

**BUNTS SANGHA'S S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE AND  
MANAGEMENT STUDIES, POWAI  
IMC RBNQ CERTIFICATE OF MERIT 2019  
ISO 21001:2018 CERTIFIED**

**Student Enrichment Activity Approval Form**

**Department:** B.COM

**Program:** Orientation session by Counseling Centre, speaker Natasha Mehta (counsellor).

**Objectives:**

To introduce students to the Counseling centre.

To help students attain self-awareness and adjust emotionally, socially, and psychologically.

To help students to help themselves.

**Need:** The aim is to provide them with the right guidance required to help the students overcome various problems faced by them.

**Content:** The Speaker is expected to orient students with the activities undertaken by the counseling centre. There will be discussion on various problems faced by today's generation and give them guidance on how to cope up with different situations they tend to face in their life.

**Resource Person:** Natasha Mehta (Counselor).

**Date:** 01-03-2023

**Time:** 8:20 am

**Venue:**

605: FYBCOM (A)

601: FYBCOM (B)

**Cost/Budget:** N/A

**Proposed by:** B.COM Coordinator

**Verified by:**



CS (Prof.) Sandesha Shetty

Vice principal & B.COM Coordinator



Dr Sridhara Shetty

Principal

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**Minutes of the meeting - Duty Allocation**

**DATE:** 28-02-2023

**Venue:**

605: FYBCOM (A)

601: FYBCOM (B)



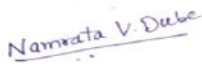
**Agenda:** Duty allocation for Orientation session by counselling centre.

A meeting was held to allocate duties to the professors for the Orientation session by the Counselling centre. CS (Prof.) Sandesha Shetty gave the following roles to the respective professors.

The meeting concluded with best wishes from the Coordinator.

Sr. No.	Faculty Name	Work Assigned
1	Asst. Prof. Namrata Dube	Preparation of Feedback & Attendance Link, and Action taken report , Vote of Thanks, compiling documents as per NAAC Format
2	Asst. Prof. Siddhi Khamkar	Hosting, Handling the Question & Answer session, Report preparation.

Members present for the meeting :

CS Sandesha Shetty- Vice Principal and B.Com Coordinator	
Asst. Prof. Siddhi Khamkar - FY B.Com A Class Incharge	
Asst. Prof. Namrata Dube - FY B.Com B Class Incharge	

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**Poster**



**BUNTS SANGHA'S  
S. M. SHETTY COLLEGE OF SCIENCE, COMMERCE &  
MANAGEMENT STUDIES, POWAI, MUMBAI -76**

**Department of Accountancy and Financial Management**



Presents

**ORIENTATION SESSION BY COUNSELING CENTRE**



*Day: Wednesday  
Date: 1<sup>st</sup> March 2023  
Time: 8:20 am  
Venue:  
FYBCOM(A)- Room No.-605  
FYBCOM(B)- Room No.-601*

**Resource Person: Ms. Natasha Mehta**

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**B.Com Department**

**Notice**

**Date: 27-02-2023**

All the students of FYBCOM are hereby informed that an Orientation session by the Counseling center is convened on 1<sup>st</sup> March 2023 at 8:20 am in your respective class. The attendance is compulsory for all.

**Venue:**

605: FYBCOM (A)

601: FYBCOM (B)



Coordinator and Vice principal



Principal

# Department of Accountancy and Financial Management

**Presents**

**ORIENTATION SESSION BY COUNSELING CENTRE**

**Date: 1<sup>st</sup> March 2023**

**Time: 8:20 am**

## Program Schedule

<b>Welcome Address (FYBCOM –A)</b>	<b>Prof. Siddhi Khamkar</b> <i>Faculty, Dept. of Accountancy and Financial Management</i> Bunts Sangha's S.M.Shetty College of Science, Commerce & Management Studies, Powai
<b>Technical Session - 1</b>	<b>NATASHA MEHTA</b> <i>COUNSELOR.</i> Bunts Sangha's S.M.Shetty College of Science, Commerce & Management Studies, Powai
<b>Question &amp; Answer Session and Vote of Thanks</b>	<b>Prof. Siddhi Khamkar</b> <i>Faculty, Dept. of Accountancy and Financial Management</i> Bunts Sangha's S.M.Shetty College of Science, Commerce & Management Studies, Powai

