

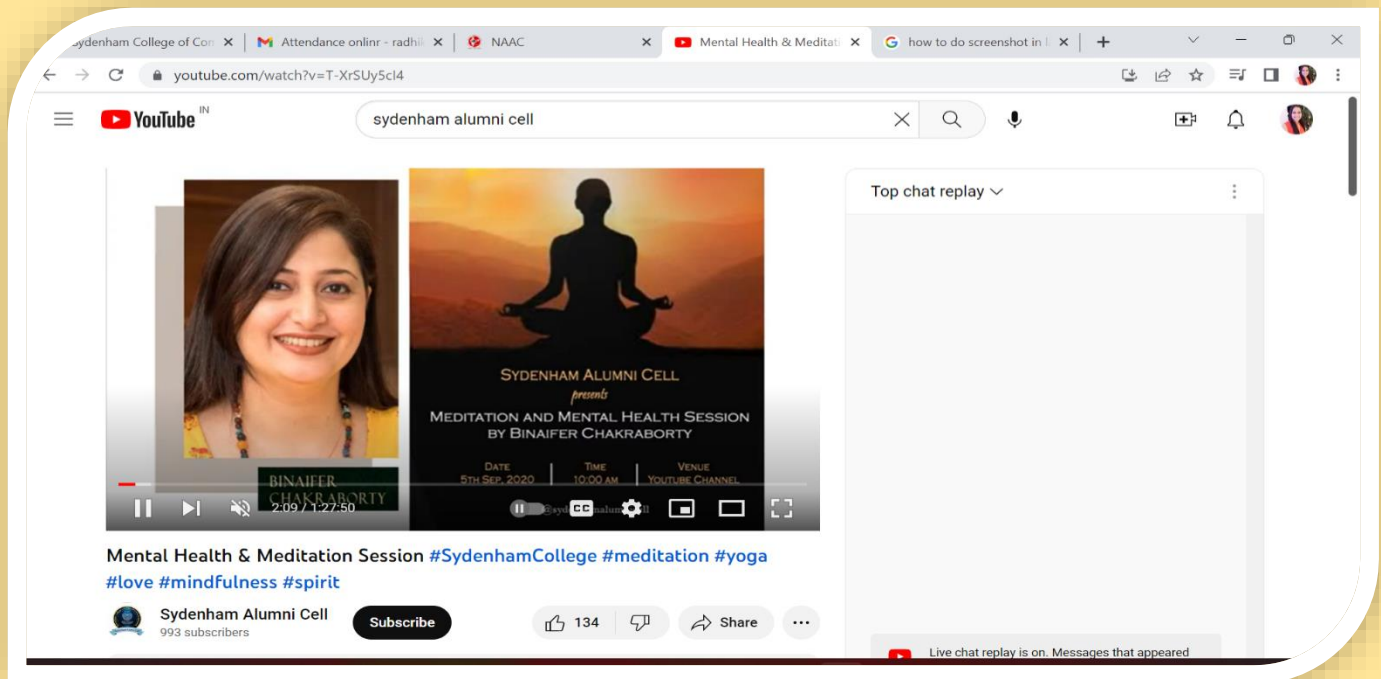
## *Institutional Distinctiveness: Mentoring for Emotional Well being*

Sydenham College has always been in leading edge towards nurturing inclusive development of the students in the pursuit of our mission and vision by converging not only on academics but also on numerous facades like cultural, social, emotional and intellectual development of the student. Developing a strong EQ is the need of hour which helps to manage stress and anxiety levels, make stronger connections, understanding others and overcoming complex challenges.

The year 2020, when the entire world was grappling with pandemic, college also shifted their base to virtual platforms to conduct classes online. However, this alternative medium has also brought to the fore some stark persistent realities of social inequalities in terms of availability of resources, essential to access these online classes/platforms. Hence during the COVID-19 pandemic, mentoring the students is needed more than ever.

Faculties undertook different mentoring activities like

- 1) Online interaction with students and providing access to study material
- 2) Remedial lectures, coaching, guiding and counselling before the examination
- 3) Online workshop on mentoring and mental well ness by alumni cell of the college.
- 4) A mentorship program to clear professional exams was conducted by CA Mr Udit Goyal
- 5) Workshops and seminars helped the student to participate in various events thereby combating stress and anxiety
- 6) Career guidance program by placement cell for final year students help them to explore career opportunities
- 7) Even during pandemic placement cell were able to connect with companies digitally which thus ensuring that student get placed in good companies.
- 8) Yoga and meditation programs were conducted by NSS cell of the college
- 9) A session on “Destress with Music” was organized by English Literary Club of the college.
- 10) Library provided link to e-books and e-journals which helped the student to access different journals and books.

