

R. C. Patel Educational Trust's
Institute of Management Research and Development, Shirpur

A Summarized Report 2025-26

On

Activities conducted by Students Development Department of IMRD, Shirpur

The R. C. Patel Institute of Management Research and Development (IMRD), Shirpur, in association with the department of student development of KBC North Maharashtra University, Jalgaon, is actively engaged in the holistic development of students. The institute focuses on nurturing students' personalities across all spheres of life by organizing various student-oriented programs. It firmly believes that, when provided with the right opportunities, students can effectively showcase their hidden talents.

The students' development department initiates and conducts a wide range of activities and schemes. These include participation in cultural events and the organization of programs such as blood donation camp, expert talk on the occasion of university anniversary day and university name extension day, the earn and learn scheme, demonstrations on fire and safety, appointment of student counsellor, celebration of the 150th anniversary of the national song "Vande Mataram", student council formation, constitution day celebration, formation of the socio-economically disadvantaged group cell, equal opportunity cell, and SC-ST cell, awareness events on the rights of persons with disabilities act, awareness programs on the POCSO act, program on world human rights day and national consumer day, constitution awareness quizzes, implementation of the economically weaker section scheme and sessions on digital wellbeing etc.

The students' development department of IMRD, in collaboration with the department of student development of KBCNMU, Jalgaon, consistently strives for the overall development of students by planning and executing a variety of meaningful activities.

List of Events 2025-26

Sr. No.	Event Name	Date	No. of Participants
1	Blood Donation Camp	22/07/2025	90
2	Expert Talk on the occasion of University Anniversary Day and University Name Extension Day	09/08/2025	52
3	Demonstration on Fire and Safety	24/09/2025	86
4	Celebration of 150 th Anniversary of the National Song 'Vande Mataram'	07/11/2025	209
5	Constitution Day Celebration	26/11/2025	56
6	Awareness Event on "The Rights of Persons with Disabilities Act"	03/12/2025	169
7	Awareness Program on the POCSO Act.	10/12/2025	181
8	Awareness Program On World Human Rights Day	10/12/2025	180
9	National Consumer Day	24/12/2025	158
10	Sessions on Digital wellbeing	03/02/2026	336

Institute of Management Research and Development, Shirpur

A Report on Blood Donation Camp

Activity Name : - Blood Donation Camp.

Date : - 22nd July 2025.

Venue : - R. C. Patel College of Pharmacy

Objectives : -

- To raise awareness about the importance of blood donation.
- To encouraged all students to donate blood for helping others to breathe life with their precious donation.

On the auspicious occasion of the 55th birthday of Hon. Chief Minister of Maharashtra, Shri Devendra Fadnavis, celebrated on 22nd July 2025, a Mega Blood Donation Camp was organized at R. C. Patel College of Pharmacy, Shirpur. The event was jointly conducted by Shirpur Education Society, R. C. Patel Educational Trust, Astitva Foundation, and Mukesh Patel Charitable Trust, Shirpur. Marking this significant day, 90 students, faculty members, and non-teaching staff from the R. C. Patel IMRD actively participated in the blood donation drive, reflecting overwhelming enthusiasm and commitment to social responsibility.

The camp was organized under the special guidance and support of the National Service Scheme Unit and the Student Development Department of the institute. Each blood donor was honored with a certificate of appreciation by the Indian Red Cross Society Blood Center, Jalgaon. In addition, hemoglobin levels and blood groups of all donors were also checked during the camp.

Blood donation is considered the greatest act of humanity, often described as donating life itself. The camp was inaugurated by Shri Rajgopal Bhandari, Hon. Secretary of the RCPET. Esteemed dignitaries present at the event included: Ms. Soniya Bhasin, Coordinator, Astitva Foundation, Dr. Sanjay Surana, Principal, R. C. Patel College of Pharmacy, Dr. Vaishali Patil, Director, RCPET's IMRD, Dr. Nitin Haswani, Principal, R. C. Patel Institute of Pharmacy.

