



The Matrix Educational Foundation's
MATRIX SCHOOL OF MANAGEMENT STUDIES
MBA 2 Years Programme-Affiliated to Savitribai Phule Pune University, Approved by AICTE,
Recognized by Govt. of Maharashtra & DTE, Included Under Section 12 (B) of UGC
NAAC Accredited B+
Wadgaon, Ambegaon (BK.) Pune- 41

ACTIVITY REPORT

Title of the Activity:	BASIC ABILITIES & SKILLS ENHANCEMENT PROGRAMME How to handle Work Pressure ?
Day & Date:	Monday 23/10/2023
Category of Activity:	Curricular / Co-curricular / Extra-curricular activity / Social
Organized Under:	MSMS IQAC
Objectives:	To strengthen the prioritizing skills To maintain focus To encourage critical thinking and analysis
Level:	Institute / City / State / National / International
Name, Organization and Designation of Expert	Ms. Trusha Shinde , Assistant Professor , The Matrix Educational Foundation's Matrix School of Management Studies
Number of students benefitted	25
Summary report:	Under BASIC ABILITIES & SKILLS ENHANCEMENT PROGRAMME, How to handle Work Pressure ? Session was organised on 23/10/2023, an initiative taken by college for the students has started from 14/09/2023. Ms. Trusha Shinde began her session by conducting speed test and reading activity where pressure techniques were highlighted. She emphasized on the stress levels to recognise and prioritise the task , plan accordingly , execute to get the desired results. Further, she also fostered to have healthy responses , seek support , take time to recharge.
Outcome:	Students learned to handle the pressures by implementing techniques like synchronizing and prioritizing the task.
Name of Staff coordinators:	Ms. Trusha Shinde

Satish

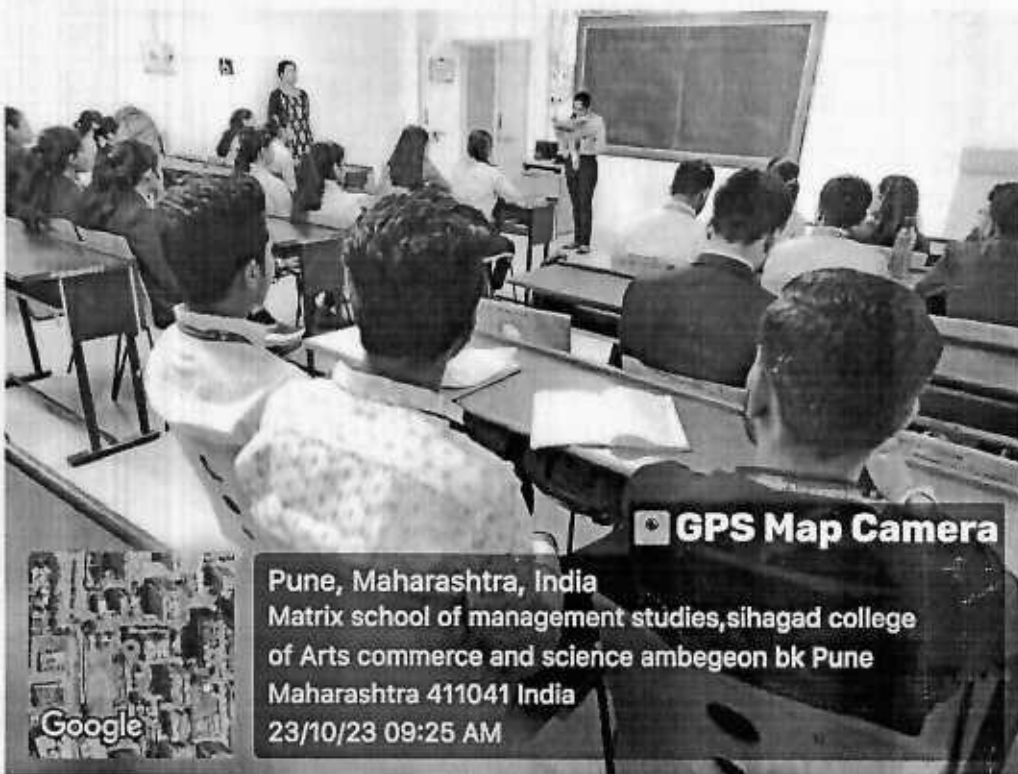
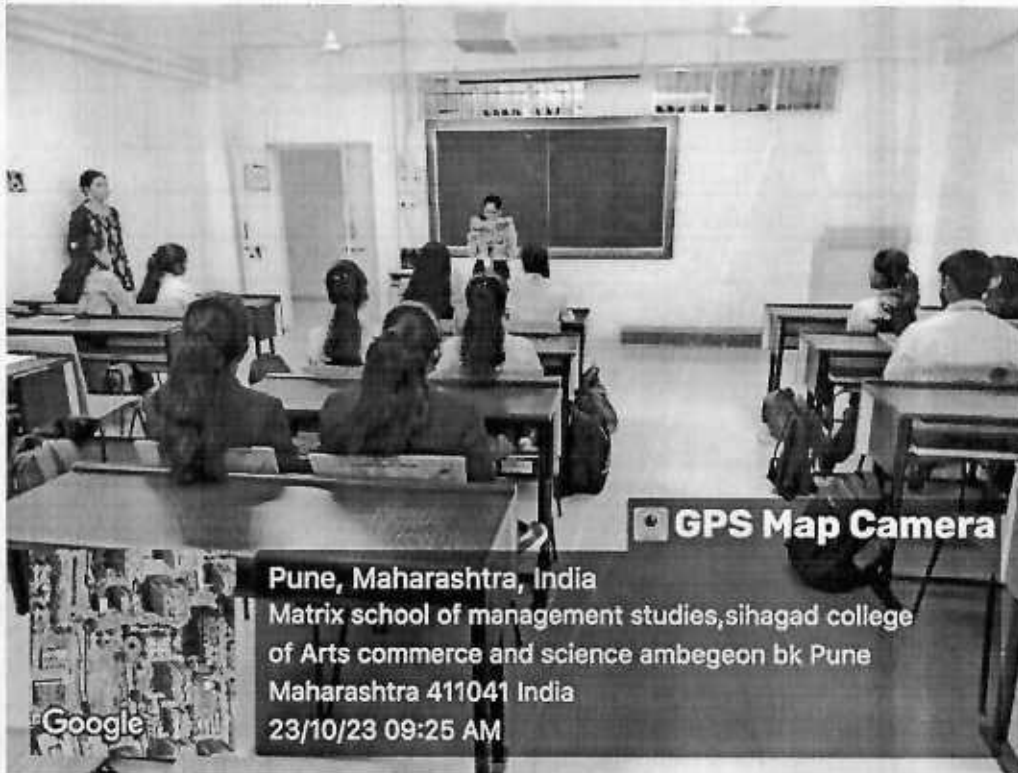
Director

