

## An Expert Session on Stress Management and Interview Skills

The Department of Information Technology, Finolex Academy of Management and Technology, Ratnagiri, conducted student development sessions for Second Year (SE) and Third Year (TE) students on 13 February 2026.

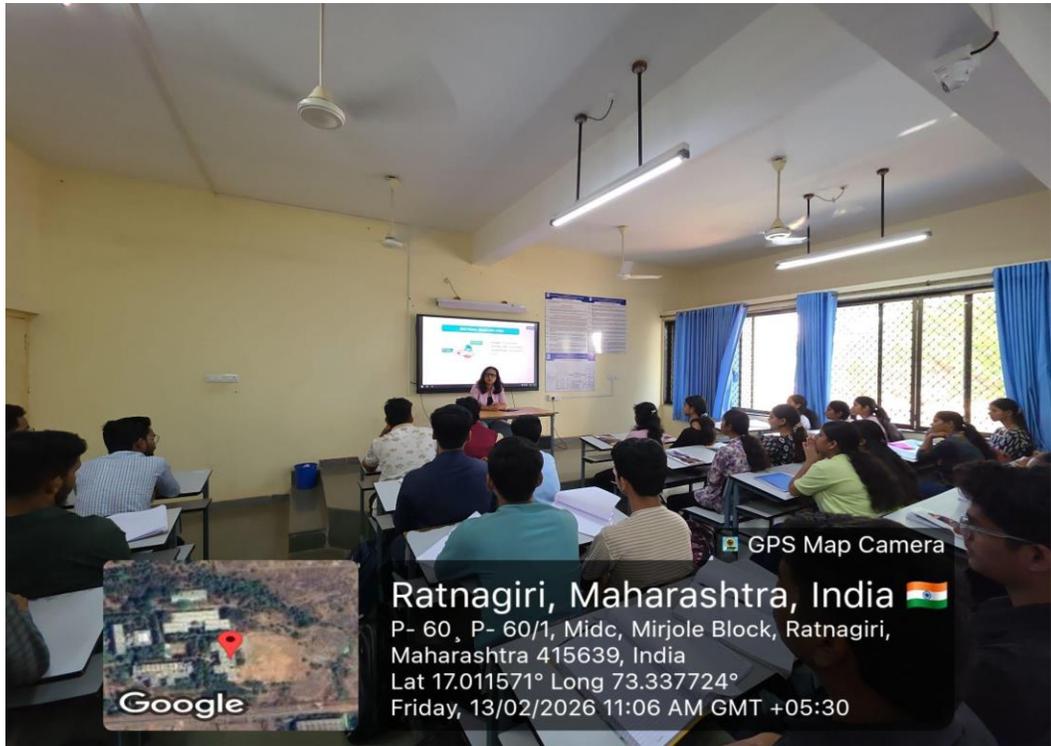
The SE session focused on Stress Management, while the TE session addressed Interview Skills and Techniques. The sessions were delivered by Mrs. Kashmira Shinde, Founder and CEO of Future Bridge, an experienced counsellor, trainer, and consultant. She provided structured guidance on managing academic stress, improving communication skills, preparing effective resumes, and performing confidently in interviews.

The sessions contributed to the attainment of intended outcomes by enhancing emotional regulation, strengthening interpersonal and presentation skills, and improving students' preparedness for professional and placement opportunities.

### Photographs



**Mrs. Kashmira Shinde (CEO, Future Bridge) Interacting with TE Students**



**Mrs. Kashmira Shinde (CEO, Future Bridge) Interacting with SE Students**