The entire program was successfully conducted under the able leadership and guidance of Dr. Vaishali Patil, Director, RCPET's IMRD. Significant contributions were made by: Mr. Manoj Behere, Head of MCA & IMCA, Dr. Manoj Patel, IQAC Coordinator, Dr.

Tushar Patel, Head, BBA, BCA, BMS Departments Additionally, vital support was extended by: Dr. Yogesh Shethiya, NSS Program Officer, Dr. Manoj Sonawane, Head, Student Development Department Prof. Pooja Jain, Sports Director Mr. Sumit Sagale, Registrar NSS student volunteers. The success of this noble event was made possible through the combined efforts of staff, volunteers, and students, under the dedicated mentorship of Dr. Vaishali Patil.

Photos:-



Inauguration of Mega Blood Donation Camp by Hon. Shri Rajgopal Bhandari



Appreciation of blood donating staff and students by Director Dr. Vaishali Patil



Student and volunteer donating blood

R. C. Patel Educational Trust's
Institute of Management Research and Development, Shirpur

Activity Name: - Expert Talk on the occasion of University Anniversary Day and University Name Extension Day

Date: - 9th August 2025

Venue: Classroom No. 6

Organized by: Student Development Department, R.C. Patel Educational Trust's Institute of Management Research and Development, Shirpur

Objectives: - To make students aware about University Anniversary Name Extension.

Number of Students: - 52

Resource person: Mr. Vishal Pawar

Events Highlights:-

The Student Development Department of R.C. Patel Educational Trust's, Institute of Management Research and Development, Shirpur organized an Expert Talk on the occasion of University Anniversary Day and University Name Extension Day on 9th August 2025. The objective of this Expert talk was to make student aware about university anniversary day and university name extension day.

Resource person for this expert talk was Mr. Vishal Pawar. Sir in the opening remark gave insight about history of North Maharashtra University using power point presentation. During session sir highlighted various landmarks and achievement made by university Name and tenure of every vice chancellor was shown by the resource person.

Resource person also shared his memories while their learning.

Total 52 students attended this expert talk. Ms. Punam Mandalik proposed vote of thanks.

To make this event successful the student development officer Dr. Manoj S. Sonawane, the assistant student development officers Mrs. Chhaya S. Patil, Mr. Sachin S. Surana, Mrs. Suvarna Chaudhari, Ms. Punam Mandlik took efforts.

Photos:-



Resource Person Mr. Vishal Pawar



Resource person engaging with students during the University Anniversary and University Name Extension Day program



Interaction of Resource Person with Students during program

R. C. Patel Educational Trust's
Institute of Management Research and Development, Shirpur

Event Name	: -	“Demonstration on Fire and Safety”
Date	: -	24/09/2025
Resource Person	:-	Mr.Vilas Patil
Number of Participants	: -	86
Venue	:-	IMRD Campus
Event Highlights	:-	

The Institute's Student Development Committee organized a “Demonstration on Fire and Safety” on 24th September 2025. The resource person for this workshop was Mr. Vilas Patil, who shared valuable insights on handling fire emergencies effectively.

The session aimed to create awareness among students about fire safety measures, preventive steps, and the use of fire extinguishers in emergency situations.

During the live demonstration, two types of fire extinguishers—Carbon Dioxide (CO₂) and Dry Powder—were introduced and demonstrated. Mr. Vilas Patil explained their specific uses, advantages, and the correct technique of operation. Students actively participated in the demonstration and learned the techniques (Pull, Aim, Squeeze, and Sweep) for effectively handling fire extinguishers. The session was highly interactive, as students clarified their doubts and gained practical insights into safety practices that are vital both on campus and in daily life.

The event was successfully organized by the Student Development Committee. Dr. Manoj Sonwane, the Committee Coordinator, along with members Mr. Sachin Surana, Mrs. Rohini Patil, Miss Dipali Nhalde, Mrs. Dhanashree Patil, Ms. Suchita Jadhav, Mr. Shreeyash Patil Suvarna Chaudhari, Ms. Punam Mandlik ensured smooth execution of the session.

