr Akarsh Chaudhary  
Apurva Gaitonde  
KRUTI JOSHI  
Shweta Karande  
Zil Patel  
Nidhi Bala  
archita rathod  
Priyanka Fulzele  
Bineeta Ojha  
Vishal Pandey  
Ashwin Nair  
Pranjali Bhonde  
Vijay Ghare  
Vaishnavi Gosavi

Santwana Singh  
Esha Maiti  
Minal Nimal  
Pooja Thapa  
Srushti Putta  
Pranav Kshtriya  
Shrikrishna Dhale  
Jill Shah  
ANKITA DAS  
Vinayak Lande  
Pooja Lamkhade  
Smita singh  
Aryan Pandey  
Shanu Raina  
SOWMYA PAIDIPATI 20040141081 (SOWMYA PAIDIPATI)  
Apeksha Bobra  
Hinal Hirani  
Soumya Sharan  
Anand C j  
sujit Turkane  
Debanjana 20040141096  
Mrunali Tayade  
Gyanendra Panigrahi  
PRACHI SINGH  
Wahiba Dalwai  
Yash Khilwani  
Rushikesh Gadekar  
Gulshan agarwal Agarwal  
Apeksha Kirve  
sitaram shendarkar  
Synthia Sharma  
Yash Soni  
Krupa Mhatre  
Amrisha 20040141113 (Amrisha 20040141113)  
Riddhesh Ghogale  
Shashwat yadav  
Sakshi Tripathi  
Sanika Jadhav  
Riya Tadas  
Pooja Chaudhari 19040141078  
Mohan kumar N 19040141016  
Sakshi Shigwan  
shubhi wadhwa 19040141081  
Swatike Gautam 190401414114  
Priyanka Koul  
Hera Khan  
Anubhuti 19040141136

Krina Patel  
Sagar Jagtap prn-46  
Abhijeet Sonawane  
Aparna Nimmagadda  
Dhanashree Kadam  
Jyoti Jha  
Ann Jose  
Kajal Choudhary  
Babli Sabat  
Srishti Sagar  
Aniket Sajan  
Vaibhav Naik  
Shubham Patil  
Manasi Saste  
Divya Popat  
srishti pandey  
Tanya Sharma  
Bhushan Balki  
Arka Biswas  
Dr.Priya Wani 20040141069  
Chetna Rathod  
Meenal Kulkarni  
Palak Agarwal  
Laiba Noor  
swati M  
garima sharma  
Yashasvi Talhan 50  
Prajwal Shinde  
Avishkar Gulve  
govind solanki  
Bharti Ahluwalia  
anshika pandey  
GauriShankar mokashi (Gauri Mokashi)  
Preeti Prince  
Dr. Prakash Kalke  
Surbhi Rane  
Meghna Singh  
Vivek Chaudhari  
Dhruv Gada  
Sahil Mujawar PRN 83  
Vijaya Raman.J.S  
Suzanna Samson  
Sakshi Raskar(71)  
Jagruti More  
Shreyansh jaiswal  
Narayani Pawar Prn -22  
Ashwin Kumar

Shobi Thomas  
Deepanshu Jain  
Dipali Balkunde  
Ritika Mahadevan 19040141104  
Mizbah Shaikh (PRN-89) BSc-2 yr (Mizbah Shaikh)  
Dr.Nandita S Kurup  
Rachana N  
Dolly Badani  
Shreya 19040141110  
Dr. Neha Naik  
Deepti Ghidora 19040141050  
POOJA LOBHE  
Anuja Surywanshi  
Sanskruiti Yedatkar  
Abhishek Debadwar prn 25  
Ankita Dorge  
Supriya naidu  
Aniket Dole  
Kiran Patel  
Saaransh Nair  
Akash Gore  
Yogita Khedkar (Achal Muthe)  
Akshay Waykole  
Tribarna Halder - 19040141102 (Tribarna Halder)  
Samantha Dsouza  
Pranjali 20040141041 (Pranjali Bhaisare)  
Ruchi Shukla  
Dr. Suyasha Pote  
Sarita 20040141047  
Sivapriya VG 19040141133  
Sakshi Motwani  
Sanika Jadhav prn 18  
Dnyaneshwari Gadekar  
Jaya tripathi  
Pratiksha Bhusal  
Sana Sultana  
Twinkle Minocha  
Pooja Rathod  
Sangeeth 19040141112  
NAMRATA BHATTA  
Prashant Deshmukh 20040141127  
Lilian Tomu  
Shirsha Paul  
Rakshita Raut  
Dr jagadeesha Marigowda  
Nova Fatterpekar  
Mansi Singh