<p style="text-align: center;"><b>Welcome Address (FYBCOM –B)</b></p>	<p><b>Prof. Namrata Dube</b></p> <p><i>Faculty, Dept. of Accountancy and Financial Management</i></p> <p>Bunts Sangha’s S.M.Shetty College of Science, Commerce &amp; Management Studies, Powai</p>
<p style="text-align: center;"><b>Technical Session - 2</b></p>	<p><b>NATASHA MEHTA</b> <i>COUNSELOR.</i></p> <p>Bunts Sangha’s S.M.Shetty College of Science, Commerce &amp; Management Studies, Powai</p>
<p style="text-align: center;"><b>Question &amp; Answer Session and Vote of Thanks</b></p>	<p><b>Prof. Namrata Dube</b></p> <p><i>Faculty, Dept. of Accountancy and Financial Management</i></p> <p>Bunts Sangha’s S.M.Shetty College of Science, Commerce &amp; Management Studies, Powai</p>

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**Report of the Counseling Center Orientation Session**

**Date:** 1<sup>st</sup> March 2023

The counseling center orientation session for FYBCOM division A and B students was organized on 1<sup>st</sup> March 2023 from 8.20 to 9.20 am in their respective classes. Ms. Siddhi Khamkar welcomed and opened the session in FYBCOM (A) and Ms. Namrata Dube welcomed and opened the session in FYBCOM (B).

Ms. Natasha Mehta and her team Ms. Unnati and Ms. Nikita led a beautiful session through interactive activities. Participants were discussed the importance of self-care and stress management techniques. They also explored ways to recognize and address negative thought patterns. Topics like depression, anxiety, suicide, were covered up by the counseling team. The session concluded with a guided relaxation exercise to promote mindfulness and emotional wellbeing. The counseling team opened the floor to questions, where they addressed issues raised by students about loss and grief, suicide, mental health, anxiety and fears, and how to deal with these sensitive issues. The session was very helpful, how can we analyze the symptoms of anxiety, depression, etc and even how can we help out others, in the following situations. There were approximately 70 students from FYBCOM. The session was ended with the vote of thanks by Prof. Siddhi Khamkar in FYBCOM (A) and Namrata Dube in FYBCOM (B). Feedback from the students were also collected.

**PHOTOS  
FYBCOM (A)**









## FYBCOM (B)







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## Attendance

Timestamp	Email Address	NAME	CLASS	GENDER
3/1/2023 19:47:16	varunshekar39@gmail.co	Varun	FYBCOM (A)	Male
3/1/2023 19:47:41	khanabish663@gmail.co	Abish khan	FYBCOM (A)	Male
3/1/2023 19:51:44	smsdegfybcoma3761488	Harsh Kadam	FYBCOM (A)	Male
3/1/2023 19:54:31	smsdegfybcoma3761488	Harsh Kadam	FYBCOM (A)	Male
3/1/2023 20:27:52	eeshakhemka13@gmail.	Eesha khemka	FYBCOM (A)	Female
3/1/2023 20:40:58	nandadeepsharma14@g	NIKHIL RAJESH SHARM	FYBCOM (A)	Male
3/1/2023 20:45:27	nandadeepsharma14@g	NIKHIL RAJESH SHARM	FYBCOM (A)	Male
3/2/2023 6:48:52	shettychaya14@gmail.co	Chaya shetty	FYBCOM(B)	Female
3/2/2023 6:53:15	nakashezai123@gmail.co	Jai Atul Nakashe	FYBCOM(B)	Female
3/2/2023 7:12:14	prajeshgurav25@gmail.c	Prajesh Gurav	FYBCOM (A)	Male
3/2/2023 8:06:05	abdullakhan9@icloud.co	Abdullah khan	FYBCOM (A)	Male
3/2/2023 8:06:06	zaidkhan09722@gmail.co	Zaid khan	FYBCOM (A)	Male
3/2/2023 8:06:18	nihaalshaikh69@gmail.co	Nihaal shaikh	FYBCOM (A)	Male
3/2/2023 8:24:56	khansameer58503@gma	Khan sameer	FYBCOM (A)	Male
3/2/2023 8:30:04	khanfahad2717@gmail.c	Khan abu fahad	FYBCOM(B)	Male