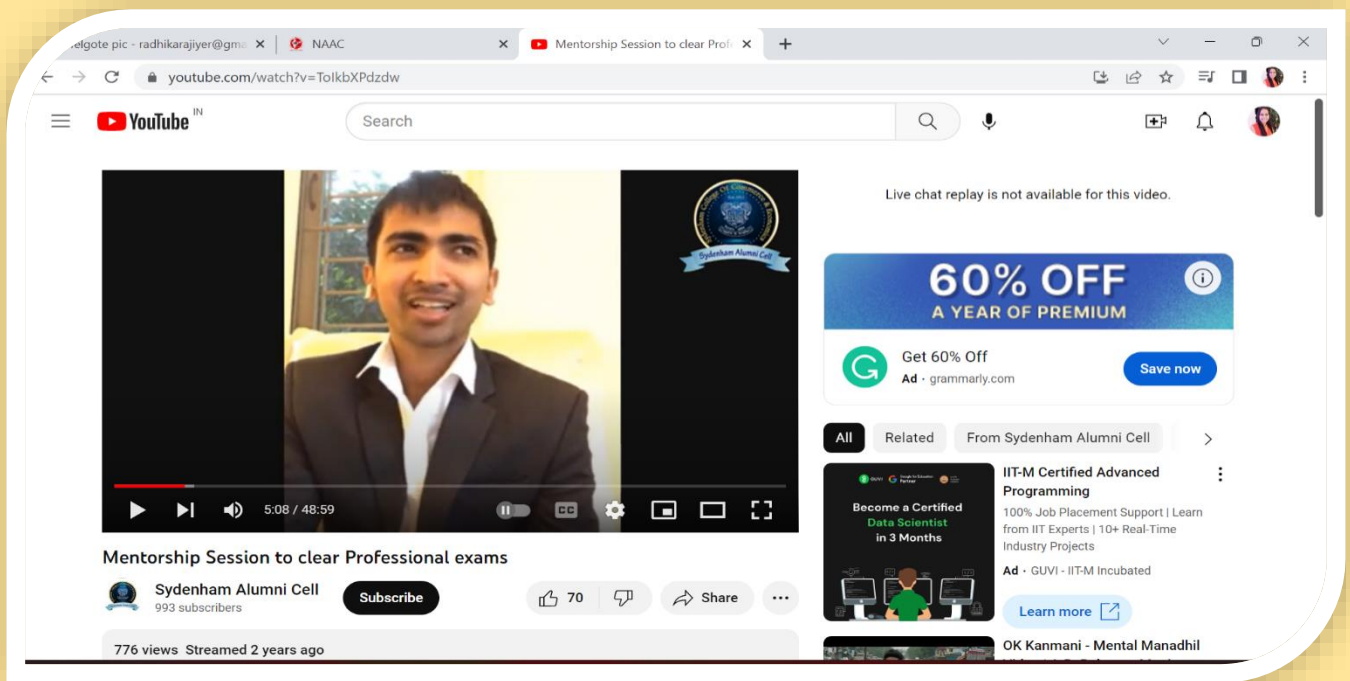


You tube link: <https://www.youtube.com/watch?v=T-XrSUy5cl4>

Binaifer Chakraborty started off her career as a catering assistant holding a Diploma in Hotel Management. She then moved on to administration in an Architect Firm and then a reputed bank. The shift from one career to another was at a time when she felt that there was something amiss in what she was doing. Binaifer wanted to find out what she connected to from deep within. She continued exploring alternative sciences and continued her meditation and healing classes by the side as well. Her interest heightened further and she went on to become a Reiki Master.

Mental health & meditation session. Resource person our alumni Smt. Binaifer Chakraborty, Reiki Master, EFT Healer, and Candle Healer on 5th September 2020, live on Sydenham Alumni you Tube Channel.

The session was live on you tube and many students benefitted from her session during pandemic as the students stress and anxiety level was on rise. She focused on various mind relaxation techniques to be done during pandemic, exams. This helped students improve their concentration techniques thereby enhancing their performance.



You tube Link: <https://www.youtube.com/watch?v=TolkbXPdwdw>

Alumni's are always the part in the development of the college. CA Udit Goyal is one such alumnus, who pursued his BCOM Degree from our college and has completed his professional degree of Chartered Accountant. Presently holding the post of Assistant Manager and a Senior Consultant at Grant Thornton LLP.

The Alumni Cell of the college had organized a Mentorship programme with Resource person as CA Mr. Udit Goyal who focused on "How to clear Professional Exams on 5<sup>th</sup> December 2020, live on Sydenham Alumni You Tube Channel.

