

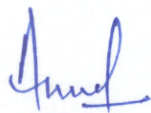
The Matrix Educational Foundation's
Matrix School of Management Studies
Pune

ACTIVITY REPORT

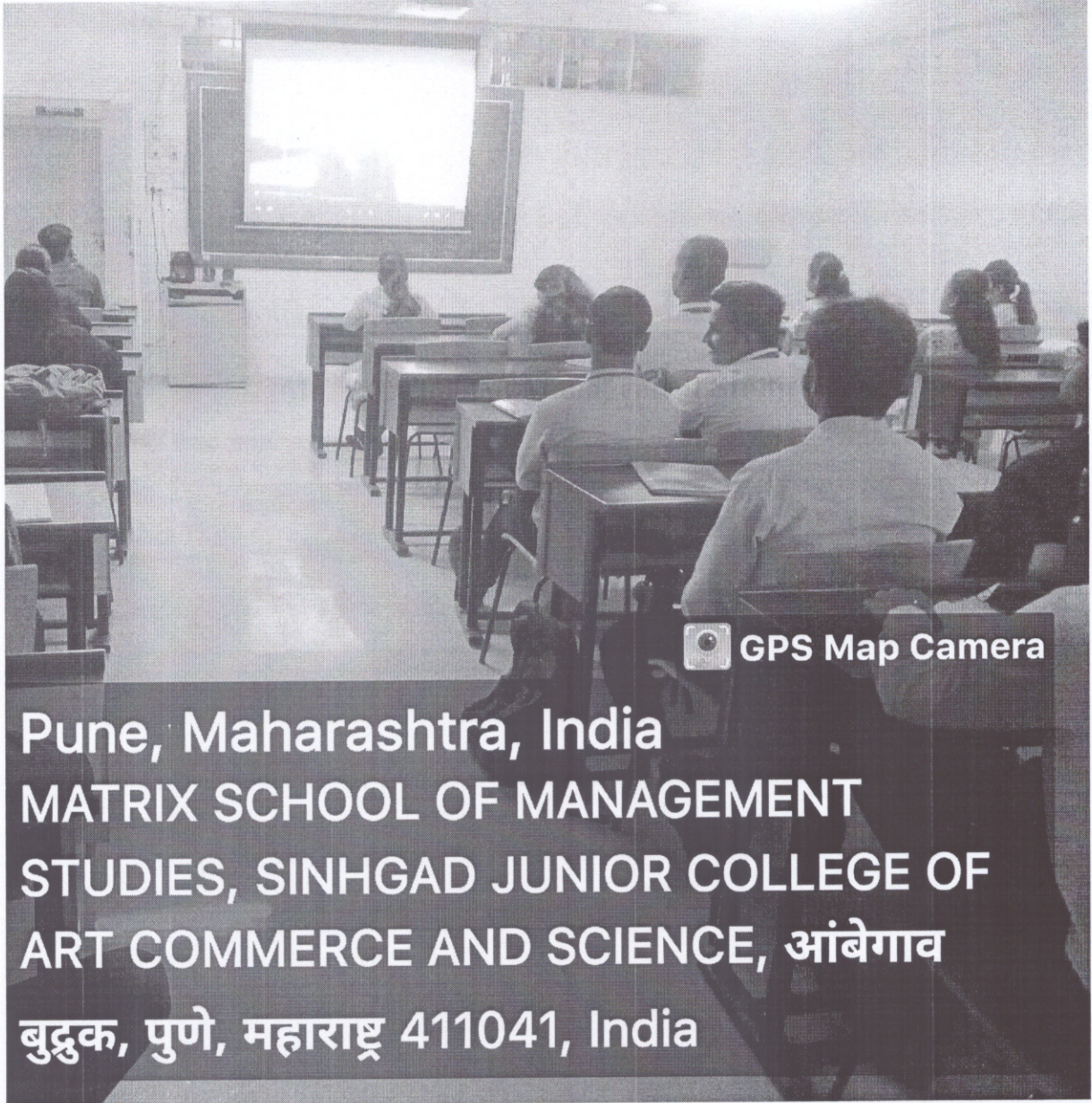
Title of the Activity:	BASIC ABILITIES & SKILLS ENHANCEMENT (BASE) PROGRAMME: Stress Management
Day & Date:	6/12/2022
Category of Activity:	Curricular / Co-curricular / Extra-curricular activity / Social
Organized Under:	MSMS IQAC
Objectives:	To understand the nature of stress & its impact on health & behavior To improve mental & physical well being
Level:	Institute / City / State / National / International
Name, Organization and Designation of Expert	Prof. Gajanan Nerkar, Assistant Professor, The Matrix Educational Foundation's Matrix School of Management Studies
Number of students benefitted	30
Summary Report	Prof. Gajanan Nerkar began his session by making students understand the nature of stress. He highlighted how it can impact on health as well as behavior. Adding on, he suggested how one can use the stress techniques like meditation, exercise, socialize, manage time, etc. to overcome stress. He answered the queries which was asked by the students.
Outcome:	Students learned to manage their stress levels by using techniques suggested
Name of Staff coordinators:	Prof. Gajanan Nerkar


