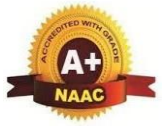




Marathwada MitraMandal's
INSTITUTE OF MANAGEMENT EDUCATION RESEARCH AND TRAINING
(IMERT), Pune

S. No. 18, Plot No. 5/3, CTS No. 205, Behind Vandevi Temple, Karve nagar,
Pune – 411052



De-Stress Workshop – Faculty Wellbeing Program

Date of the Event: (DD/MM/YYYY)	6/8/2026	Duration:	2Hrs
Day of the Event:	Thursday	Venue:	3 rd Floor Seminar Hall - IMERT
No of Participants	35		



MARATHWADA MITRAMANDAL'S
INSTITUTE OF MANAGEMENT EDUCATION
RESEARCH AND TRAINING (IMERT),
KARVENAGAR, PUNE-411052



DESTRESS WORKSHOP

Take a break. Refresh your mind.
Rejuvenate your body. Recharge your soul.

**DATE:**
6th August 2026

**DAY:**
Thursday

**TIMINGS:**
10:30am to 12:00pm

**RESOURCE PERSON:**
Ms. Dhanashree Ghare

**VENUE:**
MM's IMERT Seminar Hall



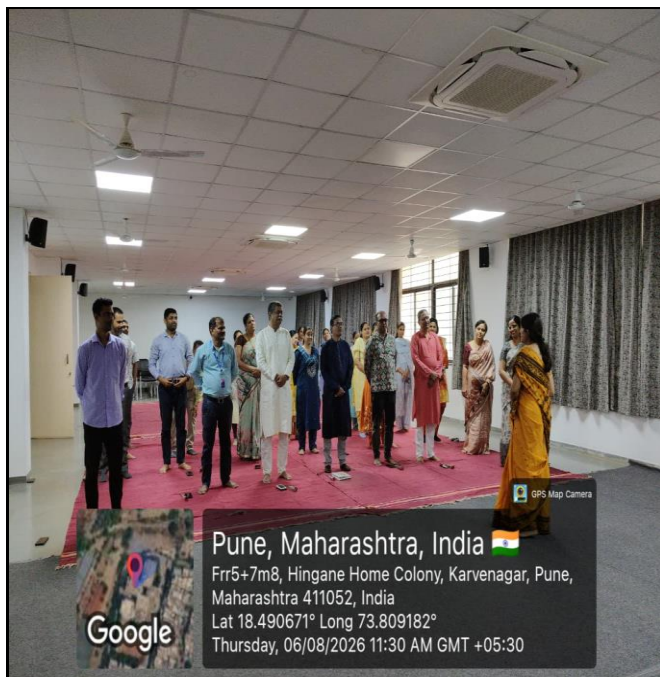
RESOURCE PERSON
Ms. Dhanashree Ghare



*Destress today.
live better tomorrow.*

**Prof. Amruta Kshirsagar**
MBA-I Coordinator

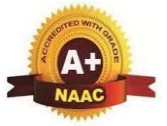
**Dr. Shubhangee Ramaswamy**
Director





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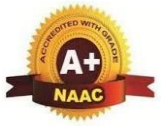
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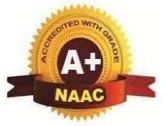
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INTRODUCTION:

Destress Workshop- A Faculty Wellbeing Program on ‘Reflect and Renovate – evolved emotions and well-being’ was conducted for the teaching and support staff at Marathwada Mitra Mandal’s Institute of Management Education Research and Training (IMERT). Under the guidance of Director mam, Dr. Shubhangee Ramaswamy program was initiated for the well-being and holistic development of every member of the IMERT family. Resource Speaker for the workshop was Ms. Dhanashree Ghare mam. She is a full-time counsellor by profession. She holds an M.A. in Psychology and a Master's in Education and Allied Professions, and has been guiding students and professionals towards better mental well-being through counselling and stress management. Program was coordinated by Prof Amruta Kshirsagar.

PURPOSE:

The purpose of the workshop was to bring a paradigm shift in the way we look at stress management. Another objective was to create a positive and rejuvenating space for staff members to help them realize and get attuned to their inherent wisdom through understanding the idea of evolved emotions and their role in well-being.

DETAILS OF THE WORKSHOP:

Ambience was a very important part of this workshop. A pleasant ambience with the help of festive decoration including flowers, light music in the background, incense, perfume, relaxed seating arrangement. Ethnic dress code was suggested to the participants in advance to help set the mood for the workshop. Workshop started with the ‘University anthem’ which has the essence of the topic of the workshop. Secular spirit was observed and conveyed at the beginning of the session.

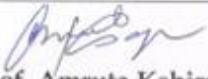
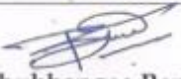
The journey of humans and emotions was explained to the participants in brief. The rationale for understanding and acknowledging evolved emotions was put forth and once there seemed fare conviction that evolved emotions are important in our lives, the details were explained to the participants through videos, activities and stories. The analogy of basement, ground floor and terrace was used to explain base emotions, rationality and evolved emotions, respectively.

Following evolved emotions were discussed in the workshop:

- Process Satisfaction
- Gratitude
- Empathy
- Compassion
- Humility
- Respect
- Forgiveness
- Benevolence

The participants recognized the value and contribution of evolved emotions in their mental health and well-being. Activities conducted and stories shared helped participants deepen their understanding of the specific emotions.

Overall, the workshop was interactive and engaging.

 Prof. Amruta Kshirsagar Event Coordinator	 Dr. Shubhangee Ramaswamy Director
Prepared By	Reviewed By/Approved By