The session was very informative and helpful for majority of the CA aspirants of our college. Sydenham College is known for its legacy of creating CA's who have been placed in companies of national and international repute. More than 100 students attended the session.



Government of Maharashtra  
 Sydenham College of Commerce and Economics, Mumbai  
 (A Constituent College of Dr Homi Bhabha State University)



**IQAC & DEPARTMENT OF ENGLISH**

On the Occasion of

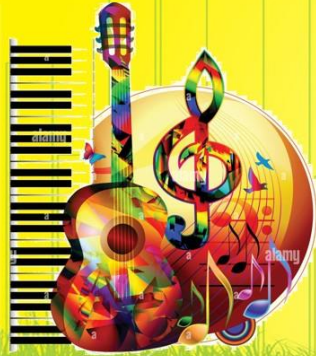
*World Mental Health Day*

Presents

Webinar on

**"De-stress with Music"**

*Music heals wounds which medicine cannot!!!*



Resource Person  
**Dr. Mahendra Telgote**

Date: 10<sup>th</sup> October, 2020 at 12.30 pm  
 Platform: Google Meet

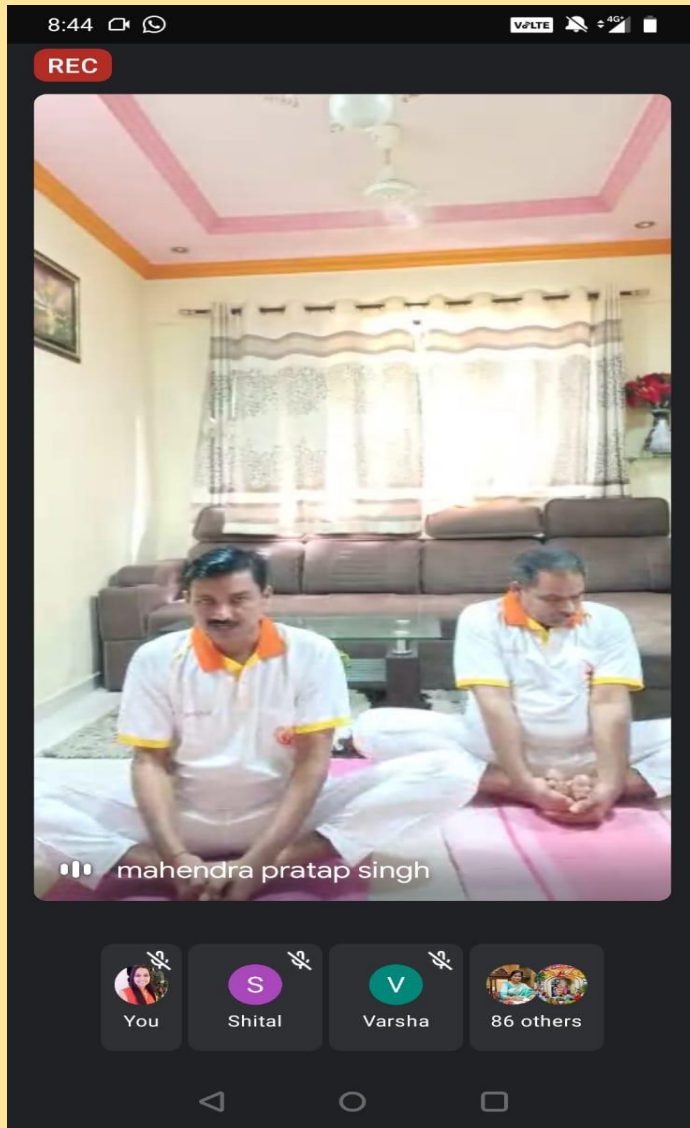


Students Online Participation- Attendance

Music can be a useful tool in relieving stress. Music can be used as a therapeutic tool to not only decrease stress and anxiety, but to also promote healing and improve one's overall emotional well-being.

At Sydenham we make every effort to promote the emotional wellbeing of the students. It was necessary during pandemic as student were constantly under stress due to online teaching and fear of pandemic. The IQAC and English Department organized a webinar to promote mental wellbeing of the students and faculties.

Prof Mahendra Telgote, from Department of English is a vivid music lover. He conducted the session and focused on various mind relaxation techniques with music. More than 80 students actively participated and found the session to be more useful in relaxing their minds.



Online session on YOGA and Meditation by NSS Cell of College

***“Healthy mind breeds a Healthy body”***

NSS unit of the College had organized an online yoga session for physical and mental relaxation for students and faculties.

Dr. Sunil Singh and Shri Mahendra Pratap Singh conducted the session. They focused on various yoga postures and asanas for physical fitness and pranayama and dhyana mudra for mental fitness.

The session was attended by more than 80 participants. The session was conducted on occasion of International Yoga Day.