Photos:-



HOD of UG Department Dr. Tushar Patel while felicitating to resource person Mr.Vilas Patil



Mr.Vilas Patil took session on Demonstration on Fire and Safety



Demo on Fire and Safety

R. C. Patel Educational Trust's
Institute of Management Research and Development, Shirpur

Event Name	: “Celebration of 150 th Anniversary” of the National Song ‘Vande Mataram’
Date	: 07/11/2025
Class	: BCA, BBA, BMS, MCA (integrated), MCA
Number of Participants	: 209
Venue	: IMRD Campus

Event Details:

On the occasion of the 150th Anniversary of “Vande Mataram” a special program was organized in institute with great enthusiasm. Total 209 students from BCA, BBA, BMS, MCA, and IMCA participated, along with all HODs and faculty members.

The event began with the singing of the national song “Vande Mataram,” filling the atmosphere with patriotism. The program concluded with a vote of thanks, marking the event as a proud and memorable celebration of India’s spirit and heritage.

Director Dr.Vaishali B. Patil mam gave guidance for this programme and All HOD’s also supported to programme.The event was efficiently anchored by Ms. Pooja Jain Ma’am, our Physical Director, with great confidence and enthusiasm.

Photos:-



**Students singing the National Song 'Vande Mataram' with great enthusiasm
on its 150th Anniversary**



Celebration of 150th years of 'Vande Mataram' a moment of pride and patriotism

Institute of Management Research and Development, Shirpur

Report on - Constitution Day Celebration

Event Title : “Significance of the Constitution in Strengthening Indian Democracy”

Location : Class Room No 8

Date : 26th Nov. 2025

Participants : 56 NSS Volunteers, Faculty Members and students

Objective : To create awareness about the significance of the Constitution in Strengthening Indian Democracy.

Details of the Event:

The National Service Scheme Unit and Student Development Department of the Institute organized a special program to commemorate Constitution Day. The event commenced with a respectful tribute to Bharat Ratna Dr. Babasaheb Ambedkar, the chief architect of the Indian Constitution.

The program began with introductory remarks by Mr. Vitthal Patil, who highlighted the role of young citizens in nation-building and emphasized how their active involvement can contribute to India's emergence as a global superpower. Students Ms. Shrushti Patil and Mr. Parth Mahajan shared their insights on the significance, features, and spirit of the Indian Constitution.

Assistant Director Dr. Manoj Behere delivered an informative session on the power of a democratic constitution, elaborating on various Fundamental Rights and Duties and explaining their relevance in ensuring justice, equality, and liberty for all citizens. Following this, the collective reading of the Preamble was led by Dr. Manoj Patel, IQAC Coordinator, reinforcing the values enshrined in the Constitution. The session concluded with a formal vote of thanks proposed by Mr. Vijay Garge.

The successful organization of the program was made possible through the consistent support of Dr. Vaishali Patil, Director and Head of the MCA Department; Dr. Manoj Behere, IQAC Coordinator; Dr. Manoj Patel, Head of the UG Department; and Dr. Tushar Patel, who guided the organizing team. The event was anchored and coordinated by Mr. Vijay Garge. Faculty members, Ms. Dipali Nhyald, Mr. Vitthal Patil, Ms. Harshada Chaudhary, and other staff members contributed significantly to the smooth execution of the event. The program witnessed enthusiastic participation from NSS volunteers.

Photos:-



Collective reading of the Preamble led by Dr. Manoj Patel, IQAC Coordinator



Dr. Manoj Behere delivered an informative session on democratic constitution

Institute of Management Research and Development, Shirpur

Report On Awareness Event on “The Rights of Persons with Disabilities Act”

Activity Name :- Event on Awareness about “The Rights of Persons with Disabilities Act”
Date :- 03-12-2025
NSS Volunteers :- 50
Other students :- 110
Staff :- 09
Organized By :- NSS Unit and Student Development Department
Venue :- Auditorium Hall

Objective: To create awareness among students about the Rights of Persons with Disabilities Act, its importance, expanded disability categories, and the benefits, reservations, and concessions available to differently-abled citizens.

