



**Bombay Bunts Association's
BUNTS COLLEGE OF HIGHER EDUCATION (NIGHT COLLEGE)
Accredited by NAAC - 'B' Grade (First Cycle)**

'Bunts Centre', Plot No. 42, Sector 24, Off. Gaondevi Chowk, Julnagar (W), Near Bharat Petrol Pump, Navi Mumbai - 400706.
Phone: (022) 27703156 Email: bha,bche@gmail.com

REPORT

Date: 30-03-2024

Soft Skills is a very popular term nowadays, used to indicate personal transversal competences such as social aptitudes, language and communication capability, friendliness and ability of working in team and other personality traits that characterize relationships between people. Soft Skills are traditionally considered complementary of Hard Skills, which are the abilities to perform a certain type of task or activity. Soft Skills are strategic to be successful in personal and professional life then is essential for the students when they try to obtain any kind of job. Enterprises generally hire new employees, in particular recent graduates, taking more in consideration their Soft Skills than their Hard Skills. This happens also for technical professions, because the company, in order to be competitive, needs to create good and effective teams and a collaborative working atmosphere. The departments of the college have organized various types of activities to develop the soft skills of the students enrolled with the institution. These activities of the departments and platforms available helped the learners to learn and acquire soft skills like Communication Skills, Presentation Skills, Written Communication, Interpersonal Skills, Creativity and Leadership etc. In order to improve the communicative abilities of the students the college have start to enhance the written communication of the students play significant role. The students are given in depth lessons by organizing workshops, state level elocution competition, interfaculty debates and group discussions and expert talks of the quality speakers and the trainers throughout the academic year. These activities benefit the students to enhance the knowledge of use of language and its spoken aspect. It helped the students for their development of communication skills. To improve the Presentation Skills the departments conducted seminars of the students. The students get participated and perform active role in the Seminars. Topics are given to them to prepare and present to assess their performance. Every year the college make the organization of such seminars a regular feature of the campus. It helps and encourages the learners to acquire necessary nuisances of the language.



Principal
PRINCIPAL

BBA'S Bunts College of Higher Education
(Night College) Julnagar, Navi Mumbai.



BOMBAY BUNTS ASSOCIATION'S
BUNTS COLLEGE OF HIGHER EDUCATION, NIGHT COLLEGE

Date: 01.03.2024

Venue: Mini Hall

Organized by: Mr. Umakant Mishra

Introduction

A 10-hour stress management session was conducted for college students to help them enhance their life skills, improve mental health, and build resilience. The session aimed to address the challenges students face in managing academic, personal, and social stressors while equipping them with practical tools and strategies for effective stress management.

Objectives

1. To help students identify the causes and effects of stress in their lives.
2. To teach coping mechanisms and stress management techniques.
3. To promote emotional resilience and mental well-being.
4. To integrate stress management into daily routines for long-term benefits.

Session Structure

The session was divided into multiple modules over 10 hours.

Day 1

Module 1: Understanding Stress (2 Hours)

- Definition and types of stress.

- Physical and psychological impacts of stress.
- Identifying personal stress triggers.

Module 2: Stress Management Techniques (2 Hours)

- Relaxation exercises: deep breathing and progressive muscle relaxation.
- Introduction to mindfulness and meditation practices.
- Practical demonstration and participation.

Day 2

Module 3: Time Management and Prioritization (2 Hours)

- Identifying priorities and setting goals.
- Tools for effective time management (e.g., planners, apps).
- Dealing with procrastination.

Module 4: Emotional Resilience and Cognitive Strategies (2 Hours)

- Recognizing and challenging negative thought patterns.
- Developing emotional intelligence.
- Building healthy relationships and communication skills.

Module 5: Building a Sustainable Stress Management Plan (2 Hours)

- Integrating stress management techniques into daily life.
- Personal action plan development.
- Q&A and feedback session.

Methodology

- Interactive Lectures: Facilitators provided information on stress and management techniques.
- Group Activities: Students participated in group discussions and role-playing scenarios.
- Practical Exercises: Guided meditation, journaling, and relaxation techniques.
- Resource Sharing: Handouts, videos, and links to apps/tools were provided for continued practice.

Outcomes

1. Increased Awareness: Students gained a better understanding of stress and its management.
2. Skill Development: Participants learned practical techniques to manage stress effectively.
3. Improved Confidence: Students felt more empowered to handle stressful situations.
4. Action Plans: Each participant left with a personalized stress management plan.

Feedback

Post-session feedback was collected through a survey:

- 95% of participants found the session useful and engaging.
- 90% reported feeling more confident in managing stress.
- Suggestions included extending the session duration and incorporating more hands-on activities.

Conclusion

The 10-hour stress management session was a successful initiative, offering valuable life skills to students. It highlighted the importance of addressing stress proactively and encouraged participants to adopt healthy practices in their daily lives.



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PRINCIPAL
BBA'S Bunts College of Higher Education
(Night College) Jainagar, Navi Mumbai.