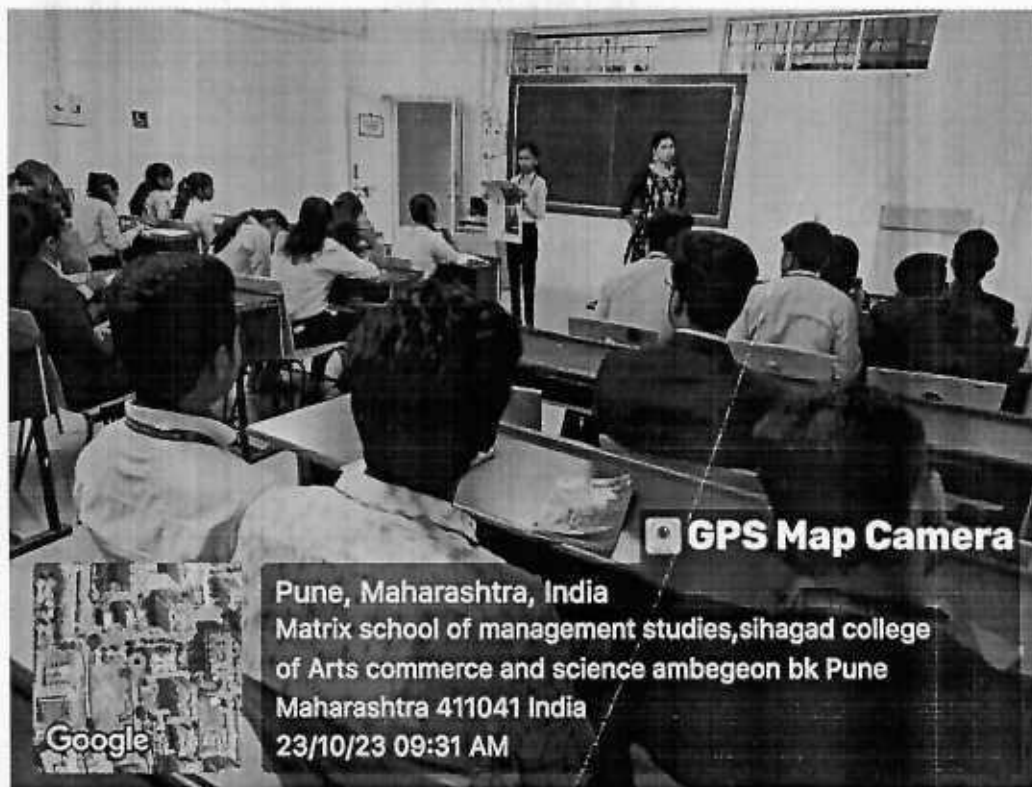
T.V. Shinde

Coordinator



Photos:





The Matrix Educational Foundation's

Matrix School of Management Studies

MBA I Semester I Division A

Basic Abilities and Skills Enhancement (BASE) Program

Topic: HOW TO HANDLE WORK WORK PRESSURE?