Timestamp	Email Address	NAME	CLASS	GENDER
3/2/2023 10:49:58	utkarshakadam23@gmail.com	Utkarsha Kadam	FYBCOM (A)	Female
3/3/2023 9:11:16	choudharyshabana323@gmail.com	Shabana	FYBCOM(B)	Female
3/3/2023 9:11:33	nikhilkotian2516@gmail.com	Nikhil	FYBCOM(B)	Male
3/3/2023 9:12:27	afreenchoudhary97@gmail.com	Afreen Chaudhary	FYBCOM(B)	Female
3/3/2023 9:12:39	shaikhsimran782@gmail.com	shaikh simran	FYBCOM(B)	Female
3/3/2023 9:12:55	nikhilkotian2516@gmail.com	Nikhil	FYBCOM(B)	Male
3/3/2023 9:12:59	ankitayadav2730@gmail.com	Yadav Ankita	FYBCOM(B)	Female
3/3/2023 9:13:09	sakshi.sarvagod@gmail.com	sakshi sarvagod	FYBCOM(B)	Female
3/3/2023 9:13:20	sujal.more59@gmail.com	Sujal more	FYBCOM(B)	Male
3/3/2023 9:13:41	ayushpatole563@gmail.com	Ayush	FYBCOM (A)	Male
3/3/2023 9:13:46	azmisaniya3@gmail.com	Saniya Azmi	FYBCOM (A)	Female
3/3/2023 9:13:47	shrutidubey1267@gmail.com	Shruti Dubey	FYBCOM (A)	Female
3/3/2023 9:13:51	khanshahbaaz044@gmail.com	Shahbaaz Khan	FYBCOM (A)	Male
3/3/2023 9:14:00	vaishnavisagar709@gmail.com	Vaishnavi Sagar	FYBCOM(B)	Female
3/3/2023 9:14:02	zahidak07@gmail.com	Khan zahida	FYBCOM (A)	Female

Timestamp	Email Address	NAME	CLASS	GENDER
3/3/2023 9:14:04	ashidevcharan007@gmail.com	Ashi dev Charan	FYBCOM(B)	Female
3/3/2023 9:14:05	aishachougle26@gmail.com	Ayesha Chougle	FYBCOM (A)	Female
3/3/2023 9:14:05	shrutibankar875@gmail.com	Shruti Bankar	FYBCOM (A)	Female
3/3/2023 9:14:11	asthatiwari995@gmail.com	Astha Tiwari	FYBCOM (A)	Female
3/3/2023 9:14:14	gaurigupta1802@gmail.com	Gauri	FYBCOM (A)	Female
3/3/2023 9:14:23	ayaanshaikh89807@gmail.com	AYAAN SHAIKH	FYBCOM(B)	Male
3/3/2023 9:14:31	gazalas251@gmail.com	Shaikh Iqra noor	FYBCOM (A)	Female
3/3/2023 9:14:34	sohan90825@gmail.com	Sohan	FYBCOM (A)	Male
3/3/2023 9:14:48	kanojiyaaman36@gmail.com	Aman	FYBCOM (A)	Male
3/3/2023 9:15:08	roshanshetty2020@gmail.com	Roshan shetty	FYBCOM (A)	Male
3/3/2023 9:15:10	zeeshanshaikh7004@gmail.com	Zeeshan shaikh	FYBCOM (A)	Male
3/3/2023 9:15:12	ssatyam0511@gmail.com	Satyam anil Shukla	FYBCOM (A)	Male
3/3/2023 9:15:12	smsdegfybcoma3917090	Vikas Koli	FYBCOM(B)	Male
3/3/2023 9:15:16	valmikichetan023@gmail.com	Chetan valmiki	FYBCOM (A)	Male
3/3/2023 9:15:25	anilsatyam68@gmail.com	Rajlaxmi Shukla	FYBCOM (A)	Female