On 3th December 2025, An awareness programme on “The Rights of Persons with Disabilities Act” organized by The NSS Unit and Student Development Department of the institute. The event commenced with the traditional garlanding of Goddess Sarasvati, symbolizing wisdom and knowledge, followed by a warm welcome extended to all dignitaries.

Dr. Manoj Patel extended a courteous welcome to Lawyer Mrs. Yogita K. More from Shirpur Vakil Sangh. The programme was graced by the esteemed presence of Lawyer Shri S. K. Mahajan, President of Shirpur Vakil Sangh.

The keynote address on “The Rights of Persons with Disabilities Act” was delivered by Lawyer Mrs. Yogita K. More from the Shirpur Vakil Sangh. She highlighted the importance of safeguarding the rights of persons with disabilities, emphasizing Article 41 of the Constitution, which ensures provisions for their work, education, and public assistance. She explained the transformation from the earlier recognition of 7 disabilities to 21 categories under the 2016 Act, and detailed the benefits available to differently-abled citizens, including reservations in education and employment, travel concessions, banking facilities, and overall protection of their rights and dignity. Her insightful session enhanced students’ awareness of legal rights, welfare provisions, and social inclusion.

The programme resulted in students gaining a clear understanding of the legal framework supporting persons with disabilities, the significance of the RPwD Act, and the importance of empathy and equal opportunity in society. The event effectively achieved its objective of educating NSS volunteers and students about disability rights.

The session concluded with a formal vote of thanks by Mrs. Archana Jade, The successful execution of this event was made possible due to the efforts of the National Service Scheme (NSS) Programme Officer, Dr. Y.C. Shethiya, Mr. Vitthal Patil, Mrs. Archana Jade. Mrs. Jyotsna Mali, Mr. Shreyas Patil, Mrs. Dhanashree Patil and Student Development Department who coordinated various tasks for the seamless execution of the program.

Photos:-



Respected Speaker Addressing about RPwD Act.

R. C. Patel Educational Trust's
Institute of Management Research and Development, Shirpur

Report of Awareness Program on the POCSO Act.

Activity Name :- Awareness Program on the POCSO Act
Date :- 10-12-2025
NSS Volunteers :- 53
Other students :- 115
Staff :- 13
Organized By :- NSS Unit and Student Development Department
Venue :- Auditorium Hall

Objective: To create awareness among students about the POCSO Act, its legal provisions, the concept of child safety, and the importance of preventing sexual offences against children.

On 10th December 2025, the NSS Unit and Student Development Department of Institute of organized an awareness program on the Protection of Children from Sexual Offences (POCSO) Act. The session aimed to educate students about the legal safeguards provided to children and the need to build a safer environment for minors.

The event commenced with the traditional garlanding of Goddess Sarasvati, symbolizing wisdom and knowledge, followed by a warm welcome extended to all dignitaries. Director Dr. Vaishali Patil Madam graciously welcomed the President of the program, Mrs. Pooja Narayan Kokate (Civil Judge K. Strat, Shirpur). Further, Dr. Manoj Behere welcomed Lawyer Shri S. K. Mahajan and Lawyer Mr. N. A. Chavan, Secretary of Shirpur Vakil Sangh. Dr. Tushar R. Patel welcomed Lawyer Mr. Jitendra B. Pawar of the Shirpur Vakil Sangh, while Dr. Manoj Patel extended a courteous welcome to Lawyer Mrs. Yogita K. More, also from the Shirpur Vakil Sangh. Additionally, Ms. Swamini V. Patil. The program was honored by the presence of Mrs. Pooja Narayan Kokate, Civil Judge (K. Strat, Shirpur), who served as the President of the program and delivered an impactful presidential address on the POCSO Act.

She explained that the POCSO Act, 2012 is a gender-neutral law protecting both boys and girls below 18 years. Her speech covered Article 50 Section 3, Directive Principles under Article 39,

and offences such as sexual harassment, rape, and involvement in pornographic material. She highlighted that the Act mandates a minimum punishment of seven years, emphasizing its strict nature.

Mrs. Kokate stressed the importance of teaching children about good touch and bad touch, understanding the difference between love and lust, and the emotional challenges victims face during the justice process. She also discussed the reality of genuine and false FIRs, urging students to act responsibly.