Attendance Sheet

Date: 23/10/23

Roll No.	Student Name	Signature
2023-25-01	AMBHURE DIPALI BHARAT	
2023-25-02	ANACHE PRITI SANGAPPA	Anache.
2023-25-03	ARADHYE NACHIKET	
2023-25-04	BABAR TEJAL VIJAY	
2023-25-05	BAHIRE ANJALI RAOSAHEB	
2023-25-06	BANSOD RUTUJA SOMNATH	
2023-25-07	BANSODE PRAJAKTA SUKHADEV	
2023-25-08	BAWAGE SAURABH SANJAY	
2023-25-09	BELDARE MILIND TANAJI	
2023-25-10	BHAGAT SAKSHI SHEKHAR	
2023-25-11	BHANDARI BHAGYASHRI MALLAPPA	
2023-25-12	BHENWAL PRACHI PRALHAD	
2023-25-13	BHIMPUR HATIM	Hatim
2023-25-14	BHOSALE PRATIK PRASHANT	
2023-25-15	BHOSALE SUSHANTI DATTATRAY	
2023-25-16	BIRADAR PAVAN GORAKH	
2023-25-17	BONDE AMOL NAVNATH	
2023-25-18	BUDDI HANUMANT MANOHAR	
2023-25-19	BULKUTE PRATIKSHA MARUTHI	Pratiksha.
2023-25-20	DAKHODE ABHINAV SANJAYRAO	
2023-25-21	DEGALL POONAM DHONDIRAM	
2023-25-22	DESAI VANITA MAHADEV	
2023-25-23	DIVATE ABHISHIK ARJUN	
2023-25-24	DONGARE DIKSHA	
2023-25-25	DUDHAT PRIYA SANDIPAN	Priya
2023-25-26	GAIKWAD SANTANA SHAM	Gaikwad
2023-25-27	GAJRE MAYUR	
2023-25-28	GANVIR NIDHI ASHOK	
2023-25-29	GAWANDE SHANT SANTAYRAO	
2023-25-30	GHULE SHWETA MAYNOL	Shweta.



Roll No.	Student Name	Signature
2023-25-31	HEMADRE NILESH UMAKANT	
2023-25-32	HIRVE RUSHIKESH VAMAN	
2023-25-33	HIVARE GANESH	
2023-25-34	HOLEY CHAITANYA NITINKUMAR	
2023-25-35	HOLKAR SURAJ BHIMRAO	
2023-25-36	JADHAV SARIKA PARSHURAM	<u>B. J. K.</u>
2023-25-37	JADHAV TRUPTI RAGHUNATH	
2023-25-38	JADHAV VIVEK	
2023-25-39	JAGTAP POOJA ABASAHEB	
2023-25-40	JANGLE PRIYANKA NILESH	
2023-25-41	JIDAGE ABHISHEK VISHWANATH	
2023-25-42	JOSHI PRACHI SUNIL	
2023-25-43	KADAM DHANASHREE NITIN	<u>D. Kadam</u>
2023-25-44	KAKADE PRANJAL KASHINATH	<u>Prakade</u>
2023-25-45	KALE RANJEET SANJAY	<u>R. Kale</u>
2023-25-46	KAMBLE DNYANESHWARI DHANANJAY	
2023-25-47	KAMBLE PRIYA DEVAPPA	
2023-25-48	KANGHANTI YASH HANUMANT	
2023-25-49	KARANDE VAISHNAVI VYAS	
2023-25-50	KAREKAR RUTIKA CHANDRAKANT	<u>R. Karekar</u>
2023-25-51	KATKAR SOMESHWAR JAGANNATH	
2023-25-52	KHADE SHUBHANGI SANTOSH	<u>Khade</u>
2023-25-53	KHANDERAO PRANITA PRADIP	
2023-25-54	KHARAT ATHARV MAKARAND	
2023-25-55	KHILBUDE SUYASH SANTOSH	
2023-25-56	KHINGARI ABHISHEK BAJRANG	
2023-25-57	KHOGDE PRATIMESH ANIL	
2023-25-58	KORADE DNYANESHWAR BIBHISHAN	
2023-25-59	KUMKAR MAYUR VIDAY	
2023-25-60	KUTHE SAURABH SAMBHAJI	

The Matrix Educational Foundation's

Matrix School of Management Studies

MBA I Semester I Division B

Basic Abilities and Skills Enhancement (BASE) Program

Topic: HOW TO HANDLE WORK PRESSURE?

