



**HOPE Foundation's
Finolex Academy of Management and Technology, Ratnagiri**

Department of Computer Science and Engineering(AI & ML)

A Workshop on 'Stress Management and Corporate Ethics'

The Department of Computer Science and Engineering (AI & ML) organized a One-Day Workshop on "Stress Management and Corporate Ethics" on 13th February 2025 for SE, TE, and BE students. The workshop was conducted by Mrs. Kashmira Shinde, MS in Behavioural Sciences, a Soft Skill Trainer and Psychological Consultant, and Founder of Future Bridge, an MSME-registered firm, Chiplun.

The primary objective of the workshop was to help students identify sources of academic, personal, and career-related stress and provide them with practical techniques to manage stress effectively. Additionally, the session emphasized the importance of corporate ethics, integrity, and professional conduct in shaping a successful career.

The workshop was conducted in two sessions. The first session, held from 11:30 AM to 1:30 PM, was attended by 71 students from SE, TE, and BE. This session focused on understanding stress, its impact on mental and physical well-being, and strategies for stress management. Mrs. Kashmira Shinde introduced students to various coping techniques, including mindfulness, time management, emotional regulation, and confidence-building exercises. The session also covered corporate ethics, ethical decision-making, and the role of integrity in professional success. Students actively participated in discussions, case studies, and interactive exercises that allowed them to connect theoretical concepts with real-world scenarios.

Following the seminar, a one-on-one counselling session was conducted from 2:15 PM to 4:15 PM, during which four students received personalized guidance. This session provided an opportunity for students to discuss their individual concerns, fears, and career-related anxieties with the expert. The focus was on overcoming the fear of failure, rejection, and public speaking and developing self-confidence through self-awareness and skill-building. Mrs. Kashmira Shinde offered tailored advice and psychological insights to help students handle academic and professional challenges positively.



HOPE Foundation's Finolex Academy of Management and Technology, Ratnagiri

The workshop successfully provided students with valuable insights into stress management, confidence-building, and corporate ethics. It helped them recognize the importance of self-discipline, emotional intelligence, ethical behaviour, and resilience in both personal and professional life. The interactive discussions and counselling sessions empowered students with practical tools to handle stress, build confidence, and make ethical decisions in their future careers.

The event was well-received by students, who appreciated the opportunity to engage in self-reflection and gain practical strategies for handling stress and ethical dilemmas in their academic and professional journeys.

The coordinator of this workshop was Prof. Swapnali R. Teli, Assistant Professor of Computer Science and Engineering (AI & ML). This visit was successfully conducted under the guidance of Prof. V.V.Nimbalkar, HoD, Computer Science and Engineering (AI & ML).

Photographs of the Event

A Workshop on 'Stress Management and Corporate Ethics'



Prof. Akshay Shetye, charge HOD, felicitated the Speaker Mrs. Kashmira Shinde



**HOPE Foundation's
Finolex Academy of Management and Technology, Ratnagiri**

Photographs of the Event

A Workshop on 'Stress Management and Corporate Ethics'



Mrs. Kashmira Shinde interacts with students.





**HOPE Foundation's
Finolex Academy of Management and Technology, Ratnagiri**

Students actively interacting with the speaker Mrs. Kashmira Shinde in the workshop.