The program effectively enhanced students' awareness of child protection laws and reinforced the need for collective responsibility in ensuring a safe environment for all children.

The successful execution of this event was made possible due to the efforts of the National Service Scheme (NSS) Programme Officer, Dr. Y.C. Shethiya, Mr. Vitthal Patil, Mrs. Archana Jade. Mrs. Jyotsna Mali, Mrs. Jyoti Gorane-Lohar, Ms. Vaishnavi Suryavanshi, Mr. Shreyas Patil, Mrs. Dhanashree Patil and Student Development Department who coordinated various tasks for the seamless execution of the program.

Photos:-



Felicitation with a Memento as a token of Appreciation



Presidential address on POCSO Act.



Dignitaries & RCPET's IMRD coming together for community awareness and social responsibility

Institute of Management Research and Development, Shirpur

Report of Awareness Program on World Human Rights Day

Activity Name :- Awareness Program on “World Human Rights Day”
Date :- 10-12-2025
NSS Volunteers :- 50
Other students :- 120
Staff :- 10
Organized By :- NSS Unit and Student Development Department
Venue :- Auditorium Hall

Objective: To create awareness among students about the meaning, significance, and universal principles of human rights and to promote values of dignity, equality, morality, and ethical living.

On 10th December 2025, the NSS Unit and Student Development Department of the Institute organized an awareness programme on World Human Rights Day. Director Dr. Vaishali Patil Madam extended a heartfelt welcome to the President of the programme, Mrs. Pooja Narayan Kokate (Civil Judge K. Strat, Shirpur). Ms. Swamini V. Patil, Shirpur Vakil Sangh, The program graced with major presence of Lawyer Shri S. K. Mahajan, President, Shirpur Vakil Sangh.

The event included a special address by Ms. Swamini V. Patil from the Shirpur Vakil Sangh, who delivered an insightful and motivating speech aligned with the theme of the day.

- Explained the significance of World Human Rights Day (observed from 14 to 21 December).
- Referred to the philosophical idea of Niccolò Machiavelli, describing the *thin line* that differentiates humans from animals—morality and ethics.
- Emphasized that humans should not just survive but live with dignity.
- Shared COVID-19 real-life examples showing how human rights and humanity are tested in crises.
- Gave a brief history of human rights:
 - o Human rights gained importance after World War II.

- o United Nations was formed in 1948.

The successful execution of this event was made possible due to the efforts of the National Service Scheme (NSS) Programme Officer, Dr. Y.C. Shethiya, Mr. Vijay R. Garge and Mrs. Jyotsna Mali and Student Development Department who coordinated various tasks for the seamless execution of the program.

Photos:-



Moment of appreciation: Guest felicitated for valuable presence



An insightful session delivered by Ms. Swamini V. Patil

R. C. Patel Educational Trust's
Institute of Management Research and Development, Shirpur

Report On National Consumer Day Program

Activity Name	:- National Consumer Day Celebration
Date	:- 24-12-2025
NSS Volunteers	:- 50
Other students	:- 100
Staff	:- 8
Organized By	:- NSS Unit and Student Development Department
Venue	:- Auditorium Hall

Objective: To create awareness among students about consumer rights and responsibilities.

The NSS Unit and Student Development Department of the Institute organized a special program on the occasion of National Consumer Day. The event began with the traditional garlanding of Goddess Saraswati, seeking blessings for wisdom. Dr. Tushar R. Patel welcomed Lawyer Jitendra B. Pawar, while Dr. Manoj Patel welcomed Lawyer Mrs. Yogita K. More. All the dignitaries were honored with a memento. The program saw the gracious presence of Lawyer S. K. Mahajan, President of Shirpur Vakil Sangh, and Lawyer Jitendra B. Pawar as a resource person.

In his informative speech, Lawyer Jitendra Pawar explained the importance of National Consumer Day and discussed how the Consumer Forum works for consumer protection. He guided students about the simple process of filing consumer complaints, the three-tier system of District Forum, State Forum, and National Consumer Forum, and emphasized that having proper documents as proof is the most essential part of resolving any consumer dispute.