Attendance Sheet

Date: 23/10/23

Roll No.	Student Name	Signature
2023-25-61	LANDAGE SHIVANI SURESH	
2023-25-62	LAWAND RUCHITA YASHWANTRAO	
2023-25-63	LIMBHORE SANJANA SNATOSH	
2023-25-64	LUNIYA TEJAS MAHAVEER	
2023-25-65	MAHINDRAKAR PRAJWAL DIPAK	
2023-25-66	MALI VIKAS SHIVAJI	
2023-25-67	MANE SAURABH SATISH	
2023-25-68	MANKAR ANUJ MANISH	3110102
2023-25-69	MANKAR YASH PRAFULLA	3110102
2023-25-70	MANVAL APURVA ASHOK	3110102
2023-25-71	MASKAR PRADIP LALASO	
2023-25-72	METKARI KISHOR	3110102
2023-25-73	MIHASKE PRANAY KALIAS	3110102
2023-25-74	MISAL GOVIND PARMESHWAR	3110102
2023-25-75	MOHITE VAISHNAVI BALAJI	3110102
2023-25-76	MULANI ARMAN JAKIR	
2023-25-77	MUTHE PRANJAL RAM	
2023-25-78	NADAR ROHIT VENKATESH	
2023-25-79	NALE VAIBHAV SUNIL	
2023-25-80	PANDKAR SANDIP DEHANANJAY	
2023-25-81	PATWARDHAN CHAITRALI MOHAN	
2023-25-82	PAWALE ANKITA ANANTA	
2023-25-83	PAWAR MAHESHWARJI SANJAY	
2023-25-84	PAWAR NIKHIL AJAY	
2023-25-85	PAWAR PRIYANKA PRAKASH	
2023-25-86	PAYGI DEVI GHANSHYAM	
2023-25-87	PISAL RUSHIKESH SANDIP	
2023-25-88	PRAJAPATI DEEPAK KUNAR KANISHK	Deepak
2023-25-89	PUNDKARI PRASHANT GOVIND	
2023-25-90	RAMPUR VISHNI	



Roll No.	Student Name	Signature
2023-25-91	RAUT ADARSH LAHU	
2023-25-92	SAKHARE SHRUTIKA SHIVKUMAR	<u>Shruti</u>
2023-25-93	SANAS SNEHA KAILAS	
2023-25-94	SANGADE SUYASH DATTU	
2023-25-95	SANGADE TUKARAM VITTHAL	
2023-25-96	SANT NILAMBARI CHANDRASHEKHAR	
2023-25-97	SAPTASAGARE SANJANA SUNIL	
2023-25-98	SARWE ISHA SUKHDEO	
2023-25-99	SAWANT ATUL DEEPAK	
2023-25-100	SAWANT YASH AJAY	
2023-25-101	SHAH SANSKAR MANILAL	
2023-25-102	SHARMA DIVYA MANPATRAO	<u>Divya</u>
2023-25-103	SHARMA GAURAV VIJAY	
2023-25-104	SHELAR NINAD SAMEER	<u>Nagub</u>
2023-25-105	SHEWALE AAYUSH GAJANAN	
2023-25-106	SHEWALE RAHUL VIJAY	
2023-25-107	SHIKALGAR ALINA ANWAR	
2023-25-108	SHILIMKAR ANUJ KANTA	
2023-25-109	SHINDE ABHISHEK SUDAM	
2023-25-110	SHINDE ATHARVA SANJAY	
2023-25-111	SHINDE SOMNATH CHANDRAKANT	
2023-25-112	SHINDE UMESHCHANDRA DAULAT	
2023-25-113	SHIRSAT VAIBHAV ANIL	
2023-25-114	SOMWANSHI SHREYA SUNIL	
2023-25-115	SONAL BHARAT NARASAPPA	
2023-25-116	SONTAKKE MONIKA DEVENDRA	
2023-25-117	TAKALE YASH RAJENDRA	
2023-25-118	THAKARE PRADIKSHA GULAB	
2023-25-119	UKARDE AKANKSHA KAILASHRAO	<u>Ukardde</u>
2023-25-120	WAGHDIHANANJAY PRASHANT	
2023-25-121	WAGHMARE SHWETA VIJAY	
2023-25-122	WANKHADE SANDIPTANMAN	
2023-25-123	ZADBUKE SHIVAKSHI SIDDHESHWAR	
2023-25-124	PINGATE SHRIKANT CHANDRAKANT	
2023-25-125	GAIKWAD PANDURANG BHIJANRAO	

T.V. Shinde
ASST. PROF. TRUSHA SHINDE