Director

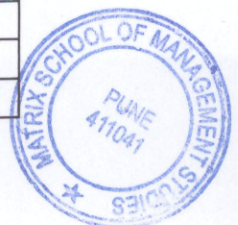



Coordinator

The Matrix Educational Foundation's
Matrix School of Management Studies
Pune



The Matrix Educational Foundation's		
Matrix School of Management Studies		
MBA I Semester I (2022-24 Batch)		
BASIC ABILITIES & SKILLS ENHANCEMENT (BASE) PROGRAMME:		
Topic: <i>Stress Management</i>		Date: 06-12-2022
Roll. No.	Name of Student	Attendance
2022-24-01	ATAR PARVESH MUBARAK	
2022-24-02	AWALE KOMAL MAHESH	
2022-24-03	BAGUL KIRAN UDAY	P
2022-24-04	BALAI SANIYA SANTOSH	
2022-24-05	BANGAR SAURAV SURYAKANT	P
2022-24-06	BARATE PRITHVIRAJ BALASAHEB	
2022-24-07	BARGE SAKSHI GAJANAN	
2022-24-08	BAYAS VISHALSINH RAMESHSINH	P
2022-24-09	BEDARKAR RUSHIKESH VIRBHADRA	
2022-24-10	BELSARE SANKALP SUNIL	
2022-24-11	BHAND BHUSHAN DATTATRAY	
2022-24-12	BHARTI DARSHAN ANIL	
2022-24-13	BHONGALE KETAN KANTILAL	
2022-24-14	BHOSALE PRASANNA VIJAY	P
2022-24-15	BHOWATE ATUL JAIPAL	
2022-24-16	BHUMBLA NAVDEEPKUMAR JOGINDERPAL	
2022-24-17	BORDE MAYUR SURYAKANT	
2022-24-18	CHAHANDE SUMIT GAUTAM	P
2022-24-19	CHAUHAN ROHAN YOGESH	
2022-24-20	CHAUHAN YASH YOGESH	
2022-24-21	CHAVAN PRITAM SANJAY	
2022-24-22	CHOUDHARY PREETI LAKMARAM	P
2022-24-23	DAHATONDE RUPALI SHARAD	
2022-24-24	DAHIWADE PRIYANKA RAGHUNATH	P
2022-24-25	DASWADKAR DIVYA ARJUN	
2022-24-26	DESHMUKH KRUSHNAKANT RAJVILAS	
2022-24-27	DEVALE ABHISHEK KISHORRAO	
2022-24-28	DHANGARE KRUSHNA SAINATH	
2022-24-29	DHOTRE ANIRUDDHA BABASAHEB	
2022-24-30	DHUMAL VAISHNAVI SUNIL	
2022-24-31	DIVATE NIHAR RAJENDRA	
2022-24-32	DONGARE ISHWAR DNYANESHWAR	
2022-24-33	EKBOTE ABHISHEK DHANWANT	P
2022-24-34	GADHAVE HIMANSHU MANOHAR	
2022-24-35	GAI SHUBHAM VITTHAL	P
2022-24-36	GAIKWAD DIKSHITA CHANDRAKANT	
2022-24-37	GAIKWAD SANKET RAJU	P
2022-24-38	GAIKWAD SAGAR SANJAY	
2022-24-39	GANGARDE SHIVAM BAPURAO	
2022-24-40	GARDI ROHAN VILAS	
2022-24-41	GARJE MAHESH SURESH	
2022-24-42	GAWADE SHIVRAJ BHARAT	
2022-24-43	GHUGE CHANDRAKANT RAJENDRA	



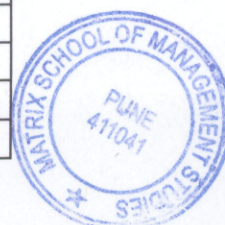
The Matrix Educational Foundation's
Matrix School of Management Studies
MBA I Semester I (2022-24 Batch)

BASIC ABILITIES & SKILLS ENHANCEMENT (BASE) PROGRAMME:

Topic: *Stress Management*

Date: 06-12-2022

Roll. No.	Name of Student	Attendance
2022-24-44	GIRASE HITESH RAVINDRA	
2022-24-45	GIRASE PRANJAL RAVINDRASING	P
2022-24-46	GUPTA ISHIKA DINESH	P
2022-24-47	HAITAKE SARIKA VENKAT	
2022-24-48	HOLKAR SHEETAL BHIMRAO	
2022-24-49	HONKALSE ANIKET RAVINDRA	
2022-24-50	INGLE ADESH SUDHAKAR	
2022-24-51	JADHAV KOMAL HARI	
2022-24-52	JADHAV RENUKA SHIVAJI	P
2022-24-53	JADHAV VAISHNAVI GANESH	P
2022-24-54	JAGDALE ADITYA SUDHIR	
2022-24-55	JAMDADE ANIKET PARMESHWAR	
2022-24-56	JOSHI HARSHAL PANDURANG	P
2022-24-57	KADAM AMISHA ANAND	
2022-24-58	KALASKAR SHREYA SAMADHAN	
2022-24-59	KALBHOR SHAILAJA PANDHARINATH	
2022-24-60	KAMBLE GOVIND MARUTI	
2022-24-61	KAMBLE SNEHAL SUNIL	
2022-24-62	KANDALKAR AKSHADA SUBHASH	
2022-24-63	KATKAR SHREYA RAVIRAJ	P
2022-24-64	KAWALE SANGRAM BALASAHEB	
2022-24-65	KENDRE MAHESH UDAYKUMAR	P
2022-24-66	KHANDEKAR ABHIJEET BHUJANG	
2022-24-67	KHONDGE DIPTI DILIP	P
2022-24-68	KOKATE SAYALI VIJAY	
2022-24-69	KSHIRSAGAR SAKSHI SURESH	
2022-24-70	KUBADE SAKSHI SUNIL	
2022-24-71	KULKARNI SHREYAS VIRUPAKSHA	
2022-24-72	KULKARNI NUPUR SHAMRAO	P
2022-24-73	KUMBHAR SURAJ RATNADIP	
2022-24-74	LAWATE OMKAR SAMBHAJI	
2022-24-75	LOHAKARE SAKSHI RAJU	
2022-24-76	LONE ATUL SAHEBRAO	
2022-24-77	MAIGHANE RUPESH PANDURANG	
2022-24-78	MANE RUSHIKESH RAVINDRA	
2022-24-79	MANTHALKAR SHREYASH UMESH	P
2022-24-80	MORE PRATEEK DEVENDRA	
2022-24-81	MORE VAIBHAV BHANUDAS	
2022-24-82	MUMAWAT YASHSAVI MANSUKHLAL	
2022-24-83	MUSALE APURVA PRADEEP	
2022-24-84	MUSLE NILESH KONDIBA	
2022-24-85	NAIKADE SANKET DNYANESHWAR	
2022-24-86	NAKHATE BABASAHEB PRAKASHRAO	



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Roll. No.	Name of Student	Attendance
2022-24-87	NANAVARE ANIKET VIJAY	
2022-24-88	NIKUMBH SHANTANU VIJAY	P
2022-24-89	NIVANGUNE SAKSHI POPAT	
2022-24-90	OSWAL PAYAL JETHAMAL	
2022-24-91	PANDAO SAURABH KISHOR	P
2022-24-92	PARDESHI SONALI RAJENDRASING	
2022-24-93	PASALKAR SAURABH LALASAHEB	
2022-24-94	PASNUR PRASAD SAIRAM	
2022-24-95	PATHARE TEJAS DATTATRAY	
2022-24-96	PATIL BHUSHAN BHAGWAN	
2022-24-97	PATIL PRATIK SADASHIV	
2022-24-98	PAWAR NIKITA TUKARAM	
2022-24-99	PAWAR NISHANT NARENDRASING	
2022-24-100	PAWAR PRAJWAL SUNIL	
2022-24-101	PETKAR KRUSHIKESH RAJENDRA	P
2022-24-102	PHULSUNDAR PRUTHVI HEMANT	
2022-24-103	PIPADA POOJA PUKHRAJ	
2022-24-104	RANDIVE PRATIK RAJU	
2022-24-105	RATHOD SACHIN LAXMAN	
2022-24-106	RATHOD VINOD MANIK	
2022-24-107	REDKAR CHANDRAKANT MAHADEV	
2022-24-108	RUPNAVAR ABHISHEK ADIKRAO	P
2022-24-109	SALI GANESH SANTOSH	
2022-24-110	SALUNKE RAHUL BHASKAR	P
2022-24-111	SALVE ARTI SHRAVAN	
2022-24-112	SANAM PURVA DEEPAK	
2022-24-113	SHELKE VISHWAJIT SHIVAJI	
2022-24-114	SHINDE TEJAL SANTOSH	P
2022-24-115	SHINDE ABHIJEET DATTATRAY	
2022-24-116	SHINDE OMKAR SHARAD	
2022-24-117	SHINDE VISHWAJIT MACHHINDRA	
2022-24-118	SONAWANE ARJUN SATISH	P
2022-24-119	SURVE SOHAM VISHWANATH	
2022-24-120	TAMBE VIKAS KHANDU	P
2022-24-121	TAMBOLI NAMAN PRAKASH	
2022-24-122	TATHODE SHUBHAM SANTOSH	
2022-24-123	THOMBARE HITESH SAMBHAJI	
2022-24-124	VASAVE SHARAD DATTATRAY	P
2022-24-125	VELANI NISHI RAMNIKLAL	P
2022-24-126	WAGHMARE PRATIK KIRAN	
2022-24-127	WAGHMARE PRAVIN MANJIRAM	
2022-24-128	WAIKAR LAUKIK PRAKASH	
2022-24-129	ZAREKAR PRAFULL SUBHASH	

Anand
Dr Anand Fadnis

