



MARATHWADA MITRA MANDAL'S
COLLEGE OF COMMERCE

Affiliated to Savitribai Phule Pune University, Re-Accredited by NAAC with "A" Grade
ISO 9001:2015 Certified, Awarded as Best College by Savitribai Phule Pune University
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Collaborative initiatives 2018-19

Sr.No	Particular
1	Training session by IGCCIA on 20/07/2018
2	Guest Lecture on Stress Management by IYF on 11/09/2018
3	Seminar on Spiritual Development & Bhagwat Gita by ISKCON on 9/08/2018



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Date:23/07/2018

Day & Date: Friday, 20/07/2018

Timing: 10:30 AM - 11:30 AM

Venue: Dnyaneshwar Hall

REPORT ON TRAINING SESSION BY IGCCIA

Under the Memorandum of Understanding (MoU) signed with the Indo Global Chamber of Commerce, Industries & Agriculture, a comprehensive training session was organized on 20th July' 2018. The session was strategically designed to enhance the students' understanding of Indian business and trade dynamics, focusing on bilateral trade, investment opportunities, and technology transfer in the contemporary business landscape.

The primary objectives of the training session were as follows:

1. To provide students with insights into the nuances of Indian business and trade practices.
2. To facilitate learning about bilateral trade agreements, investment prospects, and technology exchange initiatives.
3. To develop the professional skills and competencies of students in navigating global business scenarios.



A total of 40 students actively participated in the training session, benefiting significantly from the comprehensive insights and practical knowledge shared during the program. The session contributed to the development of their professional skills, enabling them to gain a competitive edge in the global business arena.



Dr. Kalpana Vaidya
Co-ordinator



Dr. M.D. Lawrence
Principal



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Date: 13/09/2018

Day & Date: Monday, 11/09/2018

Timing: 10:00 AM - 11:00 AM

Venue: Dnyaneshwar Hall

REPORT ON GUEST LECTURE ON STRESS MANAGEMENT BY IYF

Under the Memorandum of Understanding (MoU) established with the International Youth Fellowship (IYF), a guest lecture was organised on stress management. A guest lecture on stress management was organized. The lecture aimed to equip students with practical strategies for identifying, managing, and mitigating stress, particularly in the context of academic pursuits.

Objectives

Identification of Stress Symptoms and Causes: The primary objective of the lecture was to familiarize participants with the various symptoms and underlying causes of stress. Through interactive discussions and informative presentations, attendees gained insight into recognizing stress triggers and manifestations in their daily lives.

Stress Management Techniques: The lecture sought to impart easy-to-implement stress management techniques to empower students in coping with and alleviating stress. Participants were introduced to mindfulness practices, relaxation exercises, and effective time management strategies aimed at fostering resilience and emotional well-being.



Stress Avoidance in Academic Settings: An essential aspect of the lecture was to address stress specifically related to academic endeavors. Attendees received guidance on minimizing stress levels during studies through efficient study habits, organization methods, and self-care practices tailored to the demands of student life.

A total of 63 students actively participated in the guest lecture, demonstrating a keen interest in understanding and addressing stress-related challenges. The interactive nature of the session facilitated open dialogue, allowing participants to share their experiences, concerns, and queries regarding stress management. Attendees expressed appreciation for the comprehensive approach to stress management presented during the session, acknowledging its relevance and applicability to their academic and personal contexts.



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Date: 12.08.2018

Day & Date: Monday, 9/08/2018

Timing: 10:30 AM - 11:30 AM

Venue: Dnyaneshwar Hall

REPORT ON SEMINAR ON SPIRITUAL DEVELOPMENT & BHAGAVAD GITA BY ISKON

Under the Memorandum of Understanding (MoU) signed with the International Society for Krishna Consciousness (ISKCON), a seminar on Spiritual Development and Bhagavad Gita was organized. The aim was to enlighten students about the relevance of the teachings of Bhagavad Gita in their daily lives and how it could contribute to their spiritual and personal development.

During the seminar, students were introduced to the profound wisdom of the Bhagavad Gita, one of the most revered scriptures in Hindu philosophy. The seminar emphasized how the values and teachings outlined in the Bhagavad Gita are applicable to contemporary life situations and can aid in enhancing concentration skills, which are essential for academic and personal success.

Key Activities:

- Devotees from ISKCON conducted engaging lecture sessions where they elucidated the teachings of Bhagavad Gita and their practical implications in



the modern world. They highlighted the significance of incorporating spiritual practices into daily routines for holistic growth.

- As a gesture of spiritual enrichment, ISKCON devotees distributed 50 copies of the Bhagavad Gita among the attending students and staff. This initiative aimed to provide individuals with a foundational text for deeper spiritual understanding and contemplation.

A total of 46 students actively participated in the seminar, demonstrating a keen interest in exploring spiritual dimensions for personal growth and well-being. The seminar not only enriched participants with spiritual knowledge but also inspired them to cultivate a deeper understanding of their inner selves for holistic development.



Dr. Kalpana Vaidya
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