Timestamp	Email Address	NAME	CLASS	GENDER
3/3/2023 9:15:43	ratnavalichaurasia@gmail.com	Ratnavali Surendra Chau	FYBCOM (A)	Female
3/3/2023 9:15:55	zarash2005@gmail.com	Zaara Shaikh	FYBCOM (A)	Female
3/3/2023 9:16:46	kunalsawale13@gmail.com	Kunal Prakash Sawale	FYBCOM (A)	Male
3/3/2023 9:17:09	vijethshetty3110@gmail.com	Vijeth prashnat shetty	FYBCOM (A)	Male
3/3/2023 9:51:54	shaunshaji43@gmail.com	Shaun shajj	FYBCOM (A)	Male
3/3/2023 10:02:25	aarunaik41@gmail.com	Aarti naik	FYBCOM (A)	Female
3/3/2023 10:16:42	alleyaditi@gmail.com	Aditi Alley	FYBCOM (A)	Female
3/3/2023 11:41:57	nairasinghnaira96@gmail.com	Bhumi	FYBCOM (A)	Female
3/3/2023 11:47:02	khanabish663@gmail.com	Abish Khan	FYBCOM (A)	Male
3/3/2023 11:48:02	tamannaa.n29@gmail.com	Tamannah Dubey	FYBCOM(B)	Female
3/3/2023 12:53:59	fatimakhan05042005@gmail.com	Fatima khan	FYBCOM(B)	Female
3/3/2023 13:52:50	wahabansari333@gmail.com	Abdul Wahab Ansari	FYBCOM(B)	Male
3/3/2023 14:08:01	kavitabendkule1510@gmail.com	Kavita Bendkule	FYBCOM(B)	Female
3/3/2023 14:56:03	arshibaig071902@gmail.com	Arshi	FYBCOM(B)	Female
3/3/2023 16:23:47	jaga.comJaganjain720@gmail.com	Jagan	FYBCOM(B)	Male



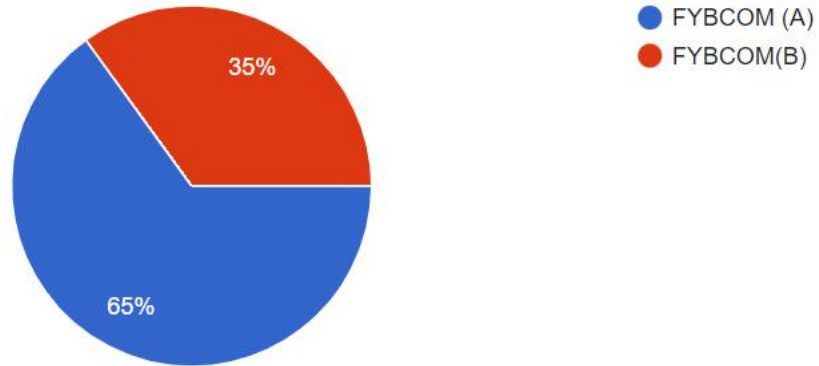
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## **Feedback Analysis**