Prajwal Darekar  
Sreelakshmi Pydi  
Ajay Ghare  
Abhishek Kamble  
Vivek Joshi  
Dr. Malika Shaik  
Dr. Archita (19040141079) Srivastava (Dr. Archita Srivastava (19040141079))  
Vinita Ailani  
bellala sahithi sri  
Kirti Bichu  
Shivani Shende  
Dr Shivani Agariya  
VARSHA MUTKE (prn -69)  
Sayali Shahane  
Samhita Madupalli  
Anuja Dhote  
Jagruti Patil  
Vidhi Kalra  
Sneha Naik  
Chalasani Gopikrishna  
nidhi diwakar  
Snehal Lagad  
Smita singh  
Sahil Ranjan  
Divya Bhargava  
Khan Ashna  
Shreya Sarde  
Sanjivani Maral  
Pushpavathi Kalluri  
Avi Akarsh Sinha  
Puspa Kumari  
Suyog Waghole  
Chanpreet kaur  
Lydia Priyadarshini  
Mayuri Thorat  
RajaRajeswari Arnepalle  
Injamul haque Molla  
ujwal ambure  
Gladys Suzanna  
Mahendra sompura  
Shahbaz Hemdani  
Pragya Sharma  
Dr. Roopashree Rangayyan  
Shriya Vaidya  
Shubhangi Jangle  
RINI PHILIP  
Nikita Desale

Priya Sawant PRN-42  
Parth Joshi  
Payal Hadawale  
Parag Kamble  
Amritha Menon  
rohit nailwal  
Anshul Tiwari  
Karishma Gupta  
Garima Goel 19040141015  
RITUPARNA 20040141009  
Arshdeep Sharma  
Zahra Ramadhan  
Akshata Devlekar  
Rupali Ghodekar  
SAYALI RANE  
Tanmayee Khambete  
Tanmayee Khambete  
Neha raturi  
Shradha Patil  
Akshay Parmar  
Pratiksha Pakhare  
Tania Noronha  
Lorna Pereira PRN 12  
OINDRILLA DASS  
Mohini Ingale  
Kavyasri Cherukula  
Nandini Jadhav  
Nidhi Patil  
palak batra  
Jhanvi Dass  
Hiteshi Rajpal 20040141101 (Hiteshi Rajpal)  
Insha Masoom  
Poojitha Rao 20040141082  
Tejashri Kajale  
Aditi Deva  
Mrunal Kurlekar  
Devanshi Raval  
Dr SOUMITA (PRN-106) GOSWAMI  
Aishwarya Shewale  
Aparna Khambe  
Silviya Chakranarayan  
Mangesh Umbarkar  
Kashish Bhagat  
Sai Poojitha Bonula  
Jemimah Manasse Maganga  
SHRUTI VAIDYA  
Sanket Muthal

Samarth Rane  
Purva Salunke  
Payal Shende  
Gautami Shet Narvekar  
Raju Raut  
VAISHNAVI KANKONKAR  
Rashi Kaul  
Jismi Easow 19040141043  
Garima  
Shinjini Ram (Shinjini Ram)  
Madhuri De



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shrddha.sahaymba2022@sihspune.org	117
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samreen.shaikhmba2022@sihspune.org	110
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prachijalan1599@gmail.com	26
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zahraalibhai52@gmail.com	38
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ruchita.chalasanibscmt1922@sihspune.org	102
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edwin.emmanuvalmba2022@sihspune.org	30
akash.shindemba2022@sihspune.org	89
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arpita.duttamba2021@sihspune.org	1
nafees.nadaf@siu.edu.in	134
arpita.duttamba2021@sihspune.org	107
akarsh.chaudharymba2021@sihspune.org	106
apurva.gaitondemba2022@sihspune.org	105
kruti.joshimba2022@sihspune.org	105
shweta.karandemba2022@sihspune.org	105
zil.patelmba2022@sihspune.org	101
nidhi.balamba2021@sihspune.org	98
archita.rathodmba2022@sihspune.org	93
priyanka.fulzelemba2022@sihspune.org	93
bineeta.ojhamba2022@sihspune.org	90
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