This program encouraged students to become informed, responsible, and aware consumers. The successful execution of this event was made possible due to the efforts of the National Service Scheme (NSS) Programme Officer, Dr. Y.C. Shethiya, Mrs. Archana Jade, Mrs. Jyotsna Mali, Ms. Vaishnavi Suryavanshi, Mr. Shreyas Patil and Student Development Department who coordinated various tasks for the seamless execution of the program.

Photos:-



Welcome of Lawyer Jitendra B. Pawar as the chief speaker by Dr. Tushar R. Patel



Speaker addressing about consumer rights and responsibilities

R. C. Patel Educational Trust's
Institute of Management Research and Development, Shirpur

Event Name	: Session on Digital wellbeing
Date	: 03/02/2026
Class	: BBA & BMS Students
Resource Person	: Mr. Dnyaneshwar Nerkar, Pune
Number of Participants	: 144
Venue	: Late S. M. Patel Memorial Auditorium Hall

The session on Digital wellbeing was organized by the Student Development Department of the Institute. Mr. Dnyaneshwar Nerkar (Corporate Trainer and Digital Wellness & Focus Expert, Author, Certified Life Coach, Certified NLP Practitioner, Certified Cyber Crime Intervention Officer, International Speaker) was invited as resource person. Sir raises awareness about the healthy usage of digital devices among students. Sir introduced the topic of digital wellbeing and discussed how the overuse of mobile phones, social media, and gadgets can have a negative impact on mental health, focus, sleep, and productivity.

The session was gracefully anchored by Mrs. Archana Jade Madam. The resource person was felicitated by Dr. Manoj Behere Sir, Assistant Director and HOD of MCA/ Integrated MCA Department, as a token of gratitude and appreciation. Dr. Tushar Patel Sir, HOD of the UG Department, was also present during the program and encouraged the students with his valuable presence.

The session was attended exclusively by 144 BBA and BMS students. During the session, Mr. Nerkar sir discussed important topics such as digital addiction, cyber safety, stress management, time management, and the impact of technology on emotional well-being. Sir also shared practical tips like limiting screen time, practicing digital detox, following the 20-20-20 rule for eye care, avoiding mobile usage before sleep, and developing mindfulness and meditation habits.

Students actively participated in discussions, asked questions, and shared their daily digital usage experiences. The interactive and engaging nature of the session helped students understand the importance of maintaining a healthy balance between online and offline life.

Overall, the program was highly informative and beneficial. It motivated students to adopt positive digital habits and focus on their mental wellness, productivity, and academic success. The program concluded with a vote of thanks delivered by Mrs. Archana Jade Madam.

Photos:-



Dr. Manoj Behere felicitating Mr. Dnyaneshwar Nerkar as a token of appreciation during the Digital Wellbeing session



Encouraging students to embrace digital balance for better focus, health, and productivity



Empowering students to balance technology and well-being through awareness and mindful digital practices



A Digital Wellbeing session conducted for students, focusing on mindful technology use, focus, and mental wellness.

Institute of Management Research and Development, Shirpur

Event Name	: Session on Digital Wellbeing
Date	: 03/02/2026
Class	: MCA / Integrated MCA Students
Resource Person	: Mr. Dnyaneshwar Nerkar, Pune
Number of Participants	: 192
Venue	: Late S. M. Patel Memorial Auditorium Hall

A session on Digital Wellbeing was successfully organized by the Student Development Department of the Institute for MCA and Integrated MCA students. The session aimed to create awareness about the healthy and responsible use of digital devices among students.

Mr. Dnyaneshwar Nerkar, a Corporate Trainer and Digital Wellness & Focus Expert, Author, Certified Life Coach, Certified NLP Practitioner, Certified Cyber Crime Intervention Officer, and International Speaker, was invited as the resource person. Sir introduced the concept of digital wellbeing and elaborated on how excessive use of mobile phones, social media, and digital gadgets can adversely affect mental health, concentration, sleep patterns, and overall productivity.