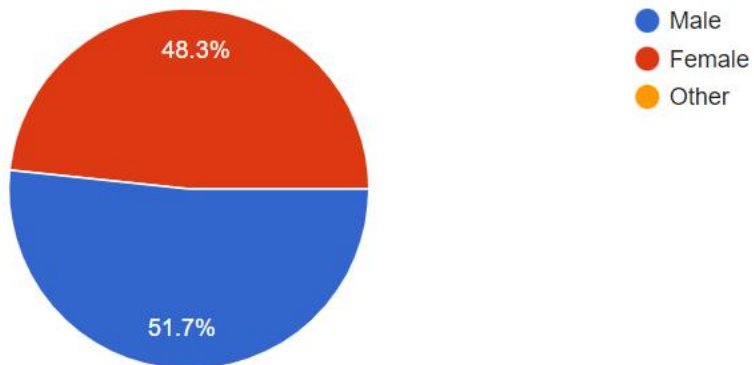
### **CLASS**

60 responses



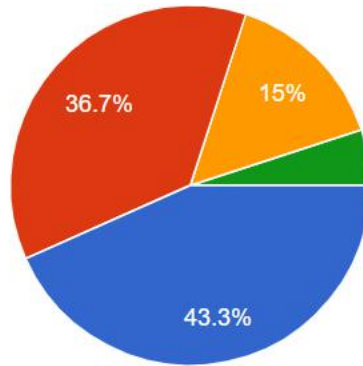
### **GENDER**

60 responses



## Effectiveness of presenter

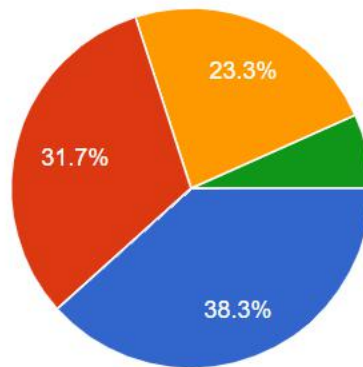
60 responses



- Very effective
- Effective
- It was ok.
- Not effective

## Content relevance

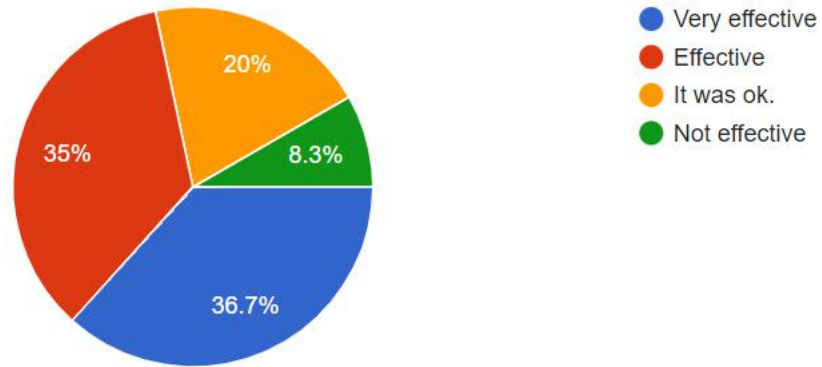
60 responses



- Very effective
- Effective
- It was ok.
- Not effective

## Overall rating of workshop

60 responses



## Any suggestion

60 responses

No

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.

It was the great and wonderful session and also usefull for us.

...

no

It was very helpful session...as it helps us to know our weakness and try to overcome them.

Activities on mental health

Noo

Good

We want more counseling program that we have yesterday

Nice session

Idk

No

nothing

Yes

Excellent session over stress and anxiety very effective we need more sessions like this 🥰😊

Good.

learnt alot!!

No.

Nooooo

To good

Nobe

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**ACTION TAKEN REPORT**

Actions taken by the B.COM Department for the feedback provided for the **Orientation Session** by the **Counseling Center**:

<b>DATE</b>	<b>Feedback Received</b>	<b>Action Taken</b>
01-03-2023	<ul style="list-style-type: none"><li>● Participants appreciated the intention behind the event and gained immensely from the same.</li><li>● They expressed a desire to attend more of such sessions in the future.</li><li>● They felt refreshed by the activities taken up in the session.</li></ul>	B.COM Department will organize more such events for students.