The session was gracefully anchored by Mrs. Archana Jade Madam. The resource person was felicitated by Dr. Manoj Behere Sir, Assistant Director and HOD of MCA / Integrated MCA Department, as a token of gratitude and appreciation. Dr. Tushar Patel Sir, HOD of the UG Department, was also present and encouraged the students with his valuable presence.

The program was attended by 192 MCA and Integrated MCA students. During the session, Mr. Nerkar discussed key topics such as digital addiction, cyber safety, stress management, time management, and the impact of technology on emotional well-being. Sir also shared practical strategies including limiting screen time, practicing digital detox, following the 20-20-20 rule for eye care, avoiding mobile usage before bedtime, and cultivating mindfulness and meditation practices.

Students actively participated in the session by engaging in discussions, asking insightful questions, and sharing their personal digital usage experiences. The interactive and engaging

nature of the session helped students understand the importance of maintaining a healthy balance between their online and offline lives.

Overall, the session was highly informative and beneficial. It motivated students to adopt positive digital habits and focus on their mental wellness, productivity, and academic success. The program concluded with a vote of thanks delivered by Mrs. Archana Jade Madam.

Photos:-



An insightful moment from the Digital Wellbeing session, focused on fostering balanced and mindful technology use, led by resource person Mr. Dnyaneshwar Nerkar



Promoting awareness and open conversation in an engaging Digital Wellbeing session



Guiding students towards healthier and smarter digital habits

R. C. Patel Educational Trust's
Institute of Management Research and Development, Shirpur

Event Name	: Session on “Emotional Distress to Emotional Fitness”
Date	: 4/2/2026
Participants	: SES and RCPET's Staff Members
Resource Person	: Mr. Dnyaneshwar Nerkar, Pune
Number of Participants	: 190
Venue	: Late S. M. Patel Memorial Auditorium Hall

A session on “Emotional Distress to Emotional Fitness” was successfully organized for all faculty members of SES and RCPET's by the Staff Welfare Committee of the institute, with the objective of promoting emotional well-being, mental resilience, and stress management among educators. Total 190 staff members actively participated in the session. Mr. Dnyaneshwar Nerkar, a Corporate Trainer and Digital Wellness & Focus Expert, Author, Certified Life Coach, Certified NLP Practitioner, Certified Cyber Crime Intervention Officer, and International Speaker, was invited as the resource person for the session.

The program was gracefully anchored by Mrs. Archana Jade Madam. The resource person was felicitated by Dr. S. J. Surana Sir, Principal, RCPIPER, as a token of appreciation and gratitude. The session was also graced by the presence of Dr. S. B. Bari Sir, Dr. Hitendra S. Mahajan Sir, Dr. Naveen N. Haswani Sir, Dr. Nitin G. Haswani Sir, Dr. Manoj N. Behere Sir, Assistant Director and HOD of MCA / Integrated MCA Department, Dr. Tushar Patel Sir, HOD of the UG Department, and Dr. Manoj Patel Sir, IQAC Coordinator, whose presence motivated and encouraged all faculty members.

The session focused on understanding emotional distress and converting it into emotional fitness. The speaker explained that emotional challenges often arise due to unhealthy habits, unresolved mental loops, rigid expectations; poor gut health, lack of physical exercise, and uncertainty. Emphasis was given to the idea that “being is important before doing,” highlighting the need for inner balance and self-awareness. Practical strategies such as mindfulness, meditation, stress management, positive thinking, regular exercise, and self-care practices were shared. The session

also connected personal well-being with social responsibility by referring to the 17 Sustainable Development Goals (SDGs) and holistic development.

The program concluded with a formal vote of thanks delivered by Mrs. Archana Jade Madam, expressing gratitude to the dignitaries, resource person, and all faculty members for their active participation and support.

Photos:



Felicitations of the resource person, Mr. Dnyaneshwar Nerkar, during the session on 'Emotional Distress to Emotional Fitness,' organized for the faculty members of SES and RCPET's



Active participation of faculty members during an insightful session on emotional well-being and mental resilience



An engaging and insightful session guiding faculty towards emotional resilience and wellbeing